

14.9. - 19.9.2023

# JIVAMUKTI YOGA & SURF RETREAT ERICEIRA

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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.



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

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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.

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WALKING  
ON EARTH

SURFING  
THROUGH  
WATER



# THE PROGRAM

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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**

\*optional you can book additional surf classes  
\*\* dinner night out, drinks not included



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Enlightenment is  
when a wave realizes  
it is the ocean.

Thich Nhat Hanh

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# THE PLACE

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## 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](mailto:elemental.yoga.ericeira@gmail.com)



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# BOOKING

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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

