

Maria Belen Gomez “Belu”

Kundalini Yoga Teacher & Holistic Therapist

Belu began her journey with Yoga at the age of 11, marking the start of a lifelong path of self-discovery and transformation that continues to this day. Her deep connection with Kundalini Yoga has led her to explore and share this discipline with total devotion, cultivating a practice that awakens awareness, balance, and expansion of the self.

Her professional background in architecture taught her the importance of discipline, precision, and resilience—qualities that have strengthened her path as a Kundalini Yoga teacher. The tunnels she helped build in the mountains of western Argentina stand as tangible proof and a living metaphor of her determination, reflecting her ability to guide others in breaking internal barriers and opening new paths to fulfillment.




Driven by a desire to deepen her practice and share her knowledge, Belu completed her Kundalini Yoga Teacher Training in Rishikesh, India, under the guidance of world-renowned teachers Gurmukh and Gurushabd. Since then, she has taught in prestigious hotels such as Ikal, Holistika, Panamera, Lula, and Kan, as well as yoga studios like Om Collective and Lokah in Tulum. Her teachings have also reached international settings, offering Masterclasses as a guest teacher at Club Mendoza de Regatas in Mendoza, Argentina—her birthplace. Additionally, she has contributed by offering free yoga classes at the Mental Health Service of UNEME CECOSAMA Tulum, supporting the community’s well-being through yoga and meditation.


Her approach goes beyond a traditional practice—each session is an invitation to reconnect with one's energy, breath, and essence. She guides her students on a journey of self-discovery, integrating ancient wisdom with modern techniques to release tension, balance emotions, and expand consciousness.


In addition to her work as a yoga and meditation instructor, Belu is a holistic therapist specializing in integrative massage, sound healing, and aromatherapy. She offers exclusive healing and wellness experiences in Tulum, designed to restore the body, mind, and spirit. Inspired by the transformative power of holistic therapies, she combines therapeutic massage with quartz and metal singing bowls, essential oils, and guided meditations, creating a profound healing space for inner connection.

Her work is not just a yoga class or a massage—it is a transformational experience. From conscious breathing to the healing sound of the bowls, every detail is carefully designed to help people reconnect with themselves and find a new level of balance and well-being.

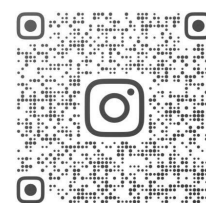
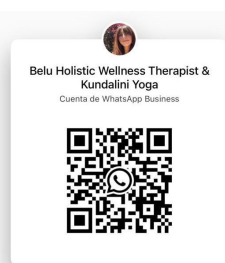
 Available for retreats, private sessions, and group events

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