

Aerial & Meditation Retreat

8th October – 11th October





This Retreat is...

A great introduction to Aerial Yoga whilst incorporating the theme of self-awareness into your daily practice. This retreat offers ways to explore your boundaries both physically and mentally and learn to deepen your yoga practice through the use of silk suspensions and meditation.



What will you experience?

The perfect way to learn more about yourself through Aerial Yoga and meditation.

The Retreat offers the ideal location and environment to delve deep into your subconscious through **yoga nidra** and **meditation sessions** as well as using the **workshop sessions** to connect inwards and gain better clarity through a deeper understanding of yourself and your practice.

The **power yoga session** will offer an experience to build strength and stamina through breath and movement. The **Thai massage** will help to ease any physical or mental tension. **Aerial Yoga sessions** help to build strength, flexibility as well as trust in oneself. Each session will build upon the previous one allowing you to explore Aerial Yoga further.

Deepen your relaxation experience with a **massage in the spa** as well as the **sound relaxation session**, using specific frequencies that encourage the body to relax and let go..

Daily Schedule



Friday 8th October

17.00 – 19.00
Introduction & Yoga
Nidra

Saturday 9th October

08.00 – 09.30 Aerial
Yoga & Meditation
11.00 – 11.45
Self-awareness
Workshop
17.00 – 19.00 Walking
meditation on the
beach & Mindful
practice

Sunday 10th October

08.00 – 09.30
Meditation & Power
Yoga
11.00 – 11.45 Aerial
Yoga
17.00 – 18.00 Aerial
Meditation & Sound
Relaxation

Monday 11th October

08.30 – 09.30
Pranayama &
Stretching

ROOM TYPES



Payment terms:

Price per person
30% non-refundable deposit to reserve your place
Remaining balance to be paid 2 months before arrival date

1

CLASSIC RETREAT 900€

2

CLASSIC RETREAT SHARED 540€

3

SUPERIOR RETREAT 1010€

4

SUPERIOR RETREAT SHARED 600€

5

SUPERIOR RAW RETREAT 1095€

6

SUPERIOR RAW RETREAT SHARED 640€

7

SUPERIOR RAW RETREAT WITH POOL 1440€

8

SUPERIOR RAW RETREAT WITH POOL SHARED 800€



What is included:

- 4 Night's Accommodation with Breakfast
- 1 Hour Massage
- Your choice of a 30 minute Personal Training Private Consultation or Thai Massage
- A morning excursion to the top of the mountain along with a guided hike and fitness session
- Access to all classes exclusively for the retreat
- Use of all other services and facilities, including the regular classes
- 10% discount on all dining, additional spa treatments and boutique purchases