



RETREAT RECONNECT RECALIBRATE REMEMBER

Yoga Experience Retreat

Ancient yoga for the modern world.
Join us for an intimate 5 day retreat and the
opportunity to experience traditional Yoga
practices, ceremonies and vedic ritual

MAY 1-5 2024
GRANADA, PRADO NEGRO

Tree house and off grid accommodation tucked away in
the Andalusian mountains, southern Spain .

Exchange from €410
For booking or more information
Email - yogadharmaspain@hotmail.com



Ready to go deeper into Yoga?

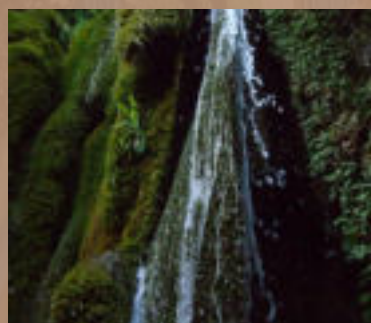
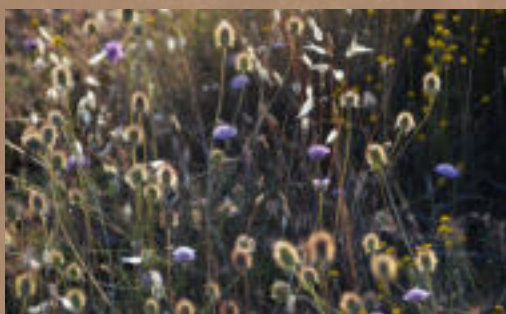
Participating in our Yoga Experience Retreat provides a unique opportunity for both personal and spiritual growth. It is an immersion into a yogic lifestyle that gives the foundation for self- transformation through traditional yoga practices- old school yoga from the sages.

You will deepen your personal practice and understanding of Yoga, cultivate awareness to witness your way of interacting with the world, and have the tools to transform the way you approach it. You will return home with practical skills and mindfulness tools, more resilient with more in-depth knowledge of Self.

We have selected a beautiful retreat space with full connection to nature in the national park mountains of Granada. It is a family run association which has been built with love and care over years. Tree houses and accommodation are all made by hand from natural and recycled materials. Hidden away in the rolling hills of Andalucía, your yoga practice will reach new depths and heights.

You will receive

- Beautiful off-grid nature experience
- Healthy, organic & locally sourced delicious meals
- Daily Hatha Yoga, Pranayama & Mantra meditation classes
- Yoga Nidra practice
- Karma Yoga exploration
- Yin yoga and Cacao experience
- Vedic ancient Indian ritual
- Waterfall hike & walking meditation
- Access to evening Sauna sessions & a natural pool to enjoy in free time



Accommodation

The retreat venue is located in Prado Negro, in the region of Granada, Spain. In the heart of the Sierra de Huétor Natural Park at 1500m altitude in a stunning environment in Andalusia with spectacular views of the Sierra Nevada.

It is a dream come true for the family that have built it over years of dedication and passion. Tree houses are all professionally made from natural or recycled materials with outstanding care and skill. Relaxing in the dome of the centuries-old oak tree or enjoying a nighttime sauna and a swim in the pool under the stars... these are experiences that will not be forgotten! Enjoy the outdoor Yoga platform, a cosmic dome high in the trees, animals, a natural pool, the hammocks...and every corner created for contemplation.

Most spaces are shared with 1 or 2 more guests, or ideal for couples and friends.

Nest Cabin-2 guests

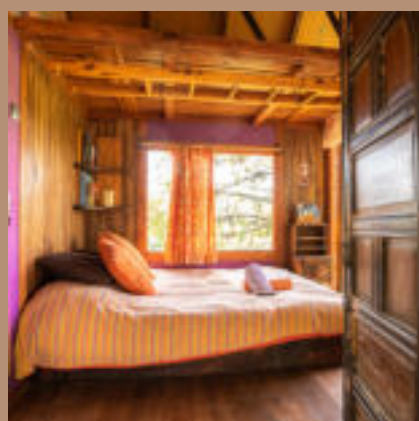
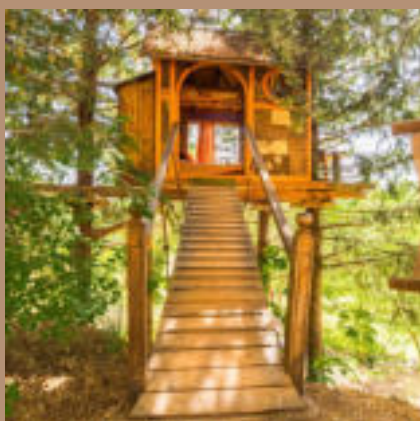
To be shared with one other guest, beds are separated by 2 floors and ladder access. Incredible views thanks to its beautiful windows.

