

'Ocean Ahimsa' Yoga & Awareness Retreat, Mallorca

with Sheri Celentano & Suze Retera

21 - 28 JULY 2018

The Retreat

On this 'Ahimsa Yoga Retreat' you get the unique opportunity to enjoy a complete yoga program, the luxury of staying at the beautiful retreat location in combination with learning more about how to positively impact your environment while enjoying all the beauty Mallorca has to offer!

Sheri Celentano's yoga classes connect you to your body, allowing you to open up, relax deeply and feel energized and empowered again. Suze Retera will take you on an inner journey with the Sustainability module where you will learn more about the inner process that goes along with the choices we make every day and how you can make choices that have a positive impact on your environment. In the middle of the week, we take you on a beautiful boat trip to one of the best snorkeling spots along with visiting some of the spots where the plastic pollution is very clear and waiting for us to step up and do something about it.



The local ocean preservation project Asociacion Ondine will teach us what their research over the past years has been showing them and how we can be part of the solution.

Ahimsa (non-violence) is one of the 5 Yamas in yoga philosophy and it's meaning goes well beyond not using violence against others. Applying Ahimsa can help us look at our actions and their consequences, whether direct or indirect, with more care and consciousness. On this Ocean Ahimsa retreat we will look closer at the power of applying Ahimsa in your daily life and the positive impact this has on the environment and the communities we live in. In your free time Mallorca is there for you to enjoy! You can go for a walk, take a trip to the beach, relax by the pool, or simply do nothing and relax in the sun!

Retreat Highlights

- Stay 7 nights right at a beautiful eco-retreat center
- Enjoy daily yoga classes (21 hours) and meditation (3,5 hours)
- Learn more about how to connect your yoga practice to sustainability, what sustainability means to you and how to make it part of your daily life in the Sustainability Module.
- A day trip on a pirate ship that takes you to some of Mallorca's best snorkeling spots as well as the areas that are most affected by modern life
- Clean the beach project with Asociacion Ondine that includes education about what we find and how to leave a more positive footprint in the future
- Practice with two senior teachers
- Deepen your practice on all levels and take it off the mat
- Connect with like-minded people, making friends for a lifetime while enjoying all the beauty Mallorca has to offer
- Delicious vegetarian meals

Sustainability Module

Yoga Retreats offer a unique opportunity to become still, dive deep and reconnect. Connecting with ourselves opens the door for us to connect to life and the world we live in on a deeper level. This can feel like coming home, but can also be painful as we become fully aware of the pain that exists on our planet and how our collective actions have contributed to it. This includes the state of our ecosystem and other urgent issues we are facing on a global level.

It is easy to close our eyes towards painful experiences, or become angry and judgmental towards ourselves and others. This module gives you tools to stay connected and compassionate while empowering yourself through positive action.

Together we will embark on an inward journey applying yoga, forgiveness and self-discovery techniques to reveal practical ways you can share your heart's calling and create a positive impact.

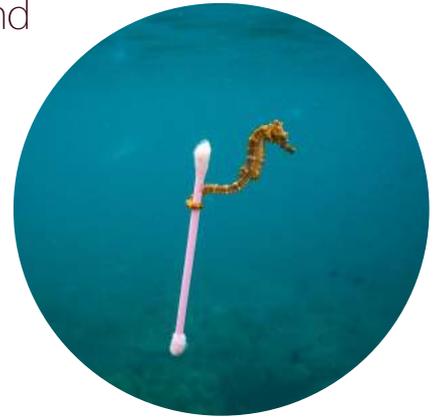
The insights and connection gained during this module will be combined with practical tools to apply in your daily life and share with your community. We support you in joining our tribe of strong-hearted individuals who are passionate about our planet and ready to take steps towards a sustainable way of living for all.



Local Project: Asociacion Ondine – Ocean Preservation

We will join the local project Asociacion Ondine on this retreat in their efforts to learn more about marine life and how to protect it, and to avoid the use and clean up the pollution of single-use plastic.

Asociacion Ondine is a marine preservation organization founded by Brad Robertson and Bea Esparza. They are supported by a group of passionate ocean lovers from divers backgrounds, mostly volunteers.



They work on scientific research in marine protected areas in combination with innovative educational initiatives aiming to create effective management and a network of carefully selected Marine Protected Areas in the Balearic sea.

Through their Dos Manos Beach Clean ups, school programs and partner programs they work together with individual households, schools and event organisers to reduce locally produced plastic pollution, ultimately aiming to achieve a single-use-plastic-free Balearics.

On our day trip they will take us on a beautiful pirate ship to one of the best snorkeling areas where we get to experience the abundance of the marine life in the Balearic. On that same trip we also get to see the areas where the plastic pollution gathers and the effect it has on the ocean.

