

## Indian Summer Yoga & Meditation Retreat at La Serrania (Mallorca) September 21-28<sup>th</sup> 2024



It is a true gift to be able to step out of one's daily routine for a week and immerse oneself in morning practice, beautiful nature and likeminded community.

Waking up to dawn's early light shimmering on the nearby Oak and Olive groves, the scent of the Mediterranean mingling with the dew ripening on the limestone outcrops, one could think you have been transported to *Sukhavati*, the Buddhist land of bliss!

Come and join us for a week of languishing in extended morning practice, unplugging with walks in nature, delighting in delicious and nurturing food, simply relaxing into wherever the moment takes you as time, for a moment, stands still.

### INFO AT A GLANCE

#### **Dates**

The retreat takes place from 21-28 September 2024.

Arrival is Saturday from 15:00 on.

Departure is 11:00 of Saturday.

## Practices

Morning practice includes an empowering dynamic asana class, breathwork, meditation and chanting. Late afternoon classes are focused on restorative postures and guided meditations centered around a theme for exploration of different approaches.



## The Space

La Serrania is a retreat center in the foothills of the Serra de Tramuntana mountains in northern Mallorca. Surrounded by oak woods and olive groves and built on limestone, the clear and serene architecture completely blends into the Mediterranean setting, creating a sense of harmony and wholeness.

This exclusive hideaway has 9 large bedrooms, spread over several buildings through the garden. All rooms have en-suite bathrooms and private terraces. The main building includes open plan dining and living spaces as well as large terraces all around. The secluded pool is tucked away in the lush gardens.





## RETREAT SCHEDULE

The retreat schedule is intended to allow for a focus on morning practice with an extended practice period that leaves enough time for a well-rounded contemplative experience that incorporates the elements of movement, breathwork and stillness. Noble silence (*mona*) will be observed in the mornings until brunch. Afternoons are perfect for introspective activities such as reading and journaling, or connecting with nature through walks and visits to surrounding sights. Gathering inspiration for your creative side, connecting to community and following your bliss are all encouraged! There will also be afternoon slow asana and meditation classes organized around a theme.

Brunches are self-serve buffets, with dinners offering delicious 3 course meals served on outdoors on the terrace should weather permit. All activities are optional, though participation is encouraged.

### Arrival day (Saturday 21<sup>st</sup>)

15:00 Arrival  
18:30 Dinner  
20:30 Opening circle

### Sunday – Friday

07:30 -10:45 Morning practice of dynamic asanas, pranayama-breathwork, meditation & chanting  
11:00 Brunch  
Personal time  
16:30-18:00 Afternoon practice  
18:30 Dinner

Please note Wednesday there is no afternoon or evening program.

### Tue & Thu

20:30-21:15 Chanting and sitting practice

### Departure day (28<sup>th</sup>)

08:00-09:00 Closing circle  
10:00 Brunch  
11:00 departure



## INDIVIDUAL SESSIONS

Michael and Sabine will be available for individual therapy sessions and counseling in the afternoons. These are first come first serve and compensation is on donation basis.

## WANT TO JOIN?

### Prices per person

Single room: Room, meals, ecotax 1440 CHF + teaching fee 550 CHF (1990 total).

Double occupancy: Room, meals, ecotax 940 CHF + teaching fee 550 CHF (1490 total).

There are 3 rooms with double beds that can be used as single rooms, on a first come first serve basis. The other rooms have two twin beds each.

### Prices include

All teaching activities, morning snacks, brunches, dinners, ecotax and accommodations. The meals are vegetarian and we can accommodate reasonable food requests. Please check with us before securing your spot.

### Prices do not include

Flights to and from Palma de Mallorca Airport.

Airport transfer (one way 90 euro divided by number of participants).

Optional massages booked at La Serrania on a first come first serve bases.

Optional therapy and counseling sessions by donation booked on a first come first serve bases.

Travel insurance.

**Getting there**

The easiest way to reach La Serrania is to fly from the many airlines serving Palma de Mallorca airport and taking a taxi from there to the north of the island.

**Booking & cancellation**

Upon payment of a 500 CHF deposit your spot will be secured. This deposit is neither refundable nor transferable.

The remainder is to be paid 2 months before the start of the retreat (21 July 2024). After this time there will be no refunds. Before this time any cancellation that was paid in full will be refunded, minus the deposit.

We recommend travel insurance to protect you from any possible risks that might be incurred.

For any questions or in order to register to secure your booking, please email Michael at [michaelhamiltonyoga@gmail.com](mailto:michaelhamiltonyoga@gmail.com)