



SACRED YOGA RETREAT ~ SPAIN

22-29 JULY 2023



Practising Yoga is connecting to the source of existence

SACRED BEING, WE INVITE YOU TO NOURISH & SHARE YOUR SACRED NATURE WITH US IN A SAFE AND NURTURING SPACE AT THIS SACRED YOGA RETREAT, WHERE, CONSCIOUS AND LOVING CONNECTIONS WILL SPONTANEOUSLY AND ORGANICALLY BLOSSOM.

ALLOW US TO LOVINGLY GUIDE YOU AS YOU BREATHE INTO THE DIVINE TEMPLE WITHIN YOU WHILE YOU GRADUALLY AND NATURALLY SETTLE INTO YOUR TRUE NATURE IN YOGA (UNION).

With love Hana and Reem

Welcome to Paradise!

LA FINCA PARADISO ECO VILLAGE

LA FINCA PARADISO IS SITUATED IN THE
HEART OF ANDALUSIA SURROUNDED BY
OLIVE TREE PLANTATIONS.
THE RESORT OFFERS A 360 DEGREE VIEW
OF STUNNING NATURE - THE SIERRA
CABRERA MOUNTAINS, MOJÁCAR
VILLAGE AND THE MEDITERRANEAN SEA.

LA FINCA PARADISO IS A MAGICAL
PLACE WITH THE TOUCH OF TRUE PEACE
EMBODIED BY NATURE WITHOUT SMOG
AND THE CITY HUSTLE.

YOU WILL SURELY FALL IN LOVE WITH
THE LOCAL FAUNA AND FLORA.



*Our retreat offers a sacred
relaxing space filled with ..*

- GUIDED MEDITATIONS
- PRANAYAMA (BREATHING)
- MORNING HATHA YOGA
- EVENING YIN YOGA
- MANTRA SESSIONS
- YOGA PHILOSOPHY
- SOUND HEALING
- INTUITIVE DANCE
- MASSAGE (FOR AN EXTRA FEE)
- SHAMANIC CEREMONY
TEMAZCAL (FOR AN EXTRA FEE)
- & MORE!



Yoga is a magical path

- WHERE THE ORDINARY MEETS EXTRAORDINARY
- WHERE THE MIND TRANSCENDS INTO THE DIVINE CONSCIOUSNESS
- WHERE THE BODY BECOMES A TEMPLE
- WHERE A PRACTICE BECOMES A PRAYER
- WHERE WISDOM STARTS TO SHINE FROM WITHIN
- WHERE YOUR HEART IS YOUR DAILY GUIDE IN LIFE
- WHERE YOUR LIFE IS FULL OF MAGICAL CONNECTIONS
- WHERE YOUR LIFE IS A UNIQUE EXPRESSION OF YOUR DIVINE CALL



Reem

- HATHA YOGA TEACHER
- CERTIFIED OKUDEN JIKIDEN REIKI HEALER
- PRANIC HEALING PRACTITIONER
- NATURE LOVER & SPIRITUAL ECOLOGIST
- MARINE BIOLOGIST & RESEARCHER
- HANA THINKS THAT REEM IS A PERFECT EXAMPLE OF A YOGINI PRACTICING OFF THE MAT IN THE REAL WORLD.



Hana

- HATHA & YIN YOGA TEACHER
- REGULAR ORGANIZER OF YOGA RETREATS WORLDWIDE
- LIVING & PRACTICING IN INDIA SINCE 2017 UNDER INDIAN YOGIS
- SOCIOLOGIST & A HOLDER OF A MSC IN SOCIAL SCIENCE
- RESTORATIVE YOGA PRACTICE FOR HEALING TRAUMA & SELF-HEALING
- REEM THINKS THAT HANA IS THE PERFECT EXAMPLE OF LIVING IN YOGIC SURRENDER & ANSWERING ONE'S CALLING



Accommodation in La Finca Paradiso

- 7 NIGHTS IN WELL FURNISHED DOUBLE ROOMS WITH AN ATTACHED BATHROOM
- EXCLUSIVE RENT OF THE WHOLE ECO VILLAGE RETREAT CENTRE
- SPACIOUS YOGA SHALLA
- BEAUTIFUL POOL
- COSY CORNERS IN THE GARDEN FOR CHILLING



