

# 'Full Circle' Yoga & Yoga Therapy Retreat

WITH MONTSERRAT G. MUKHERJEE & SUZE RETERA

29 FEB - 7 MARCH 2020 - SPAIN



[WWW.GLOBALFLOWRETREATS.COM](http://WWW.GLOBALFLOWRETREATS.COM)



## The Retreat

Enjoy a week-long retreat while receiving all the teachings of the 'Yoga Therapy for safe Tension Release & Embodiment through a Physical Approach' module that is part of the Yoga Therapy Training of The Yoga Therapy Institute (30-hr Credit). This retreat is open to all: yoga students, yoga teachers, and yoga therapists (in training).



On this retreat with yoga therapist Montserrat G. Mukherjee and yoga teacher and psychologist Suze Retera, you get to explore a range of practices that allow you to release tension and trauma in a safe and grounded way.

Tension and traumatic experience settle in the body and are often experienced as physical sensations. In an effort to escape these sensations, dissociation can become a to go to state, which is often an obstacle in cognitive therapy, but also in the functioning of people in daily life. Physical practices are a very effective tool to release access tension, facilitate a more grounded state and create awareness around dissociation which plays an important part in any healing process.

On this retreat, Suze will explain the way tension settles in the body, looking at the nervous system, but also at the fascia and certain muscles. You will learn how different physical practices can facilitate the release of this tension and create embodiment in the physical and mental effects of different movement modalities. These include moving beyond the common restorative and meditative yoga practices and applying the physical practice to create mobility, functional strength, tension release, balance, and a grounded state.

Montserrat G. Mukherjee will bring the Yoga Therapy applications of these practices, overseeing the manifestation of our own self-work on to our teachings with clients and students in a safe, therapeutic setting. Montserrat and Suze share a wealth of experience, passion for the teachings they have to offer, and a good dose of humor. They will guide you every step of the way during this retreat with practices including yoga therapy, yoga asana, breath work, yoga nidra, and a variety of lectures.

In your free time, you can enjoy the beautiful retreat center, go for walks in nature, explore the area, or enjoy some time alone with a book. Throughout the week you will not only be nourished by the practices, but also by the 3 delicious, home-cooked vegetarian meals you get to enjoy each day.



## Retreat Highlights

- Yoga Style: Yoga Therapy, Yoga Nidra, Vinyasa Yoga, functional strength and flexibility
- Explore meditation practices and breath-work
- Study with two senior teachers
- Relate and apply your practice to your daily life
- Receive 30-hrs credit towards the Yoga Therapy Training
- Enjoy a week of deepening practices to take care of yourself and serve others
- Stay at a beautiful eco-resort
- Enjoy healthy home-cooked vegetarian meals

## The Practices

On this retreat, we will explore a broad range of practices. Besides yoga asana, meditation and breath work, we include lectures and the practices described below:~

### YOGA NIDRA

Yoga nidra is also known as yogic sleep. This profound practice offers you the clarifying benefits of deep meditation, the restorative power of restful sleeps and allow you to nourish and heal yourself on a physical, mental and emotional level.~

### YOGA THERAPY & THE PANCHAMAYA KOSHAS :

Yoga Therapy Practical Applications and Inspiration for the 5 human layers/ dimensions:

- \* Physical Body
- \* Energetic Body
- \* Mind Body
- \* Wisdom Body
- \* Spiritual Body



Yoga Therapy focuses not only on the physical body, but also on the breath, sleep, digestion, our thoughts, our emotions, and our beliefs. Only when we can introduce new patterns and “undo” old destructive habits in these areas, we can start the process of healing and repair, from the deepest layers within ourselves.~

### PAWANMUKHTASANA SERIES

Inspired by the “Joint-freeing” series of Mukunda Stiles, father of Structural Yoga Therapy and the Pawanmukhtsana series of the Bihar School of Yoga, this is a beautiful, slow



practice with the breath, which allows full motion of the joints in combination with deep breathing, suitable for everyone but specially healing for students suffering from physical and emotional exhaustion.

