



ReNew
yogaretreat

26th Dec. to 2nd Jan.

in Tenerife

ReNew yourself.

Release old constraints.

Rejuvenate in holistic healing.

INTEGRAL YOGA **MANTRA**
AYURVEDA ECSTATIC MUSIC

This is a calling...

We invite you to
listen deeply, **sing** heartfully, **free** your truest voice.

We encourage you to
break through what's stuck,
rest deeply, **breathe new life** into your path.

We call you to
sit, chant, shake, laugh, dance, meditate,
celebrate, and **grow in union**, together with the tribe.

In the key turning point of this **New Year** you have the opportunity to step into a safe and healing vibrational field to experience the **transformation you need at this point of your journey.**

We call it **ReNew Yoga Retreat.**



Āyurveda

The **daily schedule, food** and various **herbal drinks** and **aromas** structuring the whole retreat are consciously chosen from the holistic healing perspective of Ayurveda, in order to provide harmonisation and serenity for body and mind, and, in turn, enhance our practices of **healing, self-discovery** and **deep transformation**.



Tenerife

The venue, located on the magical island of Tenerife, is a peaceful and charming retreat center and permaculture project, surrounded by deep blue ocean and breathtaking volcanic mountains.





Manantial de Tara



Key Retreat Contents

- **Meditation** techniques to develop **serenity** and **equanimity**. We'll practice them enough for you to integrate them, learn them and bring them home!
- **Integral yoga sessions** including tools such as asana, pranayama, mudra, mantra, yantra...
- Kundalini **yoga journeys** with **live ecstatic music**.
- **Singing meditation** and the **opening of the heart** through chanting and bhakti yoga.
- Liberating the **natural voice** through dhruvad singing (nāda yoga): developing freedom, clarity and stability; **music as a path of ecstasy**.
- **Intuitive singing circles** for expanding creativity and spontaneity.
- Daily **satsangs**, **workshops** and **talks** that will inspire you to apply effectively the tools and philosophy of yoga in daily life.
- Complementary **body and breath work** practices to **release constraints**.
- **Yoga nidra** sound journeys.
- **Ceremonies**.
- And more!



What's included?

- **Accommodation** on a studio or a yurt.
- All **meals** and herbal drinks on full board, prepared with vegetarian organic ingredients and following Ayurvedic principles.
- All the **group sessions, practices** and **teachings**.
- Daily transformative **ceremonies**, including a ReNewal yogic ceremony on New Year's Eve.
- A **peaceful an inspiring natural environment** that can provide you with the calm, peace and silence you need to rest, renew and rejuvenate.



Not included in the retreat contribution are the complementary individual therapy sessions you may opt to receive, flights, travel insurances and other extras not mentioned in the previous list.

Your teachers

Tara Indra is a kundalini yoga teacher devoted to serving others in their spiritual transformation. She complements her expertise on kundalini kriyas with her healing skills through Fascia Release and Soul Readings.

Víctor Sakshin is an integral yoga teacher specialised on meditation through sound, mantra and ecstatic music. He's a committed studios of perennial wisdom and accompanies people in their path of Self-knowledge chiefly through the techniques of Jyotish (Vedic Astrology).



Listen to Sakshin's music on Spotify, YouTube, Bandcamp or wherever you listen to music just looking for **"Víctor Sakshin"**

Your therapist

Marleen Martens: With more than 13 years of experience in the field, she is an Ayurvedic Therapist in heart and soul. Her predilection goes to Ayurvedic treatments like massage and shirodhara, ayurvedic food and lifestyle. In addition, she particularly loves hanging out in nature and chanting mantras. During the retreat, she will be offering individual massage sessions for those who feel the call (not included in the general price; very advisable!).

www.thuiskomenbijzelf.be

For whom is the retreat?

This retreat is suitable for **anybody interested in meditation, sound, integral health and inner growth**, regardless of your previous background. If you are new to this, it can be a very good way to initiate a profound journey and receive all the necessary tools for it. If you are an experienced yoga practitioner, teacher, therapist, musician, etc. it can bring intense insight and breakthroughs in your path, along with lots of extra depth into the practice.

In short: this retreat is for **anyone who feels the call to connect with transformation, renewal, inner peace and silence** through the way of **yoga, sacred sound** and **ayurveda**.

Practical Details

The retreat will take place in **Manantial de Tara** (Camino del Portugués, 42, Arafo, Tenerife), beginning on the **26th of December** (arrival around 16h) and closing on the **2nd of January** (leaving around 13h).

Financial investment for participating:

- Total price: 1088€
- Early bird discount price: 888€ (you save 200€!)
*Valid only until the 1st of October

Contact us for more information and reservations:

+**32 485 87 10 93** (Marleen) +**33 769 25 50 51** (Tara)

*We speak English, Dutch, French, Spanish and Portuguese.

thuiskomenbijjezelf@gmail.com



And so...



Do you hear the call?



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yogaretreat