

Insumataq Studio Launches \$30 First-Week Unlimited Pass for New Members



Auburn, California Dec 21, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Insumataq Studio, a sanctuary for mind-body-spirit healing, is thrilled to offer a special [**\\$30 Unlimited First-Week Pass**](#) to welcome new students into its transformative class lineup. With a wide range of offerings, including somatic movement, breathwork, yoga, Pilates, barre, and sound healing, this introductory pass provides full access to [daily classes](#) for a week.

At Insumataq Studio, the foundational philosophy is that true healing begins from within. By integrating modern movement modalities with deep mind-body work, the studio supports emotional release, energetic alignment, and inner growth. The unlimited pass offers a low-risk way for newcomers to experience the variety and depth of the studio's practices.

Diverse Classes for Every Journey

Some of the core classes included in this first-week offer:

- **Somatic Catharsis:** A deeply embodied session using breath, sound, and primal movement to release stored emotional and ancestral energy.
- **Somatic Movement:** A gentle but powerful combination of breathwork, intuitive movement, Reiki, and PSYCH-K® to restore energetic flow and reset the nervous system.
- **Blend of Pilates Precision & Yoga Flow:** This class blends core-focused Pilates with the breath-centered fluidity of yoga to build strength, flexibility, and mindful awareness.
- **Yin Yoga:** A slow, restorative practice where poses are held for several minutes to encourage deep relaxation, surrender, and balance.
- **Somatic Pilates & Barre:** A unique fusion of Pilates core work and barre toning, grounded in somatic principles to build strength while regulating the nervous system.
- **The Aligned Body:** An energetic class using breathwork, visualization, and stillness to reconnect with the body's emotional and energy centers.
- **Sacred Silence (Meditation Experience):** A 45-minute guided meditation and breathwork session meant to reset the mind and provide a mini-retreat in the midst of daily life.
- **Power Flow:** A dynamic, hour-long class that combines strengthening yoga sequences with breathwork and optional hand weights for a balanced, energizing practice.
- **Somatic Breathwork:** A gentle but effective practice that supports emotional release and nervous system healing through conscious breathing.
- **Pop-Up Workshops:** Specialized offerings like Mama Cacao Prayer Ceremonies, Ecstatic Dance, Vocal Activation, and more.

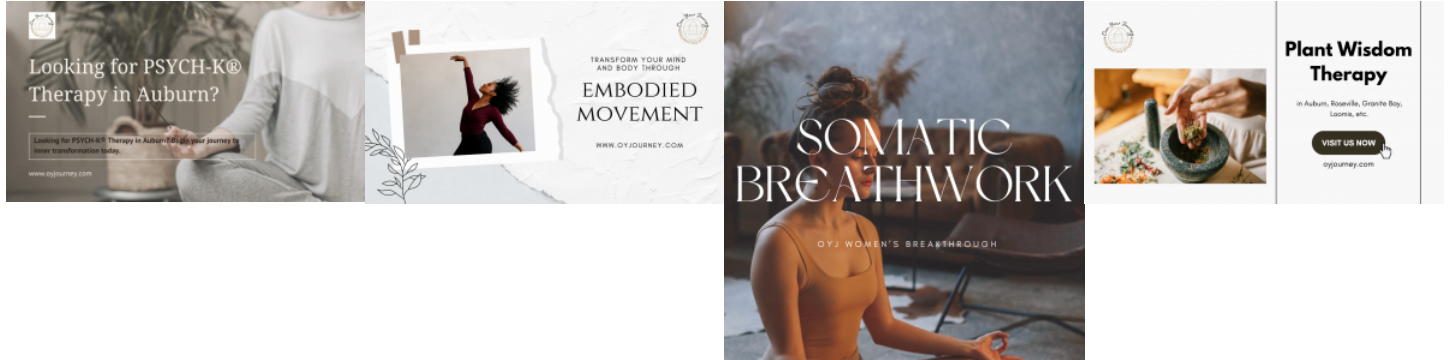
Why This Offer Matters

This \$30 first-week unlimited pass is more than a promotional deal; it reflects Insumataq Studio's commitment to accessible healing. By giving new students full access to its in-studio and online classes, the studio aims to lower the barrier for people seeking transformation, inner peace, and self-discovery.

"Many people hesitate to try healing work because of cost or not knowing where to start," said Jennifer. "This pass allows people to fully explore our offerings, feel what resonates, and begin their journey without pressure."

About Insumataq Studio

Located at **882 Lincoln Way, Auburn, CA 95603**, Insumataq Studio is rooted in ancient Andean wisdom and committed to helping individuals connect more deeply with themselves. The studio's holistic offerings, from somatic movement to PSYCH-K®, are designed to bring harmony to the body, mind, and spirit.



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