

PARTNERSHIP PROPOSAL

Hotels, Resorts & Spas

SANDRO MOTA

HUMAN ENHANCEMENT COACH
www.sandro-mota.com

The Mota Method
by Sandro Mota

WHO IS SANDRO?

Sandro is a leading human enhancement coach. With over 20 years in the wellness industry, he has helped thousands of clients transform their lives by connecting deeply with their mind, body and spirit through the breath.

Sandro is super passionate about supporting his clients achieve an optimum physical, mental and emotional state using the powerful modality of breathwork and has created his own unique format called the MOTA method.

Sandro works with a diverse range of clients; from elite athletes and entrepreneurs to those who have experienced trauma, mental illness and alcohol and substance abuse.

Many of his clients have shared that their session with Sandro was one of the most profound and impactful experiences of their lives. The results of his sessions can be truly life-changing.

Sandro has a robust knowledge base, he is a certified Wim Hof instructor, an Advanced Buteyko instructor, a Robbins Madanes intervention coach, an NLP coach, a certified Hypnotherapist and a Rebirthing instructor.

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THE MOTA METHOD

Sandro has created the powerful and revolutionary style of breathwork called The MOTA Method. This is a hybrid of intervention coaching, NLP, hypnotherapy and breathwork that infuses his 30 years of knowledge from his Kardecist spiritual practice.

Sandro's method is considered advanced healing therapy, where science-based techniques meet spirituality. His sessions are a profound journey of self-discovery, as you dive deep into your unconscious mind to unleash your innate true potential of self-love, and self-belief. This session will help you develop a heightened level of self-awareness, realigning you to the mind, body, spirit connection. It will also accelerate the process of peeling back the layers to help you see your true self.

Every session is personally designed to suit the participant's personal life path and focuses on letting go, and finding acceptance and peace with traumas or difficulties that life throws our way.

It is an introduction to the magic and mystery of the breath, a simple, ever-present and sacred tool that can be used to bring balance and harmony to everyday life.

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MY MOTA METHOD EXPERIENCE

In 2019, I was able to visit Sandro in New Zealand and have a one on one session with him. This was my first deep breathwork experience and it was truly profound. I invite you to watch this video and hear what I have to share and how this session impacted my life.

Since this session, I have practiced breathwork many times with other facilitators and more sessions with Sandro. My sessions with him are by far the most powerful as he makes me feel so comfortable and safe that I'm able to fully let go and surrender to the experience.

Sandro truly has a special gift and he loves to share his powerful method with those who are ready to receive his guidance.

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SCOPE OF SERVICES

Develop a tailored custom-made MIND-BODY- SPIRIT Program to integrate 3 elements in a manner that excites the guests and triggers their interest in the effects of breathing techniques to influence the autonomic nervous system. Guests will understand and be trained in different breathing modalities to enhance the interconnection between mind-body & spirit for a complete enjoyable lifestyle experience that will be unique to YOUR guests.

Collaborate with the spa management team to ensure there is SYNCHRONICITY between the respective services that are provided to the guests during the full program experience.

- **Signature Experiences** – Special customized services and unique experiences that will make the guests experience memorable and specific to this project such as “MIND BLOWING” SPIRITUAL HEALING EXPERIENCE through THE MOTA METHOD.
- **Service Elements** – Develop rituals involving hands-on practical daily routines to naturally manage stress and anxiety, secrets to maximize focus & overall health through mindset – breathing – ice/hot bath therapy.
- **Conscious Fitness** - Provide the guests with Sandro very unique fitness concept where breathing will be taken into full consideration as a tool to improve performance while exercising.
- **Private Sessions** – BE AVAILABLE as a Master Visiting Practitioner for guests to provide sessions outside of workshop hours, according to the hotel master practitioner contract, rules and protocols. Total cost of a private session is \$497 USD for 90 minutes and those sessions will be a 50% share profit basis in between the hotel and Sandro.



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Day 1 - Stress & Anxiety Management with Sandro

Time: 9am-5pm

- A combination of breathing techniques and an ice bath to fully focus on stress, anxiety, and daily routine management.
- Learn how to use the breath as a tool to manage stress and anxiety in a simple and effective way.
- Daily routine breathing for deep relaxation. How to use good stress as a tool to counteract bad stress.
- Thermogenesis therapy with ice and heat intermittent exposure-practical hands-on session.



Day 2 - Personal Break through with Sandro

Time: 9am-5pm



- On this day the focus is on acquiring the tools to understand your own triggers and behaviours attached to traumatic experiences in life, including the birth experience.
- Expect liberation of deep unconscious burdens
- Release negative behavioural patterns
- Reframe of traumatic experiences
- Gain awareness of the roots of negative patterns that set you back
- Increase will power
- Awaken self – love and self - compassion

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Day 3 - Conscious Fitness with Sandro (Crowned TOP 5 Mr. Universe 2018)

Time: 9am-5pm

- This program is when Fitness & Breathing will merge together in a very unique program
- You will learn how to improve your fitness level
- How to strengthen the breathing muscles (Diaphragm, Intercostals & Obliques)
- Increase resilience to CO2
- How to deliver more oxygen into the muscles and tissues
- Understand how the breath can be utilized to delay fatigue and out of breath sensation
- A super fun hands-on day with a workout program inland and in the pool



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INVESTMENT AND CAPACITY

OPTION 1

Sandro Mota (STM Functional Fit Ltd) charges a flat fee of \$3,900 USD* PER DAY (8 hours Seminar) of work outlined above. A minimum of 4 days of workshops per month of the contract is required. Sandro's workshop can be part of any retreat program created by the hotel partner.

CAPACITY

Each day program is designed from 2 to a maximum of 14 participants.

OPTION 2

Sandro Mota (STM Functional Fit Ltd) charges a flat fee of \$690 USD* PER DAY/PER PERSON (8 hours seminar) of work outlined above. A minimum of 4 days per month of the contract is required. Sandro workshop can be part of any retreat created by the hotel partner.

Requirements:

For option 2, we require a minimum of 6 participants confirmed 30 days before Sandro's arrival date.

***NOTE:** Any amounts due to **Sandro Mota** are indicated as net fees and are payable in United States Dollars (\$USD). The net fees shall be increased by an amount necessary to satisfy any applicable taxes, bank fees, exchange fees, VAT/BT, or other costs imposed by, any local, regional or national foreign government entities. The Client agrees that if any value-added (VAT) or similar tax shall be applicable to all or any portion of the net fees, then the amount of the fees due to Sandro Mota hereunder shall be increased so that STM FUNCTIONAL FIT Ltd shall receive, after payment of any such value-added or similar tax, the same amount it would have been entitled to have such taxes not been applicable or assessed, such as New Zealand GOODS & SERVICES TAX (GST) which is 15%.

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