## FUNCTIONAL RANGE CONDITIONING:

Healthy joints are the starting point of any constructive physical practice. Instead of passive range of motion or uncontrolled flexibility which often creates injuries, we focus on bodyawareness and expanding the controlled range of motion of the joints which benefits any other physical activity you choose.

## The Accommodation

During the retreat you get to stay at Suryalila, a beautifully renovated old olive farm consisting of eight houses that form the cortijo. In typical Spanish style there are two inner courtyards, one of which blooms with orange and lemon trees.

The property sits on 45 acres of land and is still a working olive farm with 350 olive trees. Organic vegetables and fruits are grown in the gardens.



Suryalila is situated serenely in a large open valley in the foothills of the Sierra de Grazelema. This majestic mountain range can be seen looming large on the horizon behind Suryalila. A striking part of the natural beauty of the property is the breathtaking view extending in all directions: rolling hills, fields of sunflowers, and lakes.

The houses on the property are all artfully and tastefully furnished and decorated with careful attention to detail. Every room is uniquely beautiful with impeccable Feng Shui

The room options differ from a triple room to double rooms with shared bathroom or a single room with private or shared bathroom. For the complete room descriptions, please visit the booking page.



## The Teachers

### MONTSERRAT G. MUKHERJEE

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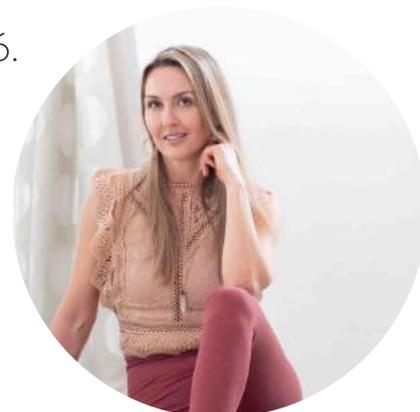


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### SUZE RETERA

Suze is a Psychologist and certified yoga teacher, teaching since 2006. Throughout the years she deepened her knowledge in both fields by adding Family Constellations, TRE® (Trauma Release Exercises), FRC® (Functional Range Conditioning) and Yoga Nidra to her qualifications. ``



Her passion for travel, a conscious lifestyle, and (self) healing inspired her to start Global Flow Retreats in 2010. Global Flow Retreats offers yoga events that combine a deep yoga practice with sustainability and self-care. ``

Suze believes strongly that the holistic approach of combining yoga with disciplines like mindfulness, Ayurveda, and trauma- and stress release practices, offers all the tools we need to not only find inspiration but to gain insight and find the healing that can alter the course of our lives. `



Her yoga teaching style is a combination of challenging asana sequences, a focus on alignment and functional flexibility and strength, deep embodiment, and self-healing. The challenging parts of the practice are met with humor and clear guidance that keeps you safe and grounded. Suze's yoga nidra and meditation classes offer you a relaxation that goes beyond just physical relaxation and allows healing to take place on a deeper level.

## The Schedule

### 29 FEB | ARRIVAL DAY

15:00 hrs | Check from 3 pm (no later than 9 pm)

17:30 hrs | Group welcome & Nidra with Montserrat & Suze

19:00 hrs | Dinner

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### 1 MARCH | DAY 2

7:00 – 7:30 | Tea & Fruit

7:30 – 9:30 | Session 1

9:30 – 10:30 | Breakfast

13:30 – 14:30 | Lunch

16:00 – 19:00 | Session 2

19:00 – 20:00 | Dinner

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### 2 MARCH | DAY 3

7:00 – 7:30 | Tea & Fruit

7:30 – 9:30 | Session 1

9:30 – 10:30 | Breakfast

13:30 – 14:30 | Lunch

16:00 – 19:00 | Session 2

19:00 – 20:00 | Dinner

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### 3 MARCH | DAY 4

7:00 – 7:30 | Tea & Fruit

7:30 – 9:30 | Session 1

9:30 – 10:30 | Breakfast

13:30 – 14:30 | Lunch

16:00 – 19:00 | Session 2

19:00 – 20:00 | Dinner



#### 4 MARCH | DAY 5 “DAY OFF”

7:30 – 8:00 | Tea & Fruit

8:00 – 9:30 | Session 1:

