

Yoga And Self Care Retreat With Sue and Anke in Serratella!

www.jabierans.com



*Find Inner Peace
Increase Compassion in Your Heart
Connect with and Heal Your Body
Deepen and Nurture your Relationship
with Your Self
Create Community with Others
Connect with Nature
Eat Healthy Food Lovingly Prepared for
You*

Includes: Yoga/ Meditation/Restorative Yoga with Singing Bowls and Sound Bath and a personalised private session of massage or yoga. Vegetarian meals and accommodations Friday dinner thru Sunday lunch.

Where: Our retreat is in jabierans.com in Serratella, Castellón about one and a half hours outside of Valencia capital. The center has been created by Jabier an artist who integrates art and nature giving the place a unique energy and it's set on a beautiful mountain with amazing views out to the sea. The accommodations are simple with shared private bathrooms. The meals are vegetarian and lovingly prepared.

Dates: Dec 1–3, 2017,

Friday between 3–5pm until
after lunch on Sunday.

Early bird 195euro, after Nov
5st 225euro reserve your
space with 100 euro deposit.

664734000 Sue
639293796 Anke

Sue:

Yoga teacher and massage therapist
www.suejamm.com

Anke:

Osteopath, massage and singing bowl therapist.
www.tarasana.es