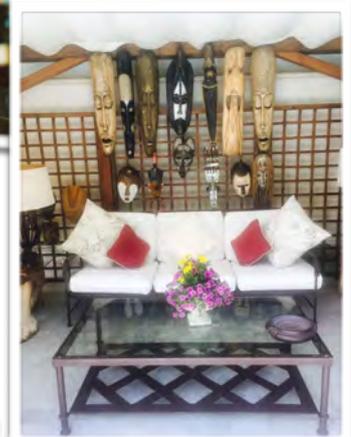


# SAWABONA

*Welcome to Sawabona Yoga Holidays*

*Spanish Hills (outside Madrid)*

*5 Days. 5 Elements. 5 Rhythms of Nature*



## ELEMENTS RETREAT

2<sup>nd</sup> to 6<sup>th</sup> August 2018

Daria and Maria would like to invite you to this 5-day Spanish yoga retreat as part of the Sawabona collection of retreats in Spain and Mexico. The theme of the week will be embodying the 5-life-giving Elements, both on and off the mat. Each morning will begin with a slow, yet strong flow practice where we will deconstruct each Element and apply it to our everyday lives. The afternoon class will include a combination of meditation, pranayama, yin and restorative practices focusing in 'Being rather than Doing'. There will also be time for journaling.

## THE YOGA

### EARTH DAY (Thursday 6PM to 7.30PM)

Landing on your feet...as you arrive in your new home for the next 5 days we will work on establishing your foundation to experience stability and ease through feet, legs and into the pelvis where your Muladhara (Root) Chakra resides. Find your home away from home.

### WATER DAY (Friday 8.30AM to 10AM & 6PM to 7.30PM)

Tap into your femininity to embody fluidity, connection and adaptability. Like a river that runs free, we will create our own course of flow through a practice based around the Chakra of sensuality, Swadhisthana. Expect deep hip releases and work in the lower spine.

### FIRE DAY (Saturday 8.30AM to 10AM & 6PM to 7.30PM)

We enter the peak of our retreat working on the fire element - this is where transformation really begins. Working on developing heat and energy to spur us into focus and action. We call on Manipura Chakra in the solar plexus to purify and strengthen the core and tap into the thousands of meridians residing in our bellies. Time to burn away our self-limiting beliefs!

### AIR DAY (Sunday 8.30AM to 10AM & 6PM to 7.30PM)

After purification, comes a sense of expansion and lightness. We have created space for movement of Prana (life force) in our physical, emotional and mind bodies and so we invite love and trust into the heart centre where Anahata Chakra sits. We will work on heart-opening postures and back bends to nourish the spine and glow with love

*SPACE DAY (Monday 8.30AM to 10AM)*

*At last we have reached the final step of our involutory ladder. We learn from the past 4 days and feel our way into our intuition, connection, expansiveness, consciousness and our authentic truth. We speak from Vishuddha Chakra, located in the throat and allow this element to inform and support us as we make our journey back home.*

### *THE FOOD*

*Each day Maria and Daria will serve two healthy home cooked meals (brunch and dinner) with locally sourced Spanish ingredients to nourish the body and feed the soul. There will also be plenty of snacks and fresh fruit throughout the day as well as teas for you to help yourself to.*

### *THE VILLA*

*Set in the sloping hills outside Madrid, El Molino is a stunning property surrounded by nature. With beautifully landscaped gardens, a luxurious swimming pool and stunning views from the veranda, you will find yourself immersed in the perfect conditions to fully unwind and let go. Bedrooms are tastefully decorated, quiet and cool even in the summer months.*

### *THE SURROUNDINGS*

*We will explore the local surroundings where there are plenty of beautiful nature walks along ancient ruins and meandering rivers. There is also the opportunity to visit vibrant Madrid and its unique soulful character. You can also take a wander to the nearby town to have a Cortado (Spanish coffee) or browse the local shops:*

*<http://www.molínodelahoz.com>*

## THE TEACHERS

*María - Owner of the villa, retreats coordinator, yoga teacher, accessories designer & artist, originally from Spain. Lives in London and works for herself being Sawabona's founder. She is a passionate of nature, wellbeing and spiritual practice. Qualified as a yoga teacher and over the last 7 years she has developed her own unique practice and style. Her passion is to impart the many benefits of regularly practicing yoga and make it accessible to everyone. María undertook her yoga teacher training in London where she mastered techniques that specialize in Creative Vinyasa Flow, Guided Meditation & Pranayama (breathing techniques). This was in addition to several workshops in Mexico, where she was able to deeply explore the ancient Mayan techniques of Natural Nutrition & Tai -Chi. She has developed her practice further in South America and London with a particular focus on understanding how yoga can not only benefit physical health but expand the mind and improving emotional wellbeing and life satisfaction.*



*Daria - Yoga Teacher, Artist and Thai Massage Therapist of Russo-Italian origins. Daria's teaching incorporates the classics of yoga: philosophy, meditation, mantra, pranayama and healing fluid asanas to help generate awareness, spiritual and emotional growth, as well as physical strength. She comes from a dynamic Vinyasa background but prefers to teach a slow, yet strong flow with room for creative movement, exploration of pulsations, and free form yoga (sometimes taking you off the mat). Taught to fresh soundtracks, with a focus on getting the basics right, her teaching offers an appreciation for flowing movement, integrating breath and intention for a wholehearted breath and movement embodied experience.*

