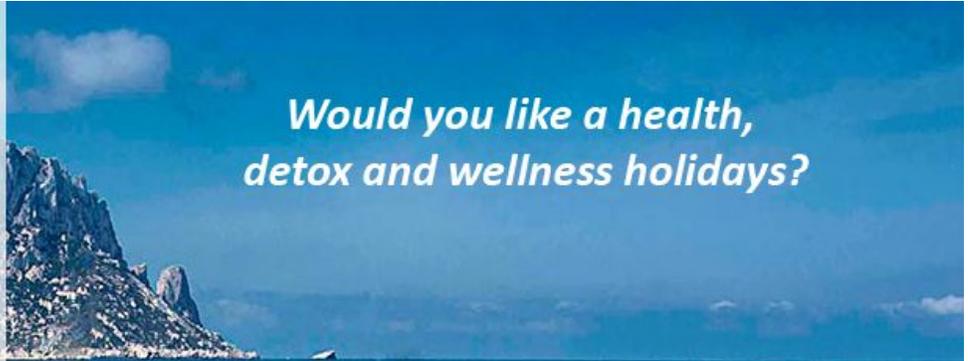


*Would you like a health,
detox and wellness holidays?*

**YOGA RETREAT
IN
LANZAROTE
(Canary islands)**

11th to 17th of July



INFO AND RESERVATIONS: www.amaraomyoga.com

contacto@amaraomyoga.com / tfl 686 920 537

Do you know where you are going on vacation? We propose a trip full of Yoga and meditation, Wellness and health for the five senses, in an unbeatable place. Join us in the best Yoga retreat you can find.

We have been dedicated exclusively to the practice and teaching of yoga, meditation and Healthy life. It is a retreat for all levels of practice, whether you are a regular practitioner or you have not Practiced yoga never. You can get more information about us on the web Www.amaraomyoga.com.

In this trip to the Island of Lanzarote you will find a bubble of peace in which time will pass at a leisurely pace full of calm, beauty and harmony.



We have chosen the island of Lanzarote, the most easterly of the Canary Islands, because of its isolated character, its volcanic geology, oasis of palm trees, beaches and transparent waters. It is a magnificent place to contemplate the coexistence of man and nature. An exotic paradise where to connect with one same. The perfect place to renew and fascinate with the landscape.

The practice of Yoga and meditation that you will develop will generate in you a different rhythm than you are accustomed to. It will forge a transformation that will change your perception of you and the world that surrounds You. Your body will be renewed, you will develop tools to manage thoughts, emotions and stress: you will gain in mental and physical health. Enjoy each of the details, landscapes, practices of yoga proposals, of your moments of introspection and the activities of nature that you choose during your stay on the island (walks to volcanoes, snorkeling, paragliding, diving etc ...) try to develop the ability to immerse yourself in the present in which you live, marveling at every detail of life, and beauty.



We will stay at the resort VILLA AMATISTA (www.villa-amatista.com), a quiet place, away from the beaches and most crowded places of the Island. We have chosen this place since it has all the necessary characteristics so that you find tranquility inside and outside of you.

The surroundings are inspiring and bring calm and serenity. It is located in the north, where the unspoiled landscape of the Natural Park of La Geria adorns with its own geology and ecosystem. A great place if you like photography, nature, crystal clear waters and exotic places.

It is a resort with great amenities, consisting of 6 houses / studios and a yurt, from which you can do walks among volcanic sand of colors, palm trees, swimming pool and near the beach. Each of the accommodations has its own space, entrance and pergola. Everything is taken care of to perfection to offer the best for your well-being. It is a perfect place for "Escaping", practicing yoga and meditation and connecting with

oneself. And it is a recognized place and valued by different international instructors, courses and seminars are held here throughout the year.



During this retreat we will practice yoga and meditation in the morning and in the afternoon. They are also your vacations so you will have personal time spaces for you to go for a walk, go to the beach or even go for an ayurvedic massage, to snorkel, walk, surf, or have a rest in the swimming pool!



The type of food during this retreat will be vegetarian and depurative, introducing shakes, fruit juices and vegetables to help the health of your body. The menus will be

specially programmed for your body to purify during these 6 days, eliminate toxins and substances that block the proper functioning of your body. A conscious diet is the basis of lasting health.

Do you give Yoga to yourself this summer?

We will wait for you!

GENERAL RETIREMENT INFORMATION:

Days: From 11 to 17 July (reception and welcome during the half-day of the day 11. Departure during the midday-afternoon of the 17th)

Price: **986 euros**

Contact to www.amaraomyoga.com / contacto@amaraomyoga.com or give a call to 34 686 920 537

OBJECTIVES:

July 11

- Until 13h. Reception and welcome (If someone arrives later, for questions of the trip, no problem)
- 13: 30-14: 30. Time for lunch
- 2:30 p.m. - 5:00 p.m. Personal rest time
- 17h - 19h Sadhana 1pm (2h). Inspiration of practice: Pranayama, techniques Mudras, bandhas and main alignments and sequences. Yoga 7 and kriya yoga. Archetype "Durga," the will.

- 7:00 p.m. to 9:00 p.m. Personal rest time

- 21h-22h. Dinner

July 12

- 7: 30h- 9h Sadhana 1 (morning yoga class) (1h, 30min)

- 9: 00-10: 00. Breakfast

- 10h - 11h. Personal time

- 11:00 a.m. Sadhana 2 (2h). Pranayama, basic techniques, mudras, bandhas and principal

Alignments and sequences. Yoga 7 and kriya yoga. Archetype "Kali", the focus.

