

# Yoga Retreat

with Nick & Lars

reTREAT  
reFRESH  
reFOCUS

Gran Canaria, Spain ★  
November 15-20/2023





# About this year's retreat...

*Join us for **Retreat, Refocus, and Refresh** yoga experience where you'll experience rejuvenation and personal growth through invigorating yoga practices, immersive workshops, and team-building activities.*

*Expand your network, forge valuable connections, and acquire practical skills that will enhance both your personal and professional life, making this retreat a valuable investment in your holistic well-being and professional success.*

*The retreat is at a beautiful retreat centre on the beautiful island of Grand Canaria, Spain.*

*Invigorate yourself with healthy and delicious veggie dining, twice daily yoga practices and a local excursion for an amazing experience!*

*Daily meditation and pranayama along with two topical lectures on how practices, philosophy, diet and nutrition can be tools to keep you focussed in your daily life and professional life when you return home.*





# Why did we select Gran Canaria for this year's retreat?

## yoga shala

*The retreat centre is a new build in a gorgeous canyon. Amazing rooms, with new beds, with each room having its own ensuite bathroom or its own dedicated bathroom down the hall. 15 person hot tub, amazing property, yoga room with a view.*

## weather

*The Canary Islands offer consistent stable weather. The south of the island where we will have retreat is typically dry and warm. You can expect most November days to be sunny and warm with average daily highs of 21 degrees Celsius*

## diversity

*The island has so much to explore. Sand dunes, mountains, canyons, and beaches. If you plan to extend your stay before or after the retreat there are plenty of activities like kite surfing, surfing, hiking, biking and night life.*





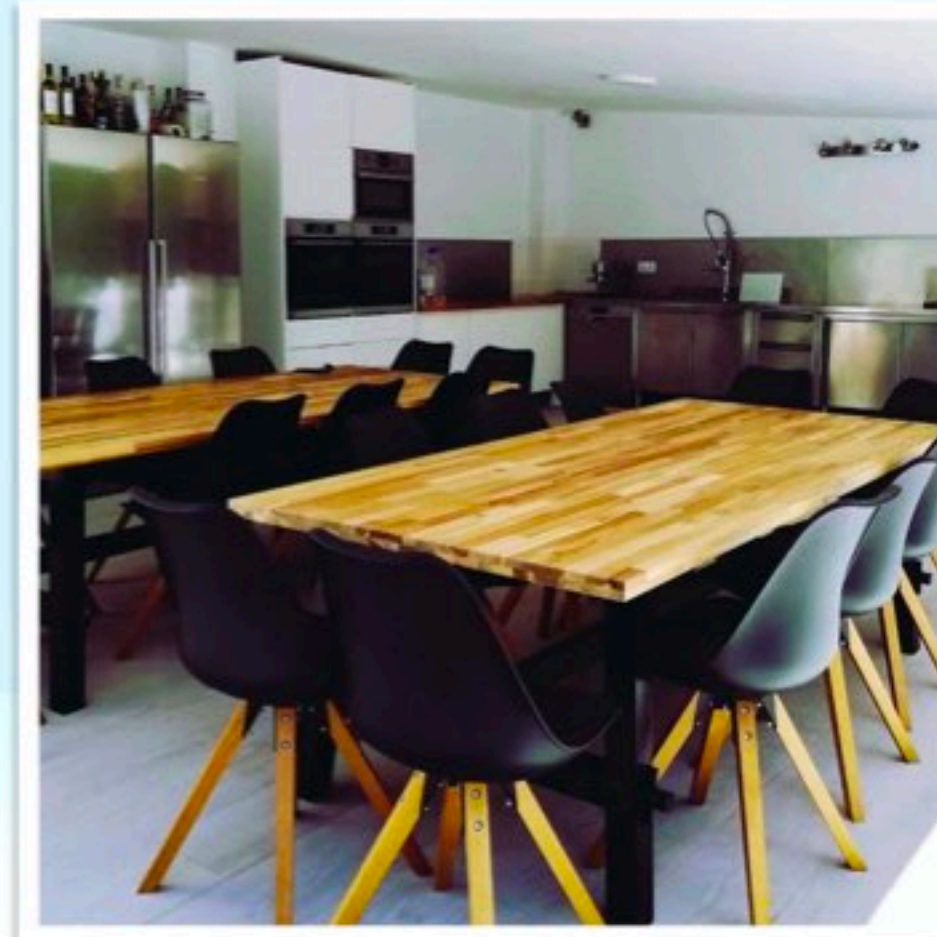
# A closer look of the retreat location...



