



'Living with Ease' Tantric Yoga Retreat Portugal

WITH CHRISTOPHER WALLIS & SANDRA VON ZABIENSKY

25 APRIL - 1 MAY 2022 PORTUGAL



WWW.GLOBALFLOWRETREATS.COM

The Retreat

stunning surroundings of Monteverlho Eco Retreats, Portugal, and learn how the original Classical Tantrik Yoga practices effectively connect you to a source of inner power, freedom and joy, without having to abandon our responsibilities or disconnect from daily life.



World-renowned teacher Dr. Christopher “Hareesh” Wallis, Scholar and practitioner of Non-Dual Shiva Tantra, will lead in Satsangs, explorations of wisdom-teachings, and Micro-Meditations throughout this 6-day-retreat. Since most of the source material for Classical Tantra exists only in Sanskrit (and Tibetan), it is rare to find a teacher who can read those sources and present their contents in clear, accessible modern English. One such teacher is Christopher Wallis who has become well-known for his down-to-earth accessibility and clarity in presenting truly powerful and impactful teachings and practices. Hareesh will guide participants through a rich panoply of teachings and practices from the Shaiva tradition, carefully curated to create a maximally impactful and life-changing experience.

The retreat will be enhanced by carefully instructed yoga asana practice with Sandra von Zabiensky which focus on discovering the magic of pausing: The grace of silence between inhale and exhale, transitions for bodily inquiry, and long holds which allow you to experience, how thoughts, feelings, and sensations arise within you.

You will leave this retreat not only nourished but also with a new sense of freedom and joy which are not affected by life circumstances. Free yourself with ease and joy and discover your life unfolding in grace.



Retreat Highlights

- Yoga Style: Tantric Yoga, Philosophy, Vinyasa yoga, Meditation
- Learn Tantric Yoga practice that supports you in daily life
- Study with two senior teachers
- Study with a teacher that can offer you the teachings directly from its untranslated source
- Enjoy a week of deepening practices to take care of yourself
- Stay at a beautiful eco-resort close to the beach in the middle of nature
- Enjoy healthy home-cooked vegetarian meals

The Accommodation

During the retreat, you will be staying at the beautiful eco-retreat center Motevelho in the middle of nature. Located close to the beach there is a comfortable ocean breeze. Bearer of magical aromas, the different plants, many of which therapeutic, surround the multiple paths you can take a walk on, some ending between dunes of fine sand by the ocean, others at the cliffs overlooking the ocean.



The holistic retreat center is designed to offer all the comfort and space you need for your practices. Classes take place in the temple “Casa das Pinhas” made with round wood architecture and heated. Between activities, you can relax in a variety of calm and peaceful spaces in different areas of the retreat center. The rooms are cozy and comfortable with simple decoration.

The retreat center also offers a Spa for you to enjoy.

The closest beach is located 3,5 km from the retreat, which is a 75 minute walk, or a 6 minute ride by car or taxi.

There is Wifi available in the main hall and at the reception.



The Teachers

CHRISTOPHER WALLIS

Christopher Wallis, also known as Hareesh, is a scholar-practitioner with thirty years of experience, having been initiated into the practice of yogic meditation at sixteen, and fifteen years of formal education. His degrees include a B.A. in Religion and Classics from the University of Rochester, an M.A. in Sanskrit from U.C. Berkeley, an M.Phil. in Classical Indian Religions from Oxford, and a Ph.D. in Sanskrit from U.C. Berkeley. His doctoral dissertation focused on the role of spiritual experience in the tradition of Tantric Shaivism. Additionally, he received traditional education at yoga ashrams in upstate New York and India, training in meditation, mantra-science, kirtan, karma-yoga, and pedagogy. He currently teaches meditation, yoga darsana (practical philosophy), Tantrik philosophy, Sanskrit, mantra-science, and offers spiritual counseling.