- 13h-13: 30h Personal rest time

- 13:30 - 14:30 Lunch

- 2:30 p.m. - 6:00 p.m. Personal rest time

- 18h - 19: 30h Sadhana 3 pm (1h 30min). Pranayama, basic techniques, mudras,

Bandhas and main alignments and sequences. Yoga 7 and kriya yoga. Archetype "Hanuman", the Power of compassion and love. Leg and trunk extensions (backbending).

- 7:30 p.m. - 9 p.m. Personal rest time

- 21h - 22h Dinner

July 13

- 7: 30h- 9h Sadhana 1 (morning yoga class) (1h 30min)

- 9: 00-10: 00. Breakfast

- 10h - 11h. Free time

- 11:00 a.m. Sadhana 2 (2h) Pranayama, basic techniques, mudras, bandhas and

principal alignments and sequences. Yoga 7 and kriya yoga. Archetype Shiva, the power of contemplation and the delivery to purpose. Investment practice (postures on hands, shoulders, forearms and on the head)

- 13h-13: 30h Personal rest time

- 13:30 - 14:30 Lunch

- 2:30 p.m. - 6:00 p.m. Personal rest time

- 18h - 19: 30h Sadhana 3 pm (1h 30min). Katchugen and energy mobilization.

- 7:30 p.m. - 9 p.m. Personal rest time

- 21h - 22h Dinner

- 22h - 23h Meditation (1h)

July 14th (free time in the afternoon to carry out the activity you want)

- 7: 30h- 9h Sadhana 1 (morning yoga class) (1h 30min)

- 9: 00-10: 00. Breakfast

- 10h - 11h. Personal time

- 11:00 a.m. Sadhana 2 (2h). Pranayama, basic techniques, mudras, bandhas and principal alignments and sequences. Yoga 7 and kriya yoga. Ganesha Archetype, remove obstacles from the mind and emotion.

- 13h-13: 30h Personal rest time

- 13:30 - 14:30 Lunch

- 14: 30h - 21h Personal rest time (there is no afternoon sadhana. Take advantage of the activity you want)

- 21h - 22h Dinner

- 22h - 23: 30h Kirtan and chant of mantras

15th of July

- 8 am - 9:30 am Sadhana 1 (morning yoga class) (1h 30min). Soft and restorative. Meditation.
- 9:30 a.m. - 10:30 p.m. Breakfast
- 10:30 a.m. - 11:00 p.m. Personal time
- 11:00 a.m. Sadhana 2 (3h). Pranayama, basic techniques, mudras, bandhas and principal alignments and sequences. Yoga 7 and kriya yoga. Archetype "saraswati", creativity. Movement conscious and spontaneous, Sahaja.
- 14h-13: 30h Personal rest time
- 13:30 - 14:30 Lunch
- 2:30 p.m. - 6:00 p.m. Personal rest time
- 18h - 19: 30h Sadhana 3 pm (1h 30min). Yoga 7, ashtanga vinyasa and kriya yoga.
- 19: 30-20: 30. Personal rest time
- 20:30 - 21:30 Dinner
- 22h - 23: 30h Kirtan, chanting of mantras, and meditation. (1h: 30h)

July 16th

- 8 am - 9:30 am Sadhana 1 (morning yoga class) (1h 30min). Soft and restorative. Meditation.
- 9:30 a.m. - 10:30 p.m. Breakfast
- 10:30 a.m. - 11:00 p.m. free time
- 11:00 a.m. Sadhana 2 (3h). Pranayama, basic techniques, mudras, bandhas and principal alignments and sequences. Yoga 7, vinyasa and kriya yoga.
- 14h-13: 30h Personal rest time

- 13:30 - 14:30 Lunch
- 2:30 p.m. - 6:00 p.m. free time
- 6 p.m. - 7:30 p.m. Sadhana 3 p.m. (1:30 p.m.)
- 7:30 p.m. - 9 p.m. Personal rest time
- 21h- 22h Dinner

July 17th

- 7: 30h- 9h Sadhana 1 (morning yoga class) (1h 30min)
- 9: 00-10: 00. Breakfast
- 10h - 11h. Personal time
- 11:00 a.m. Sadhana 2 (3h). Yoga 7, vinyasa yoga.Meditation and yoga nidra.
- 13h Closing of the retreat. Satshanga, round of opinion and farewell

INCLUDING RETIREMENT:

- 6 nights accommodation in the resort VILLA AMATISTA
- 3 vegetarian and organic meals per day.
- Yoga activity (3 daily yoga classes, meditation and pranayama) in shala
Yoga and nature.
- Kritan and evening mantras singing workshops
- Activities and trips to the nature of the island of Lanzarote
- Advice for possible outdoor activities, outside the scheduled at the retreat

DOES NOT INCLUDE RETIREMENT:

- Airline tickets

- Transfers from (and to) the airport are not included in the rate

General (if you wish, we can pick you up at the airport, upon request)

- Travel insurance (Yoga activity is covered by insurance

Responsibility, but not all those activities or other movements

That you realize during your stay on the island. It is the responsibility of each @

Decide if you take out private travel insurance. They are cheap and you can

Contract with the travel company with which you buy the ticket.

Aircraft, or through companies operating over the internet such as Iati insurance)

THINGS TO DO (OPTIONAL):

- Relax and enjoy the sunrise, sunset, sea and volcanoes, with the

Wonderful landscapes of the island, experiencing the cleaning and renovation of

Whole body.

- Visit the wonderful landscapes of the island walking towards the most beautiful beaches

Nearby (Famara beach, Papagayos beach ...)

- Surfing, diving, snorkeling, paragliding and all adventure activities that

(We will inform you of all the companies that carry out these activities if are you interested. These activities are not within the programming)

● Know the Timanfaya National Park and Biosphere Reserve, visiting its Landscape, their volcanoes, geiser ...

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