



**YOGA RETREAT SPAIN ALICANTE**  
**Step into your full POWER and claim**  
**YOUR full activated chakras in just 7**  
**days**

# YOGA RETREAT

## CAP NEGRET, SPAIN

**“Experience a deep sensorial journey from  
outside to inside with Masters  
from Nepal & India”**

**EMPOWER, ACTIVATE, ENERGISE &  
TRANSFORMATION PROGRAM  
“THE AWAKENING OF THE CHAKRAS”**

**08/09/2019 to 14/09/2019**







## DAY 1 - ROOT CHAKRA (EARTH)

*It is the root of your being and establishes the deepest connections with your physical body, your environment and with the EARTH. Allows us to harness courage, resourcefulness and the will to live during trying times.*

Sunday 8th of September - 1<sup>st</sup> Chakra

12:00 HOTEL CHECK IN

13:30 -Brief detailed presentation of the Program, Teachers and Organizers.

14:30 Lunch.

16:00-16:45 Introductory Lecture “ Yoga & the 7 Chakras”.

17:00-17:45 Meditation and Pranayama.

(Tea Pause)

18:00-19:30 Traditional Hatha Yoga.

20:00 Dinner & Tea.

**\*SPECIAL:**

Welcome Ceremony. “Connecting with Mother Earth & Elements”.  
(On the Beach)





## DAY 2 - SACRAL CHAKRA (WATER)

*The second chakra is the center of feeling, emotion, pleasure, sensuality, intimacy. The energy of this chakra allows you to let go, to move, and to feel change and transformation occurring within your body. It allows you to experience this moment as it is, in its own fullness.*

**Monday 9th of September - 2<sup>nd</sup> Chakra**

**07:00-07:45** Traditional Hatha Yoga and Pranayama.

**08:00-10:00** Soft Paddle Surf Experience (at the sea).  
Contact with “water element” and with it, meditate and experience another discipline which also connects “body, mind and soul”. \*Optional.

**10:30 Breakfast.**

Free time, swimming-pool, beach, massage, relax...

**14:30 Lunch.**

**16:00-16:45** Yoga Nidra Introduction.

**18:00-19:30** Soft Hatha Yoga.

**20:00 Dinner & Tea.**

**\*SPECIAL:**

Front See Sunset Meditation. Guided by the natural sounds of the sea together with a sound bath of Tibetan Bowls.





## DAY 3 - SOLAR PLEXUS(FIRE)

*The third chakra is the center of your self-esteem, your willpower, self-discipline, as well as warmth in your personality. The energy of this chakra allows you to transform inertia into action and movement. It allows you to meet challenges and mover forward in your life.*

**Tuesday 10th of September - 3<sup>rd</sup> Chakra**

**07:00-07:45** Mantra Chanting and Meditation.

**08:00-09:30** Traditional Hatha Yoga and Pranayama.

**09:30** Breakfast.

**12:00** Bhakti Yoga.

**14:00** Lunch.

**16:00-16:45** Lecture about “Karma Yoga”. Conscious life.

**17:00-17:45** Free time, swimming-pool, sea, massage, relax...

**18:00-19:30** Soft Hatha Yoga.

**20:00** Dinner & Tea.

**\*SPECIAL:**

Fire Free Nature Dance under the stars accompanied by drum rythms.







## DAY 4 - HEART CHAKRA (AIR)

*The Heart Chakra allows us to recognize and get in touch with the sacred and fundamental truth that runs through all of life and connects everything together. The "way of the heart" or the "path of the heart" is living your life from this energy center of love.*

### Wednesday 11th of September - 4<sup>th</sup> Chakra

**07:00** Trip out. Experience Nature.  
Mantra Chanting, Meditation, Traditional Hatha  
Yoga and Pranayama in the open air.

**10:00** Green Picnic Breakfast.

**11:30** Trekking Mountain & Sea.

**14:00** Lunch at the hotel.

**16:00 - 17:15** Free time, swimming-pool, sea,  
massage, relax...

**17:30 a 19:00** Soft Hatha Yoga.

**20:00** Dinner & Tea.

Rest.





## DAY 5 - THORAT CHAKRA (SPACE)

*The Throat Chakra the "way of the Throat Chakra" is the way of inspired creativity, seeking and sharing of the truth. The energy of this chakra allows you to seek knowledge that is true, beyond limitations of time and space, beyond cultural and family conditioning.*

Thursday the 12th of September - 5<sup>th</sup> Chakra

07:00 - 07:45 Mantra Chanting and Meditation.

08:00 - 09:30 Traditional Hatha Yoga and Pranayama.

09:30 Breakfast.