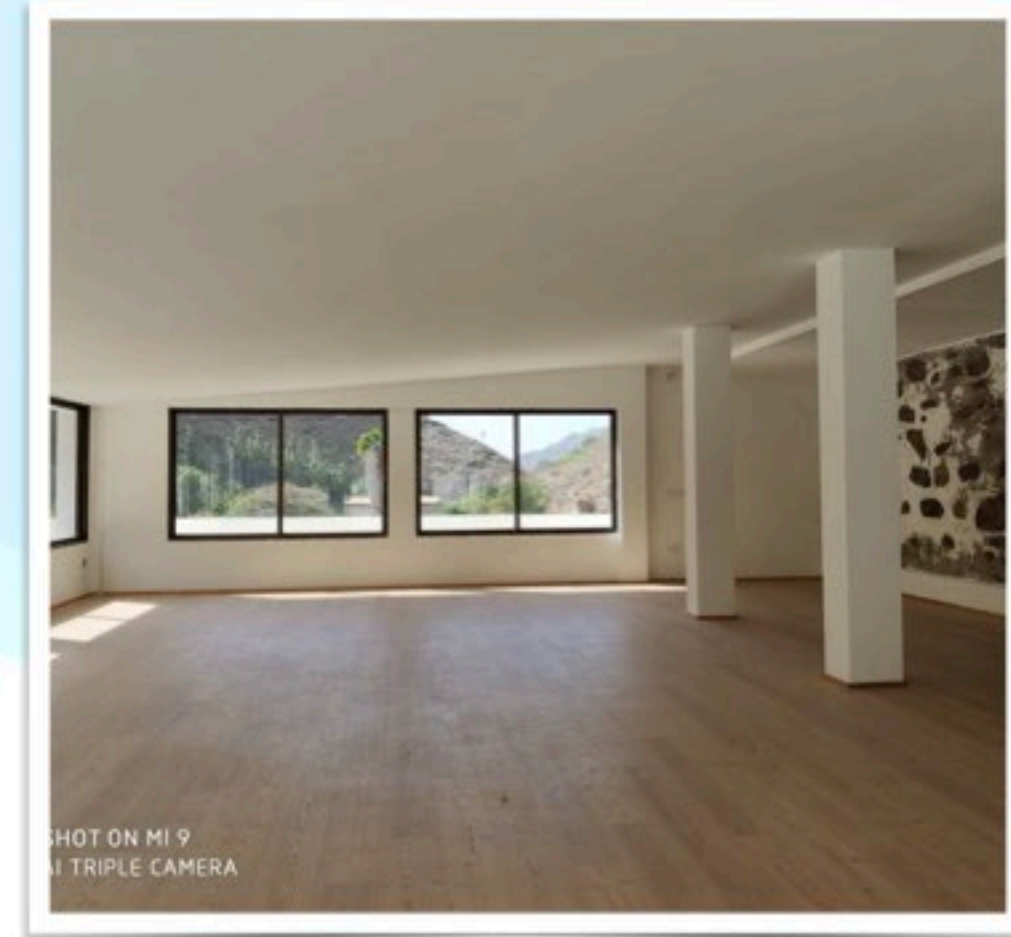
Aerial View of the Retreat Centre



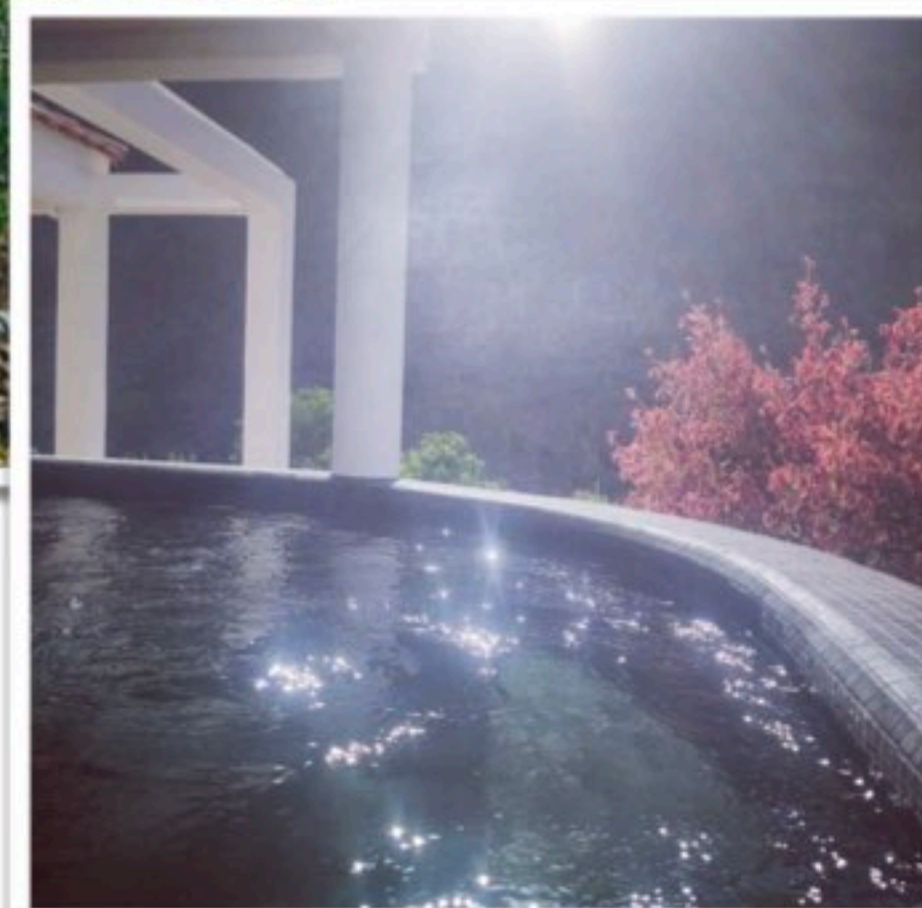
Lounge Area



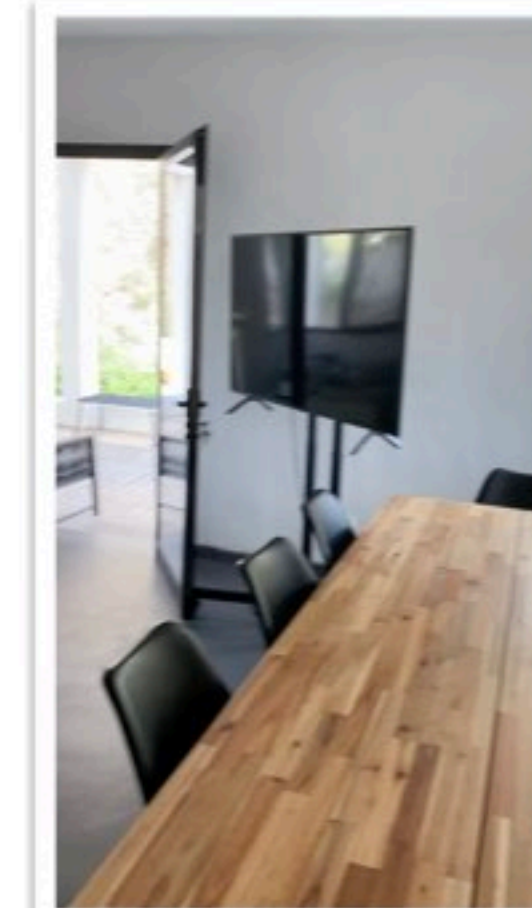
Kitchen and Dining Area



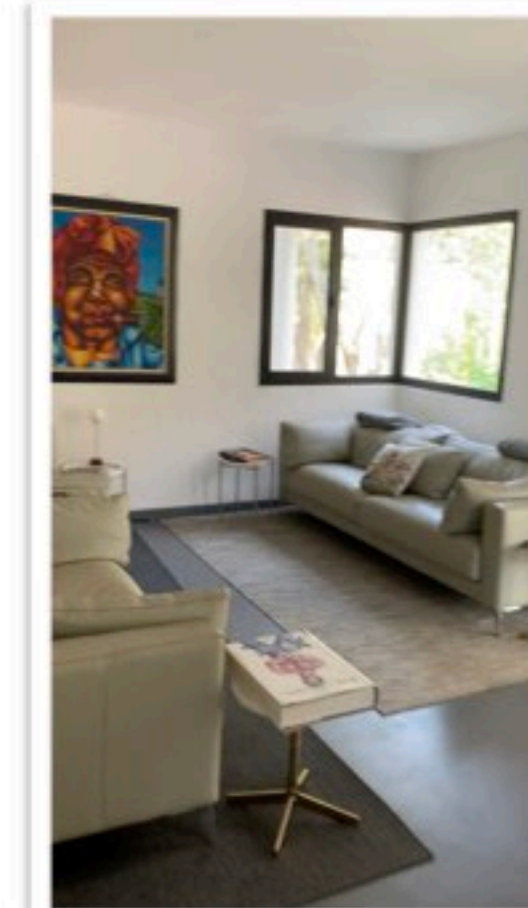
Yoga Practice Room



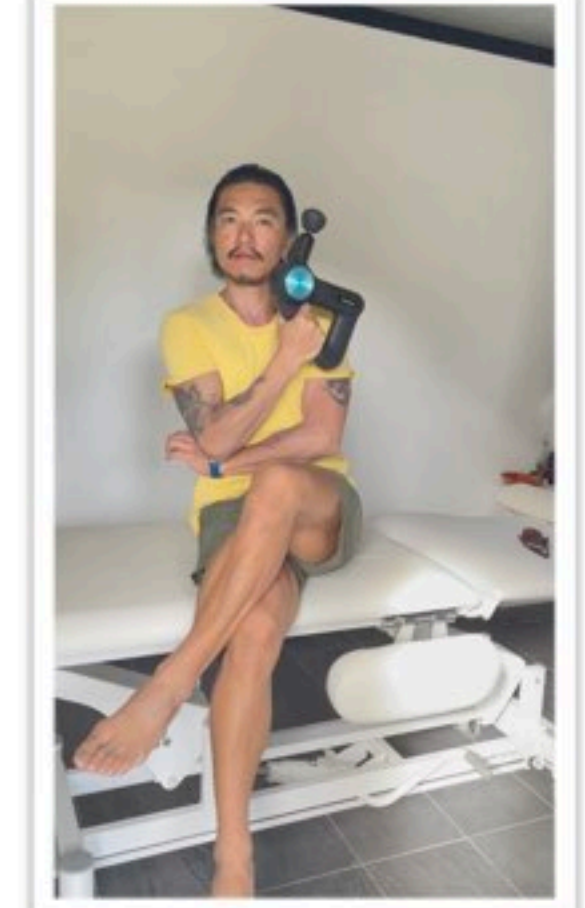
12 person Hot Tub



Multimedia Workshop  
Area



Indoor Lounge Area



Massage Room



# Practices, workshops and adventure...

## The structure of our 6 days\*...

### Wednesday November 15

Arrival from 15:00, welcome tour at 17:30, dinner at 19:00, welcome ceremony and evening yoga, pranayama and meditation at 20:30