Food

- DURING THE WHOLE RETREAT YOU WILL BE SUPPLIED WITH DELICIOUS LOCALLY SOURCED VEGETARIAN FOOD
- BREAKFAST, LUNCH AND DINNER IS ALL INCLUDED | YOGIC AND LIGHT
- IN CASE OF ANY ALLERGIES, PLEASE LET US KNOW IN ADVANCE



Retreat Investment

| ROOM TYPE | EARLY BIRD PRICE (UNTIL 15.03.2023) | FULL PRICE (16.03.2023 ONWARDS) | NOTES |
|-----------|--|--|-----------------------------------|
| STANDARD | 1188 EUROS | 1300 EUROS | PER PERSON IN DOUBLE OCCUPANCY |
| SUPERIOR | 1288 EUROS | 1350 EUROS | PER PERSON IN DOUBLE OCCUPANCY |
| | 1800 EUROS | 1900 EUROS | PER PERSON IN SINGLE OCCUPANCY |
| DELUXE | 1333 EUROS | 1388 EUROS | PER PERSON IN DOUBLE OCCUPANCY |
| | 1963 EUROS | 2063 EUROS | PER PERSON IN SINGLE OCCUPANCY |

PRICE INCLUDES :

- 7 NIGHTS IN A DOUBLE ROOM
- FULL BOARD (BREAKFAST, LUNCH AND DINNER)
- YOGA ASANA CLASSES
- YOGA PHILOSOPHY CLASSES
- MEDITATION SESSIONS
- SOUND HEALING SESSIONS
- MANTRA SESSIONS

PRICE EXCLUDES :

- LOCAL EXCURSIONS
- TRAVEL TICKETS (AIRPLANE/TRAIN)
- VISA FEES
- TRANSPORT FROM/TO THE AIRPORT
- SHAMANIC CEREMONY TEMEZCAL (45 EUROS)
- PRIVATE MASSAGE OR HEALING SESSION

Payment for the retreat

**TO SECURE YOUR SPOT, A 50% DEPOSIT IS REQUIRED.
THE REMAINING BALANCE OF THE RETREAT IS DUE ON
20TH OF MAY 2023**

PAYMENTS ARE NON-REFUNDABLE AFTER THE 20TH OF
MAY 2023

UNLESS YOU CAN FIND SOMEONE TO FILL YOUR SPOT.

PLEASE ENSURE THAT YOU HAVE YOUR OWN TRAVEL AND
MEDICAL INSURANCE

Airport shuttle

THE RETREAT CENTRE WILL ORGANIZE
AN AIRPORT SHUTTLE FOR THE GROUP
(APPROX. 25 EUROS PER PERSON) PER
DRIVE (ONE WAY)
(THIS WILL DEPEND ON HOW MANY
PEOPLE ARE PART OF THE DRIVE)

**IT IS RECOMMENDED TO:
ARRIVE TO ALMERIA AIRPORT ON
22.7.2023 IN THE MORNING BETWEEN 7
& 9 AM.**

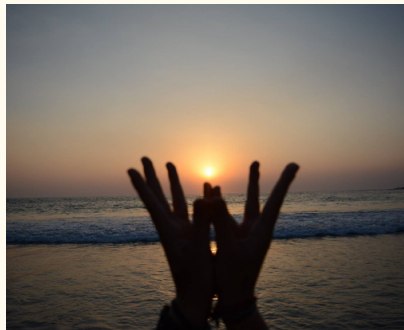
**LEAVE ON 29.7.2023 FROM ALMERIA
AIRPORT IN THE AFTERNOON PERIOD**

Before you purchase your flight ticket, please let us know your arrival and departure times so we can organize the shuttle bus for the group.



Visa

- IF YOU ARE A NON-EU NATIONAL, PLEASE CHECK WHETHER YOU REQUIRE A SCHENGEN VISA BASED ON YOUR NATIONALITY.
- YOU WILL HAVE TO APPLY FOR A SCHENGEN VISA IN YOUR COUNTRY OF RESIDENCE INDEPENDENTLY.
- WE CAN PROVIDE YOU WITH A SUPPORT LETTER FROM THE RETREAT CENTER TO CONFIRM YOUR RESERVATION FOR THE RETREAT.
- WE RECOMMEND THAT YOU APPLY FOR YOUR VISA AS EARLY AS POSSIBLE SINCE THE APPLICATION AND ITS PROCESSING PERIOD CAN TAKE 3-4 MONTHS.





Conscious
loving
connections
and growth



PURNA - YOGA
YOU ARE ALREADY COMPLETE

Hana Fialová

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