14.9. - 19.9.2023

# JIVAMUKTI YOGA & SURF RETREAT ERICEIRA

with Nina de la Fuente (Advanced Cert. Jivamukti) & Franziska Hermann (800hrs Jivamukti Teacher)

Connecting outer adventure with inner feeling,
Waves with grace
Strength with movement.



WALKING ON EARTH

SURFING THROUGH WATER sthira-sukham āsanam The seat should be steady and joyful. YS 2.46

In dedication to re-connect to our first and primal chakras:

the element earth our roots, the ability to walk consciously and safely

the element water our flexibility, fluidity, emotional capacity to move through of internal and external waves.



## THE PROGRAM

Get ready for the perfect balance of focus and fun, moving and grounding, relaxing and enjoying - All Together.

**Daily Jivamukti Yoga Classes** 

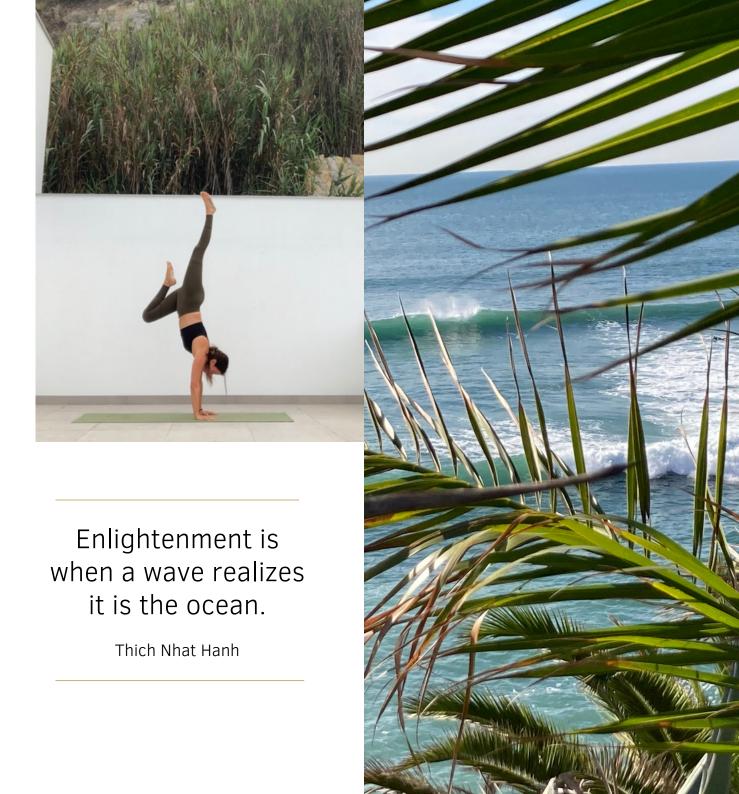
2 Surf sessions \*

Daily Vegan brunch & dinner 1 delicious dinner night out \*\*

5 nights at Elemental Ericeira

what else?

Yin Yoga, Meditation, Breathwork Mindful Beach & Cliff Walks Beach Clean Up



<sup>\*</sup>optional you can book additional surf classes

<sup>\*\*</sup> dinner night out, drinks not included

### THE PLACE

#### Elemental Ericeira

Just a 30min drive away from the Lisbon Airport, you will reach this hidden gem a green oasis only 350m from the Beach Praia do Sul in the center of Ericeira.

The house is surrounded by a spacious and peaceful garden inviting you to relax under the trees by the refreshing salt water pool next to the Shala.

All rooms have direct access to the garden. You can choose between a shared standard room with shared bathroom. Or a shared suite with en-suite bathroom.

SEE MORE HERE: https://www.elemental-ericeira.com

TO SAVE YOUR SPOT : elemental.yoga.ericeira@gmail.com



### **BOOKING**

Shared Room Standard
(single bed, shared bathroom) 950 € p.P\*\*\*.
Suite 01 (Shared)
(single bed, private bathroom) 1.100 € p.P\*\*\*
Suite 02 (Shared)
(double bed, private bathroom). 1.100 € p.P\*\*\*

\*\*\* Travel expenses, transport from and to the airport are not included. Price is including 5 nights at Elemental Ericeira

, Brunch, Dinner, Yoga and 2 Surf Lessons

### May all be HAPPY & FREE!

Nina & Franziska Advanced Certified & 800hrs Jivamukti Teachers