Our education continues as we get to clean the beach and study what we find. Brad will share his knowledge with us about the different items we find, their effect on the ecosystem and the lifestyle changes we can make in order to avoid the use of these items in our daily lives.



The Teachers

Sheri Celentano

Sheri is a Brooklyn native with a passion for all things movement and music. She teaches yoga in NYC at Laughing Lotus and travels nationwide and internationally for workshops, performances, festivals, conferences, and teacher trainings.



She worked all over the US, Korea, Vietnam, Germany, England, Holland, England, Belize, and Mexico! Over the past decade, Sheri created signature FLY workshops, CHAKRA teacher trainings, lectures on mythology, and the art of yoga asana.

When she teaches, she infuses her classes with her years of practice to create a safe space for her students to let loose, shake free of inhibitions, and to challenge themselves on a physical and emotional level.

As a teacher Sheri's mission is to help people find courage, strength, and compassion for themselves and others, so we may all live passionately and peacefully.

www.shericelentano.com

Suze Retera

Suze is a Psychologist and certified yoga teacher. Throughout the years she deepened her knowledge in both fields by adding Family Constellations, TRE (Trauma Release Exercises) 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 retreat programs that have the power to transform your life.

Suze believes strongly that the holistic powers of combining yoga with disciplines like mindfulness, Ayurveda, trauma and stress release practices, or family constellations offer 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. .



The next step in this evolution is to use these tools and understanding of our connectedness to create a sustainable lifestyle that supports the eco-system we are a part of instead of depleting it. The sustainability module on the special retreats facilitates this process

Accommodation

We will be staying at Tramuntana Flow, a beautiful place of peace that offers you simplicity and comfort in the Tramuntana mountains of Mallorca. The Zen-inspired decoration reflects balance and harmony. Natural colors and soft tones induce relaxation and calmness.

The yoga shala, where we will have our daily practices, is flooded with natural light and the 3 big window-doors offer the magnificent views of the valley and mountains. The sound of birds and nature are the background music in savasana. The open-air yoga terrace has astonishing views to the mountains and valley, where orange, lemon, almond and fig trees thrive and a wide variety of local herbs and aromatic bushes entwine themselves along the paths and gardens.

The gardens offer a wonderful space to relax and read under the shade of palm trees and you can go for a refreshing swim in the large outdoor swimming pool. There are sun beds around the pool with additional seating under a wooden canopy with picnic tables.

You will enjoy home cooked vegetarian meals, that will nurture both your body as well as your taste buds. The meals will be served in the dining room and the living room or at the big communal dining table inside the house or outside on the terrace. An after-meal conversation or the typical siesta can be held on the big sofa in the living room area in front of the fireplace.

Electronic devices are most often a source of distraction, therefore Tramuntana Flow provides free Wi-Fi only in these social areas.



Room Options

MAIN HOUSE

The main house has five bedrooms and four bathrooms, characterized by simple and clear lines. The furniture is made of high quality and natural materials to bring a sense of warmth and relaxation. On the lower floor, two double rooms share a bathroom. On the upper floor two doubles share a bathroom and a suite has its own en-suite bathroom and a private terrace. All doubles have twin beds and the suite is equipped with a king-sized bed and two designer bunk beds. The fourth bathroom is located beside the living room.

APARTMENT

The apartment consists of two spacious bedrooms and one bathroom. The bed rooms each have an independent entrance. The apartment has lots of natural light coming in through the windows and the interior is white combined with natural wood offering you a calming and comfortable space during your stay.

DORMS

The dorms host up to 12 guests in 4 rooms (2 double and 2 quadruple dorms). And are furnished in the light and spacious style. The quadruple rooms have two bunk beds per room. The double rooms have one bunk bed. There are 4 shared showers and 3 toilets available, located in the changing room next to the yoga shala. An additional bathroom can be used next to the swimming pool.