### Thursday November 16

Morning **Yogilates**, pranayama and meditation 07:30-8:45, breakfast 09:00, free time to network, lunch 12:30, Diet Workshop Clarity, Focus and Energy: Raw Cacao, Ghee, MCT Oil and Supplements 14:00-15:15, free time, dinner 19:00, evening gentle hip opening yoga, pranayama and meditation at 20:30

### Friday November 17

Morning backbend flow yoga, pranayama and mediation 07:30-8:45, breakfast 09:00, free time, lunch 12:30, free time, dinner 19:00, evening yin yoga, pranayama and meditation at 20:30

### Saturday November 18

Breakfast 07:30, local excursion day, dinner 19:00, evening lower back and hip care gentle yoga, pranayama, meditation and trataka candle gazing at 20:30

### Sunday November 19

Morning cardio yoga, pranayama and meditation 07:30-8:45, breakfast 09:00, free time, lunch 12:30, Philosophy Workshop Reframing Goals: 3 Goddess Archetypes 14:00-15:15, free time, dinner 19:00, evening kirtan chanting, pranayama and meditation at 20:30

### Monday November 20

Morning upside down yoga, pranayama and meditation 07:30-8:45, breakfast 09:00, checkout 11:00

**\*It's your retreat!** Attendance of the classes, workshops and excursion are all optional. Timing of the schedule may change slightly during retreat. During your free time you can book a massage (fee not included in retreat price).