9:30 – 10:30 | Breakfast

11:00 – 18:00 | Day Trip

19:00 – 20:00 | Dinner

21:00 – 22:00 | Yoga Nidra

#### 5 MARCH | DAY 6

7:00 – 7:30 | Tea & Fruit

7:30 – 9:30 | Session 1

9:30 – 10:30 | Breakfast

13:30 – 14:30 | Lunch

16:00 – 19:00 | Session 2

19:00 – 20:00 | Dinner

#### 6 MARCH | DAY 7

7:00 – 7:30 | Tea & Fruit

7:30 – 9:30 | Session 1

9:30 – 10:30 | Breakfast

13:30 – 14:30 | Lunch

16:00 – 19:00 | Session 2

19:00 – 20:00 | Dinner

#### 7 MARCH | DEPARTURE DAY

7:00 – 7:30 | Tea & Fruit

7:30 – 9:30 | Session 1

9:30 – 10:30 | Breakfast

11:00 | Check out



## Value

### THE PACKAGES INCLUDES

- complete yoga & yoga therapy program consisting of 30 hours
- 3 vegetarian meals a day
- 7 nights accommodation
- day trip
- use of retreat center facilities
- all taxes

### NOT INCLUDED

- transport to and from the retreat location
- massages and other treatments
- alcoholic beverages (this is an alcohol free retreat)

### INVESTMENT

The early bird rate is only available for the first 8 registrations before 1 September 2019 that are paid in full upon booking.

To secure your retreat booking at the regular rate, we require a €600 deposit and a balance payment by 5 January 2020

Bookings made after 5 January 2020 are to be paid in full upon booking to secure your booking.

**DELUXE SINGLE ROOM:** Early Bird Price: €1499 or Regular Price: €1749

This deluxe single room with private bathroom is located in Casa Tara or Casa Padma at Suryalila Yoga Retreat Centre. It has a window which looks onto the charming Plaza de las Naranjas. It is on the ground floor with its own private bathroom and is available for an individual or a couple. It includes the use of the casa's living room, dining area, kitchen and outside patio.

**SUPERIOR SINGLE ROOM:** Early Bird Price: €1429 or Regular Price: €1679

The Superior Single Rooms are in the self-contained Tara and Padma house at Suryalila Yoga Retreat Centre. The superior single room is located upstairs. There is also a twin room upstairs, which shares the bathroom with the superior double. The bathroom is conveniently located between the two rooms. There is a deluxe double bedroom on the ground floor with its own bathroom. There is also a comfortable sitting room, dining area and outside patio, which serves all three rooms.

Amenities include a kitchen fitted with modern appliances – gas cooking stove and oven, sinks, fridge, microwave oven, clothes washing machine, gas central heating and air-conditioning.

**DELUXE DOUBLE ROOM:** Early Bird Price: €1239 or Regular Price: €1489

This deluxe double room with private bathroom is located in Casa Tara at Suryalila Yoga Retreat Centre in Villamartin, Spain. It has a window which looks onto the charming Plaza de las Naranjas. It is on the ground floor with its own private bathroom and is available for an



individual or a couple. It includes the use of Casa Kali's living room, dining area, kitchen and outside patio.

**SUPERIOR DOUBLE ROOM:** Early Bird Price €1129 or Regular Price: €1379

The Superior Double Rooms are in the self-contained Tara and Padma house at Suryalila Yoga Retreat Centre. The superior double room is located upstairs. There is also a twin room upstairs, which shares the bathroom with the superior double. The bathroom is conveniently located between the two rooms. There is a deluxe double bedroom on the ground floor with its own bathroom. There is also a comfortable sitting room, dining area and outside patio, which serves all three rooms.

Amenities include a kitchen fitted with modern appliances – gas cooking stove and oven, sinks, fridge, microwave oven, clothes washing machine, gas central heating and air-conditioning.

**TWIN ROOM:** Early Bird Price: €1129 or Regular Price: €1379

The Twin Room is located in Casa Ganesha, the main house at Suryalila Yoga Retreat Centre. There are three bedrooms on the ground floor: this twin room, one Superior Double Room, and a three-person room. The twin room shares a bathroom with the Superior Double room and there is a separate bathroom for the triple room. All these rooms are connected to the main dining area and lounge areas.