This cabin is designed for individual travelers, groups of friends and adventurous families of up to 3 members.



Cork Cabin- 2 guests or group of 3

At 5 meters high and with unbeatable views over the Sierra Nevada, here you will feel like real birds. It has a double bed and a single bed in a glass loft.



Encias Cabin- 2- 3 guests

For those who want to have more space, who have difficulty with heights and who need a dry toilet, this is the ideal cabin. It has two double beds, one in a glass loft where you will sleep cradled by the swaying of the branches at eye level.

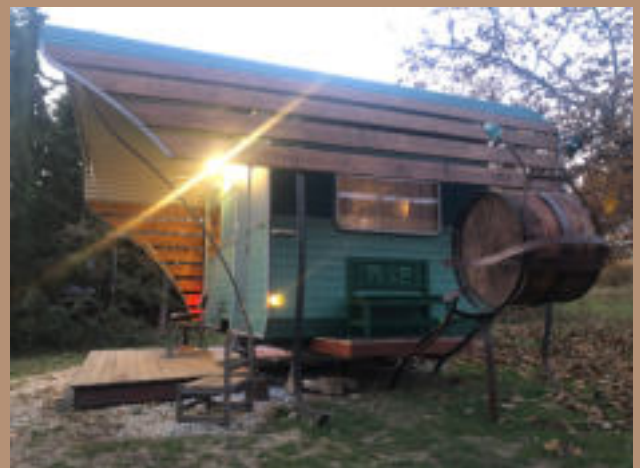
Built on a platform with stilts overcoming the uneven terrain, it has 11 different types of wood. The terrace is completely between the branches of the oaks of the Natural Park.



Single Accommodation options (11 Euros extra per night).

Caracolavan

This funky caravan painted as a snail is a new addition to the land! It has a sweet little deck and area to sit outside with some shelter. Cozy, comfortable and perfect if you prefer to have your own space.



Gypsy Caravan (\$15 Euros extra per night)

Most spacious option for single accommodation or a couple. the Gypsy wagon has everything a gypsy would need! Beautifully and colorfully decorated, taking gypsy life to the next level- Gypsy Deluxe.



At the time of reservation, please request your accommodation preference which will we try our best to fulfill.





A dharmic quest born out of love and union.
Our mission is to empower people with yogic tools and practices to awaken full human potential.
Real Yoga as it was, handed down by the Rishis, the saints, the wise ones...



About us



Amrita has been a devoted Yoga practitioner for over a decade and has 7 years of teaching experience. She has been initiated formally into the Bihar school of Yoga, Satyananada Tradition and is a certified Teacher of Hatha Yoga, classical Sivananda, Ashtanga, meditation and Yin yoga. Amrita is passionate about preserving the purest essence of yoga, sharing the sacred practice of unity and the ascension of consciousness. Her Dharmic mission is to guide & support you on your journey towards physical, mental and spiritual well-being through sharing the ancient tools and maps of true Yoga. Her classes are complete and include all elements of a multi-dimensional Yogic path.



Seba is a true Bhakta yogi, with his heart full of devotion to the divine. He has a beautiful way of sharing this expression through Kirtan and Mantra. Seba has also been initiated into the Bihar school of Yoga and is a certified teacher of Yoga Nidra and Restorative Yoga. Seba is also a dedicated guardian of the land and all its beings, preserving nature and implementing permaculture principles, promoting a life of harmony and balance for Mother Earth.

What next?



If you would like to go ahead and reserve your place for 'Yoga Experience' please express your interest by reaching us at:

yogadharma.spain@hotmail.com

You will then be required to pay a deposit of 100 Euros. We understand that we are living in financially challenging times, therefore we are supporting you with extra time to gather funds. The remaining amount can be paid at the time of retreat in Cash. This will allow you to budget week by week and make it happen!

Arriving:

Public transport is available by bus and pick up from the bus stop can be arranged upon request. The bus stop is 8km from the land.

Otherwise we can support you in potentially organizing car shares if we have several guests coming from the same place.

More information we will sent out closer to time about 'what to bring' and how you can best prepare yourself for the experience.

Places are limited for only 8 students, therefore it is recommended to begin the reservation process as soon as possible.

We look forward to creating yogic magic with you, planting the seeds of transformation and full potential within,

Hari Om Tat Sat

Amrita + Seba