12:00 Lecture "Yoga & Ayurveda". Health Conscious Diet.

14:00 Lunch.

16:30 - 18:30 Healthy Recipes Workshop.

*(Pause for Tea)*

19:00 - 20:30 Soft Hatha Yoga.

20:30 Dinner & Tea.

**\*SPECIAL:**

Tibetan Bowls Concert. Connecting through sounds & vibrations







## DAY 6 - THIRD EYE CHAKRA (LIGHT)

*The Third Eye allows us to access our inner guidance that comes from the depths of our being. It allows us to cut through illusion and to access deeper truths - to see beyond the mind, beyond the words. The gift of this chakra is seeing - both inner and outer worlds.*

### Friday 13th of September - 6<sup>th</sup> Chakra

**07:00 - 07:45** Mantra Chanting and Meditation

**08:00 - 09:30** Traditional Hatha Yoga and Pranayama.

**09:30** Breakfast.

**11:30** Lecture “How to create your own practice”.  
Take your Health Home!

**14:00** Lunch.

**16:00 - 17:45** Mandala Philosophy and Workshop.

*(Pause for tea)*

**18:00 - 19:30** Soft Hatha Yoga.

**20:00** Dinner & Tea.

**\*SPECIAL:**

Love Circle. Sharing process sensations and feelings.







## DAY 7 - CROWN CHAKRA (ETHER)

*The "way of the crown chakra" is the way of going beyond the limits of your own ego. It is the way of transcending the ego and knowing that all of creation is interconnected at a fundamental level. The energy of this chakra allows us to experience mystical oneness with everyone and everything in nature.*

**Saturday 14th of September - 7<sup>th</sup> Chakra**

**07:00 - 07:45** Mantra Chanting and Meditation.

**08:00 - 09:30** Traditional Hatha Yoga and Pranayama.

**09:30** Breakfast.

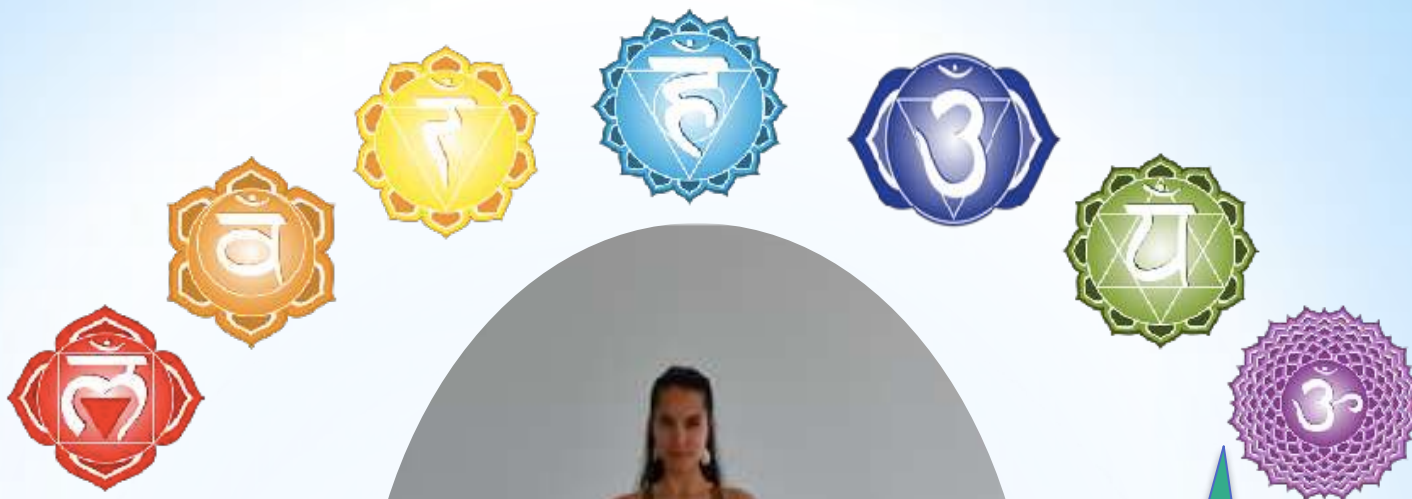
**11:00** WHITE GOODBYE/GOODVIBES CEREMONY.  
SURPRISES! 😊

**CHECK-OUT**

**NAMASTE!**

*\*Note changes to this program/schedule may take place.*





### PRICE

Hotel Cap Negret - Altea, Spain Alicante  
Shared Double Room @ €820 per person  
Single supplement extra charge €175.

### INCLUDED

Airport Transfers



Early Birds  
Discount  
Book before  
30th May 2019  
@ €799 (for  
shared double  
room)



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