Hareesh is the Founder and Head Faculty of Tantrik Yoga NOW. His teachers, mentors, and gurus, in chronological order, include: Gurumayi Chidvilasananda (diksa-guru), Paul Muller-Ortega (Saiva Tantra and Classical Yoga); Alexis Sanderson (Saiva and Sakta Tantra and Sanskrit); Marshall Rosenberg (Nonviolent Communication); Somadeva Vasudeva (Saiva Tantra), Kolbjorn Martens (Tantrik Yoga); and Adyashanti (Meditation).

Hareesh is the author of Tantra Illuminated: The Philosophy, History, and Practice of a Timeless Tradition and The Recognition Sutras: Illuminating a 1,000-year-old Spiritual Masterpiece.

SANDRA VON ZABIENSKY

Sandra von Zabiensky is a passionate yogini, blogger, Lululemon ambassador, speaker, entrepreneur. She believes that yoga can transform us because she has experienced it by herself. Sandra's most important goals: to be of service to others so they can rediscover great potential within and to radically accept themselves completely. She focuses with her teachings on the non-dual tantric philosophy applied to everyday life as well on a carefully aligned practice and the connection of the internal attitude with the outer body.



Sandra has more than 900 hours of training, e.g. Yoga alliance certified in Vinyasa Flow,



Anusara 200hours and Anusara 300hours, Hormone Yoga, Yoga therapy based on Spiral Dynamics and studies Non-dual Tantric philosophy in the Trika lineage with Dr. Christopher Wallis.

She teaches workshops and classes, is a lecturer in yoga teacher trainings, and part of the teaching team of the online platform Yogaeasy.de.

Sandra enjoys delicious food, always sticks her nose in a book, has a deep love relationship to tantric philosophy, is really into Old School 90's Hip-Hop, and deeply convinced, that our heart is our home.

Example Schedule

25 April | Arrival Day

16:00 hrs | Check from 4 pm

17:30 hrs | Group welcome with Christopher & Sandra

19:00 hrs | Dinner

26 April | Day 2

8.00-9.30 hrs Yoga asana class

9.30-10.30 hrs | Breakfast

11:00 -13:30 hrs | Session with Hareesh

13:30 -14:30 | Lunch

14:30 - 16:00 hrs | Free time

16.00-18.00 hrs | Session with Hareesh and/ or Yoga Nidra/Restorative

18.00-19.30 hrs | Dinner & Free time

19.30-21:15 hrs | Session with Hareesh

27 April | Day 3

8.00-9.30 hrs Yoga asana class

9.30-10.30 hrs | Breakfast

11:00 -13:30 hrs | Session with Hareesh

13:30 -14:30 | Lunch

14:30 - 16:00 hrs | Free time

16.00-18.00 hrs | Session with Hareesh and/ or Yoga Nidra/Restorative

18.00-19.30 hrs | Dinner & Free time

19.30-21:15 hrs | Session with Hareesh



28 April | Day 4

8.00-9.30 hrs Yoga asana class

9.30-10.30 hrs | Breakfast

11:00 -13:30 hrs | Session with Hareesh

13:30 -14:30 | Lunch

14:30 - 16:00 hrs | Free time

16.00-18.00 hrs | Session with Hareesh and/ or Yoga Nidra/Restorative

18.00-19.30 hrs | Dinner & Free time

19.30-21:15 hrs | Session with Hareesh

29 April | Day 5

8.00-9.30 hrs Yoga asana class

9.30-10.30 hrs | Breakfast

11:00 -13:30 hrs | Session with Hareesh

13:30 -14:30 | Lunch

14:30 - 16:00 hrs | Free time

16.00-18.00 hrs | Session with Hareesh and/ or Yoga Nidra/Restorative

18.00-19.30 hrs | Dinner & Free time

19.30-21:15 hrs | Session with Hareesh

30 April | Day 6

8.00-9.30 hrs Yoga asana class

9.30-10.30 hrs | Breakfast

11:00 -13:30 hrs | Session with Hareesh

13:30 -14:30 | Lunch

14:30 - 16:00 hrs | Free time

16.00-18.00 hrs | Session with Hareesh and/ or Yoga Nidra/Restorative

18.00-19.30 hrs | Dinner & Free time

19.30-21:15 hrs | Session with Hareesh

1 May | Departure Day

7:00 – 8:30 | Closing Ceremony

8:30 – 9:30 | Breakfast

10:00 | Leave Room

11:00 | Checkout

The schedule is subject to change until the final schedule will be announced. During the retreat, changes will only be made if this supports the flow of the retreat.