LIMITED PLACES (8 people max)

PRICE £650 shared / £1200 single with en-suite



## ITEMS INCLUDED IN THE STAY

- Shower and pool towels
- Yoga Mat (feel free to bring your own)
- Air-conditioning (please respect the environment)
- One hair dryer per bathroom
- Incense and candles
- Self-service snack, fruit and tea station
- \* *Any other toiletries such as body lotion, shampoo, shower gel... please bring your own.*

## RECOMMENDED ITEMS TO BRING

- Trainers or walking shoes for hiking
- Jumpers and socks for relaxation and yoga nidra
- Bathing suits
- Sun cream and after sun lotion
- Eye pillow, strap and block for your practice
- Your journal for reflection
- Books or any other literature
- Crayons or paints for sketching

## HOUSE RULES

- Please limit the use of your mobile phone to disconnect from technology
- Quiet time is from 11pm to 8am
- You can burn candles and incense in bedrooms or bathrooms - just be mindful
- Smoking is not allowed anywhere in the house, indoors or in the garden
- You are free to use the yoga mats at any time outside classes for your own practice, meditation or relaxation, our home is your home!
- Help yourself to complementary teas, juices, snacks and fruit at the self-service station
- Alcoholic drinks will not be available – however you are welcome to bring your own to enjoy with dinner

## SCHEDULE OF THE RETREAT



*This is your retreat and so all sessions are optional. We have a schedule for each day that you can attend or skip to your heart's content! All we would suggest is that you come with an open mind and an open heart and be ready for a journey of self-exploration, relaxation and restoration!*

### Day 1 - Arrival day (Thursday) with check in from 3pm

#### EARTH

##### Evening

6-7.30pm - Welcome ! Earth Vinyasa Flow yoga practice

8.30pm - Candle lit dinner in your new home together for the first time! A wonderful chance to get to know the other yogis & teachers you will be sharing the space with and taste the food from this new soil.

*Journaling suggestion: What is your relationship with the Earth Element, both in terms of the Planet and your physical Body.*

### Day 2 - Friday

#### WATER

##### Morning

8.30-10am: Water Vinyasa Flow yoga practice

10-11am: Journaling suggestion: How is the Water Element integrated in your daily life?

11am: Brunch followed by free time. A great day to swim in the pool to integrate with the Water Element or book a Thai massage with Daria to help remove any blockages for the free flow of Prana and new pathways. We will arrange a hike around El Gasco Roman Aqueduct. [https://es.wikipedia.org/wiki/Presa\\_de\\_El\\_Gasco](https://es.wikipedia.org/wiki/Presa_de_El_Gasco)

##### Evening

6-7.30pm: Restorative yoga practice with Yoga Nidra

8.30pm - Dinner with new friends

### Day 3 - Saturday

#### FIRE

##### Morning

8.30-10am: Fire Vinyasa Flow yoga practice

10-11am: Journaling suggestion: How is the Fire Element integrated in your life? Do you have enough, a balance or too much fire?

11am: Brunch

Free time to rest or book a Thai massage with Daria focusing on balancing metabolism and internal fire, let us know in advance to coordinate which date and is best for you. Massages will take place in the garden, by the pool and under the "pergola".

##### Evening

6-7.30pm: Restorative yoga practice with Meditation

7.30-8pm: Fire Ritual: release all that no longer serves you into the fire pit

8.30pm: Candle lit dinner by the pool - a special night where we can enjoy the tranquility of nature with candles by the pool.

### Day 4 - Sunday

#### AIR

##### Morning

Sunrise chanting: Watch the sun rise over the horizon with Sanskrit chanting

8.30-10am: Air Vinyasa Flow yoga practice

10-11am: Journaling suggestion: How is the Air Element integrated in your daily life?

11am: Brunch

Free time, Thai massage with Daria, or excursion to the Sacred Monastery Monasterio del Escorial - <http://monasteriodelescorial.com> (additional cost)

##### Evening

6-7.30pm: Restorative yoga practice with Sound Healing

8.30pm: Farewell dinner - for our final night we wear our best clothes as we head out to Madrid for our final farewell dinner

Day 5 - Final Day (Monday) with check out at Midday

SPACE

Morning

8.30-10am: Space Vinyasa Flow yoga practice

10-10.30am: Journaling Suggestion: How is the Space Element integrated in your daily life? Is there Space in your life? What has been your biggest transformation on this retreat?

10.30: Final Brunch and Farewells!

EXTRA ACTIVITIES (OPEN TO DISCUSSION):

TIBETAN BOWLS WORKSHOP (50 Euros person) - This 4 hrs workshop will provide you with a deeper understanding of the healing power of Tibetan Bowls; how to place them, how to play them and how to connect with them.

YOGA NIDRA WITH GONG SOUND BATH (30 Euros per person) Evening session in the garden, surrounded by nature we will invite to embody this wonderful experience of deep relaxation through guided meditation and gong vibrational session with a local expert who has been trained in Mexico and India for nearly 30 years.

The Gong and Tibetan Bowl Masters can offer either individual, or group sessions. Just let us know your preference. All contributions will go directly to them.

NAMA-STAY IN TOUCH WITH US!

[www.yogawithdaria.co.uk](http://www.yogawithdaria.co.uk)

[www.sawabona.com](http://www.sawabona.com)