**Deluxe Twin Yurt:** Early Bird Price: €997 or Regular Price: €1247

Staying in the lovely, spacious yurt is a unique retreat experience. It is a delightful twin room, fully furnished, with all of the comforts of our other rooms and a back-to-nature ambiance. The yurt is located in the “glamping” area overlooking the ancient olive grove and has access to three hot showers, one toilet, and 4 eco-toilets right beside it. It has a wood burning fire stove for the colder months.

**Eco Casa Twin Room:** Early Bird Price €997 or Regular Price: €1247

Eco Casa twin room is a beautiful eco-friendly room built from sustainable cob (straw bale & mud). The room has two single beds and a shared bathroom.

**Triple Room:** Early Bird: €957 or Regular Price: €1207

The spacious triple room offers 3 single beds. This 3-person room is located on the ground floor of Casa Ganesha, the main house, and has its own en suite bathroom.



## Booking & Cancellation Policy

You can cancel your booking at any time and notification must be given to Global Flow Retreats in writing by sending an email to: [info@globalflow.org](mailto:info@globalflow.org)

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- Notification received more than 60 days before the start of the retreat: 30% of the full fee + €25 administration fee.
- Notification received 31-60 days before the start of the retreat: 50% of the full fee + €25 administration fee.
- Notification received less than 30 days before the start of the retreat: 100% of the full fee.

Global Flow Retreats reserves the right to cancel the retreat if fewer than 10 participants have signed up by 1 September 2019. In such circumstances the participants will be informed promptly and registration monies will be reimbursed. Any travel costs will not be reimbursed. We recommend all participants to get coverage through their travel insurance.

When booking a double or a triple room as a solo traveler, we will do our best to find a same-gender roommate for you. In the unlikely event that we are unable to do so, you will be required to upgrade to a single or double room respectively and pay the accompanying rate. When a single room is not an option to book, we will look at an appropriate solution and rate with you.

## Insurance

Following legislations for the travel branche in the European Union, all teachers / organizations that offer a retreat need to have a full liability insurance that covers the entire trip. According to the same legislations, the organizer is only allowed to work with accommodation, teachers and any other third party services that also have full liability coverage and therefore follow the European guidelines for safety and responsible travel.

Global Flow Retreats is fully covered and we follow the legal guidelines for safe and responsible tour operating. All locations we will be visiting during the retreat follow these guidelines too as well as the teachers that we work with, making sure we can offer you high quality and responsible retreats.



Please do make sure your own insurances are in order too. Check the coverage of your medical insurance and make sure you have a travel insurance that covers the locations we visit and activities you take part in.

## How to Get There

You can fly to Jerez, Seville or Malaga from where pick ups can be arranged. If you send us your flight details, we will try to couple you with other travelers as much as possible, so you can share the pick up costs.

Costs per one way pick up are:

Jerez: €70

Seville: €90

Malaga: €150

Pick up costs need to be paid in cash to the driver directly.

Another option is to take a bus to Villamartin from where you can get a pick up for €10.

If you like to travel by bus, you can check the bus schedule here:

<http://losmarillos.autobusing.com>

Bus times can change, so best to check the bus times again one week in advance.

Another option is to rent a car. This is a nice option if you like to explore the area during the retreat.

## What to Bring

The climate in Seville is very comfortable in Spring time. Average temperature in March is 20C during the day, which can drop down to 9C at night..

Because the temperature can fluctuate a bit, we recommend bringing layered clothing.

Yoga mats and props are available at the yoga studio, but feel free to bring your own mat, eye pillow, or any other prop that you prefer to use.

Below a list with important items to make sure you bring with you on this retreat:



- Yoga mat (yoga mats are also available at the retreat center, but you might prefer to use your own)
- Water bottle to refill
- Swimming clothes
- A scarf or long shawl (nice to have for meditation and savasana)
- Cool clothes for warm days and warmer clothes for the mornings and evenings (bring layers)
- Walking shoes if you like to go for walks and flip flops
- Notebook and a pen
- Any medication you need
- Passport, insurance documents, credit card
- Drivers license if you like to rent a car