Value

THE PACKAGES INCLUDES

- complete yoga & Tantric Yoga consisting of 23 hours
- 3 vegetarian meals a day
- 6 nights accommodation
- use of retreat center facilities and spa
- all taxes

INVESTMENT

To secure your retreat booking at the regular rate, we require a €600 deposit and a balance payment by 20 January 2022

Bookings made after 20 January 2022 are to be paid in full upon booking to secure your booking.

NOT INCLUDED

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

SINGLE ROOM: €1749

Stay in a cozy, comfortable room with simple decoration, that offers you all you need to let go and surrender. You will have a double bed for yourself and a private bathroom.

DOUBLE ROOM: €1149

Stay in a cozy, comfortable room with simple decoration, that offers you all you need to let go and surrender. You will have a double bed if you book the room as a couple, or two single beds if you book the room as a single traveler (sharing with another participant) or with a friend. The room has a private bathroom.

TRIPLE ROOM: €1299

Stay in a cozy, comfortable room with simple decoration, that offers you all you need to let go and surrender. The room is equipped with 3 single beds and a private bathroom.

QUADRUPLE ROOM: €1149

Stay in a comfortable room that consists of two areas and has simple decoration, that offers you all you need to let go and surrender. The room is equipped with 4 single beds and a private bathroom.



DORMITORY: €1099

Stay in a cozy, comfortable dormitory, that offers you all you need to let go and surrender. The room is set up with 6 single beds. The showers and the toilet are located 100 meters outside the room.

The holistic retreat center is designed to offer all the comfort and space you need. Between activities offered on the retreat, you can relax or study in a variety of calm and peaceful spaces in the retreat center, all with amazing views of the surroundings.

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

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 November 2021. 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 get coverage through their travel insurance.

Adjusted cancellation policies apply in case of Covid regulations that prohibit us from traveling or gathering. Please read the cancellation policy on our website for more details.

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

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

How to Get There

Address:

Montevelho Eco-Retreat
Carrapateira 8670-230
Aljezur - Portugal

Faro is the closest airport (1.15h away from the venue), and from there you have 3 options:

1. Rent a car and drive yourself, which takes around 1 hour and 20 minutes.

2. Take a Transfer, around 100€ each way (not included on the retreat price), if you share with other participants the costs will be shared. We can happily organize the transfers for you from Faro Airport.

The current cost for a regular taxi is 100€, that can be shared in between 4 pax. If a bigger van is needed, for 8 people, current price is 160€. If many participants arrive at the same time, we organize a minibus for 12 - 16 pax; price depending on season, is approx. 200€ per minibus.

3. Public transport (the cheapest option, but takes a little longer) Take the bus to Faro railway station and then the train to Lagos. From there, walk to the bus station and take a bus to Vila do Bispo. From Vila do Bispo the only way to arrive is by Taxi (15€) We can book it for you. From Lisboa either pick train or bus to LAGOS. From Lagos you can take a taxi, or go by bus to Vila do Bispo, and from there by taxi to Monte Velho, which is isolated in the middle of Nature



What to Bring

The climate in Portugal is very comfortable in Spring time. Average temperature in June is 20 - 25 C during the day, which can drop down to 15 C at night..

Because the temperature can fluctuate a bit and the ocean breeze can feel fresh in Spring time, we recommend bringing layered clothing.

Yoga mats and props are available at the yoga studio, but feel free to bring your own mat.

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