# The retreat faculty...

## Nick Hu

Born in Taiwan, Nick has over 20 years of experience working with the physical body as physical trainer, dancer, and performer in theatre. In 2005 he discovered the practice of yoga and its many physical and mental benefits. Teaching yoga since 2009, Nick began to integrate his knowledge and understandings from the different physical disciplines and grew his understanding of the body and alignment helping his students across dance, physical training, aerobics and yoga. Nick has an eRYT500 certification with a commitment to continued learning. In Nick's classes you will be guided by clear alignment cues, a mix of humour, kind encouragement to help new and seasoned students go deeper into understanding their physical body

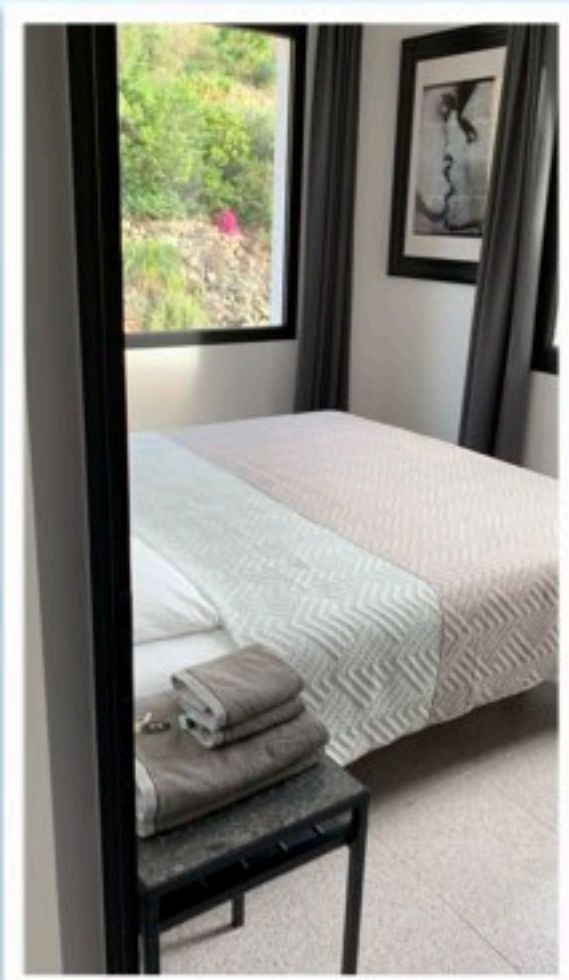


## Lars Mathiesen

Yoga found Lars in 1999 while living in Toronto and he loved the clarity, focus and vitality of the practice. Adventure called and Lars found himself living in Taiwan and exploring Asia for 16 years. Lars is e-RYT 500hour certified with a keene interest in anatomy, alignment and the yoga as a practices to enhance the life journey. He has a non-dogmatic approach to teaching which includes: injury prevention and management; finding a smart balance between strengthening and creating space; and an encouraging, challenging and light hearted class environment for a variety of styles of yoga practice. His motto is discover with curiosity, learn with passion and be focused but not serious.

