

Awake Retreat Strength and Sensitivity September 26, 27, and 28

INFORMATION AND BOOKINGS:
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Awake Senses Retreat at El Sombrial de San Lorenzo



Date

26, 27 y 28
September

Schedule and Location

Friday 5:00 PM to Sunday
5:00 PM

El Sombrial de San Lorenzo,
Sierra Mariola, Alicante

Price

Early Bird until August 11
€390 per person
(double/triple room)

After that, please inquire

Single room supplement:
Please inquire





What's included?

- 2 nights and 3 days full board
- A fully restored traditional masía that blends rural charm with modern comfort, featuring 4 apartments, a swimming pool with a chill-out area, and natural cultivated surroundings
- Yin Yoga, Vinyasa Yoga, Meditation, and Mindfulness
- Life Coaching, Body Coaching, and NLP
- Mindful Walking
- Ericksonian Hypnosis
- Creative vegetarian cuisine

Time in nature



THE PROGRAM MAY BE SUBJECT TO CHANGES BASED ON THE NEEDS OF THE GROUP.





Program – Friday, September 26

5:00PM – Accommodation

6:00PM – Welcome circle &
intention-setting ritual

7:00PM – Gentle yoga: Mindful
Awake

9:00PM – Sensory dinner: Awake
Senses

10:30PM – Ericksonian
hypnosis: Deep Sleep



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Program – Saturday, September 27

8:00 AM – Deep breathing &
Dynamic Yoga

9:30 AM – Healthy breakfast

11:00 AM – Movement
meditation to release & let go +
NLP

12:30 PM – Relax time, Chill Out
pool area & optional massage

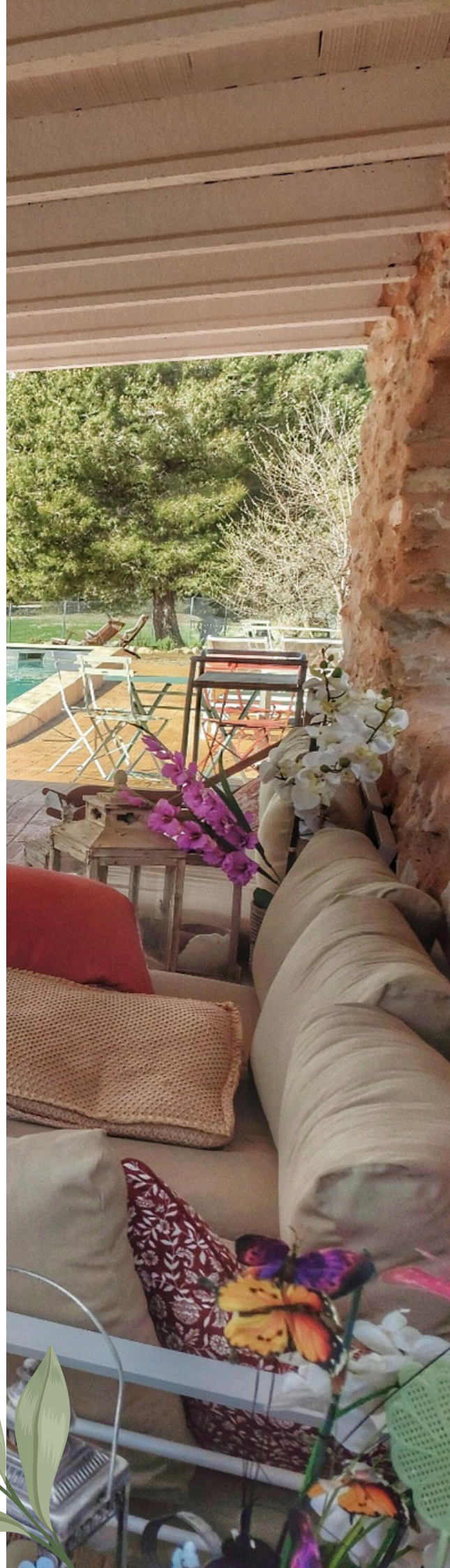
2:00 PM – Vegetarian lunch

3:00 PM – Rest time

5:00 PM – Body coaching, Vision
Board & Boundary setting

9:00 PM – Sensory dinner:
Awake Senses

10:30 PM – White Ritual Party
Mantra Meditation



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Program – Sunday, September 28

- 8:00 AM** – Deep breathing & Dynamic Yoga
- 9:30 AM** – Healthy breakfast
- 11:00 AM** – Hike through Sierra Mariola: Mindful Walking
- 12:00 PM** – Star Shower: Future Self Visualization
- 1:30 PM** – Relax time & Chill Out pool
- 2:00 PM** – Vegetarian lunch
- 5:00 PM** – Closing ceremony & farewell

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Recommendations

- Please let us know if you have any food intolerances
- Bring a yoga mat, a zafú (meditation cushion) if you have one, and a blanket for covering yourself during relaxation
- Comfortable clothes for yoga and movement
- Notebook and pen
- Swimwear
- Comfortable clothing and shoes for walking
- Reusable water bottle – please avoid plastic
- Bath towels are provided
- We recommend bringing your own pool towel and hairdryer

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