Schedule

SATURDAY 21 JULY

16:00 Check in

17:00 – 17:30 Group Welcome

17:30 – 19:00 Yoga class

19:30 Dinner

SUNDAY 22 JULY

7:30 - 8:00 Morning snack

8:00 - 10:30 Meditation & Yoga class with Sheri

11:00 - 12:30 Brunch

16:00 Afternoon snack

17:00 - 18:30 Yoga class with Sheri

19:30 Dinner

MONDAY 23 JULY

7:30 - 8:00 Morning snack

8:00 - 10:30 Meditation & Yoga class with Sheri

11:00 - 12:30 Brunch

14:00 - 16:00 Sustainability module with Suze

16:00 Afternoon snack

17:00 - 18:30 Yoga class with Sheri

19:30 Dinner

TUESDAY 24 JULY

7:30 - 8:00 Morning snack

8:00 - 10:30 Meditation & Yoga class with Sheri

11:00 - 12:30 Brunch

16:00 Afternoon snack

17:00 - 18:30 Yoga class with Sheri

19:30 Dinner



WEDNESDAY 25 JULY

7:30 – 8:00 Morning snack

8:00 – 10:30 Meditation & Yoga class with Sheri

11:00 – 12:30 Breakfast

14:00 – 19:00 Boat tour and snorkeling with Acoasion Ondine

20:00 Dinner

THURSDAY 26 JULY

7:30 - 8:00 Morning snack

8:00 - 10:30 Meditation & Yoga class with Sheri

11:00 - 12:00 Brunch

12:00 – 16:00 Clean the beach with Ondine

16:00 Afternoon snack

17:00 - 18:30 Yoga class with Sheri

19:30 Dinner

FRIDAY 27 JULY

7:30 - 8:00 Morning snack

8:00 - 10:30 Meditation & Yoga class with Sheri

11:00 - 12:30 Brunch

14:00 – 16:00 Sustainability module with Suze

16:00 Afternoon snack

17:00 - 18:30 Yoga class with Sheri & closing ceremony

19:30 Dinner

SATURDAY 28 JULY (DEPARTURE DAY)

7:30 – 8:00 Meditation

8:30 Breakfast

10:00 Check out & departure

NB: Global Flow Retreats reserves the right to make changes to the retreat schedule if this serves the flow of the retreat.



Value

RETREAT PACKAGES INCLUDES

- 7 Nights' accommodation
- 18 hours of yoga
- 3,5 hours of meditation
- 4 hours sustainability project
- Boat tour and snorkeling with Asociacion Ondine
- Clean the beach project and education with Asociacion Ondine
- Vegetarian brunch and dinner
- Morning and afternoon snacks

INVESTMENT

Early Bird Rates:

Main House Double Room: €1247

Main House Triple-Suite: €1227

Apartment Double Room: €1297

Dorm Double Room: €1197

Dorm Quadruple Room: €1147

Regular Rates:

Main House Double Room: €1497

Main House Triple- Suite: €1477

Apartment Double Room: €1547

Dorm Double Room: €1447

Dorm Quadruple Room: €1397

Booking & Cancellation Policy

The early bird rate is only available for the first 6 registrations *paid in full* before 1 April 2018 (no deposit payments for early bird rates, only full payments).

To secure your retreat booking at the regular rate, we require a €600 deposit and a balance payment by 1 June 2018. Bookings made after the due date for the balance payment are to be paid in full to secure your booking.

When booking a double or a triple room as a solo traveler, we will do our best to find a same gender room mate for you. In case this is not possible, you will be required to upgrade or a single or double room respectively and pay the accompanying rate. When single rooms are not an option to book, we will look at an appropriate solution and rate with you.

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 20 April 2018. 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.

How to Get There

Tramuntana Flow
Cami de n'Olesa 63
07141 Sa Cabaneta
Mallorca, Spain

You book your flight to Palma Airport.

Tramuntana Flow is located in the beautiful village Sa Cabaneta, only 15 minutes from Palma by taxi. A taxi from the airport costs €25 and can be shared with up to 4 people.

Another option is to rent a car for the duration of your stay.

Once you have booked your flight, please add your flight details to the information on your registration form, or send them to info@globalflow.org

We are happy to support you with the arrangement of your transport from the airport to Tramuntana by connecting you to other participants that arrive at the same time so you can share a ride.

MONEY & VISA

The Spanish currency is the Euro. The exchange rate is roughly:

US\$1 = €0,85

For up to date exchange rates, please check online.



On the airport you can make use of the ATM, during the retreat it will be more difficult to obtain cash money. The retreat is all inclusive, but you might like to have some cash money to pay your taxi to the retreat center, any other trips you like to make in your free time and tipping.

Visa

Europeans do not need a Visa to travel to Mallorca.

Citizens of the United States receive a tourist visa that is valid for 90 days when entering the European Union..

Please make sure you have a passport that is valid for at least 6 months on the day of departure and at least two empty pages in your passport for Visa stamps!

What to bring?

Mallorca enjoys a Mediterranean climate, with hot, sunny Summers. July brings hot and dry weather, particularly in the interior of Mallorca and comfortable sea water temperatures around 24C.

Please keep the eco-friendly nature of the retreat in mind when packing your bag.

We recommend you to bring the following items:

- Yoga mat (travel mat if you prefer to travel light)
- Water bottle to refill (no plastic)
- Swimming clothes
- Flashlight
- A scarf or long shawl (for meditation and savasana)
- Cool Summer clothes
- Notebook and a pen
- Natural mosquito repellent
- Sunscreen
- Camera
- Sunhat
- Slippers and a pair of good shoes/sneakers
- Passport
- Camera