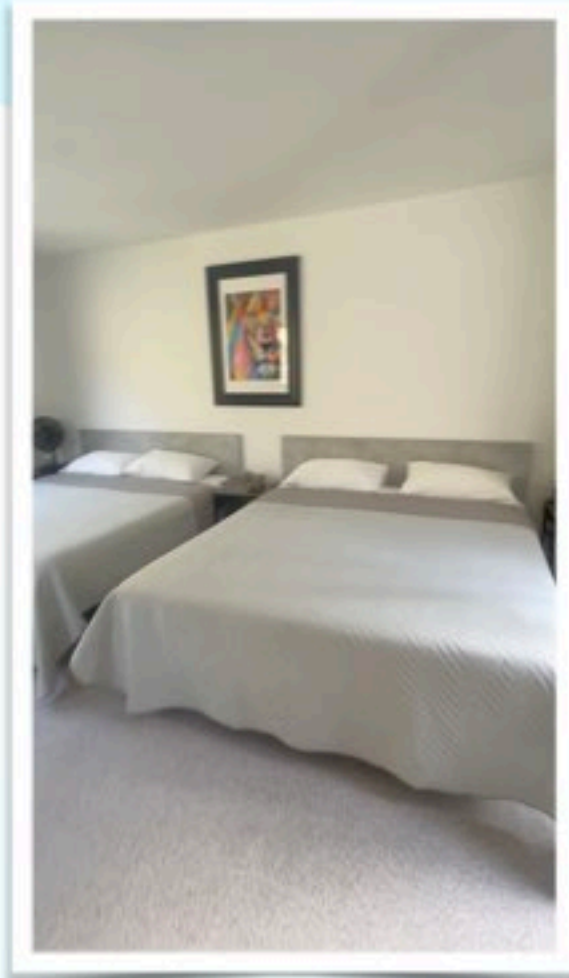


# Pricing\* and rooming options...



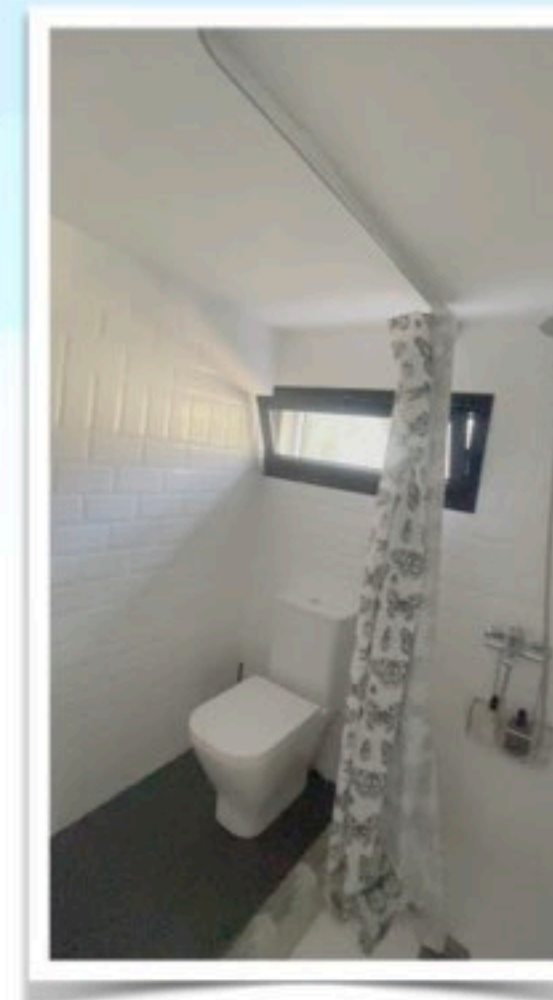
Single King Deluxe Rooms (ensuite bathroom)  
(2 rooms available) 1210€

*One King Bed and ensuite bathroom. To share the king bed with someone an additional 550€. So, two people share this room for 1210€ + 550€.*



Double King Deluxe Rooms (ensuite bathroom)  
(3 rooms available) 1090€ per person

*Two King Beds with ensuite bathroom. To share a king bed with someone an additional 550€. So, if you have four people in this room the charge is 1090€ + 1090€ + 550€ + 550€. If three people in the room then its 1090€ + 1090€ + 550€.*

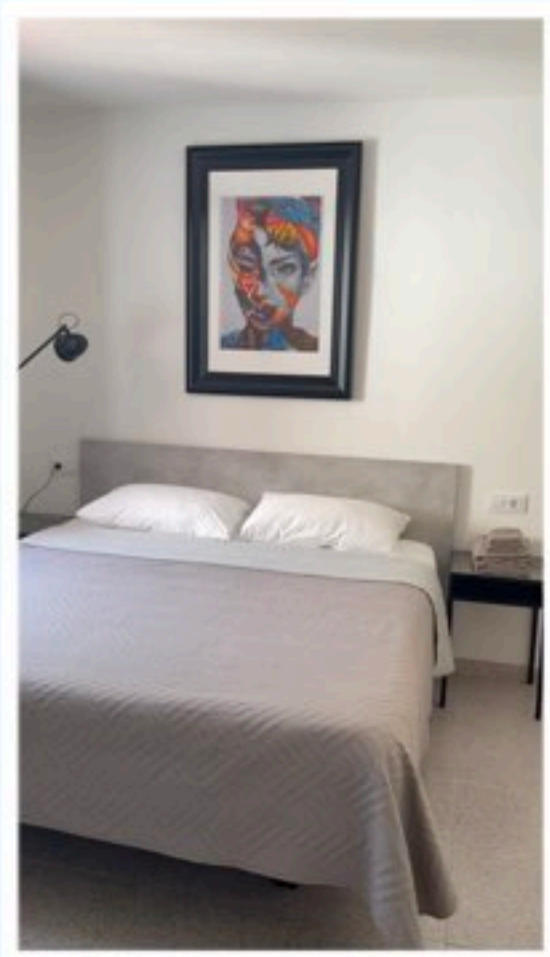


**\*All prices listed include applicable taxes**

QR for Registrations

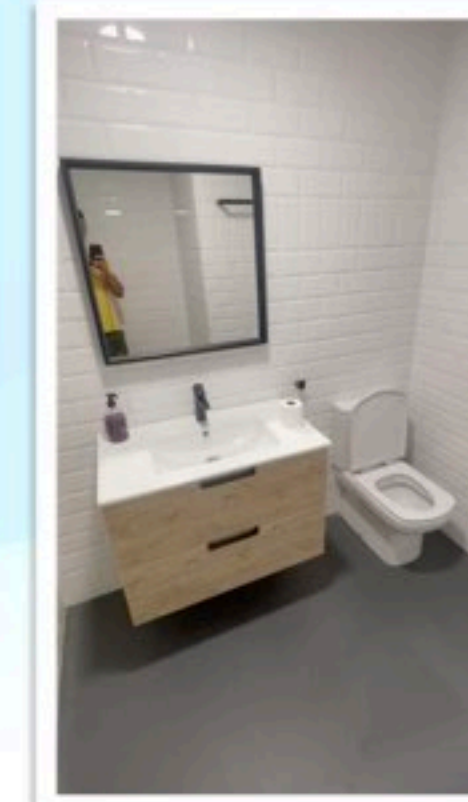
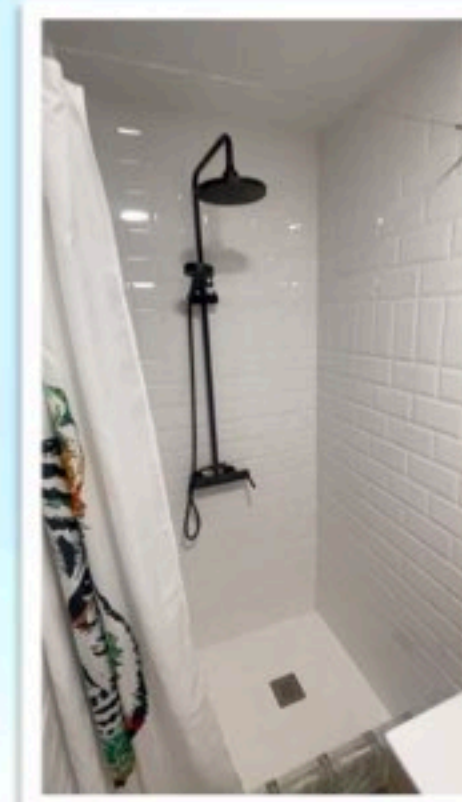


# Pricing\* and rooming options...



Single King Rooms  
(6 rooms available) 1150€

*One King Bed and your own private bathroom down the hall. To share the king bed with someone additional 550€. So if you share this room with someone else its 1150€ + 550€.*



**\*All prices listed include applicable taxes**



QR for Registrations



# Terms and conditions

## *Fees includes:*

- *All applicable taxes*
- *The room*
- *Vegetarian meals for duration of the retreat*
- *Group excursion of canyoning*
- *Pick-up from Yumbo Centre on arrival day*
- *Delivery to Yumbo Centre on departure day*
- *All yoga sessions and workshops*

## *Flights not included.*

*We kindly ask a deposit of 200€ per person to secure your reservation. Balance of payment due October 16/2023. Minimum number of participants for this retreat to run is 10 people decided on October 15/2023. If the retreat does not meet minimum participants by October 15/2023 your deposit and fees paid will be refunded in full.*

## *Cancellation and refund policy:*

- *100% refund (including deposit) before October 15/2023*
- *50% refund (not including deposit) will be refunded for cancellations before November 8th*
- *No refunds for cancellations after November 9th/2023*
- *No refunds for no show*



# Reserve your spot or contact us

- QR Code for reservations



- Or use this link: <https://forms.gle/F9Piw2yCJcmh5xUC9>
- Email inquires to [lars\\_bjoern@rocketmail.com](mailto:lars_bjoern@rocketmail.com) or [hu\\_nicholas@hotmail.com](mailto:hu_nicholas@hotmail.com)