

'Open to Spring'

with Montserrat Gomez Mukherjee
Zandvoort, The Netherlands

14 - 18 MAY 2018



The Intensive

A mid-week Yoga Therapy retreat at the beach.

Join Montserrat on this 5-day special retreat with a focus on yoga therapy. A daily program with energizing yoga sessions in the morning, restorative yoga nidra sessions in the afternoon and gentle stretches and meditation in the evening, offers you the opportunity to truly open up to the potential of a new Spring.

The Spring season invites us to let go of the old and create space for the new. With this in mind Montserrat will offer you an introduction to yoga therapy philosophy and yoga practices with the purpose to wake up the physical and emotional to the process of 'doing the new and undoing the old'.



Staying at the beautiful Lichthuis in Zandvoort, get to enjoy the silence while being only a 10-minute walk away from the beach. The comfortable accommodation in this special old church offers you all you need: a terrace to relax on, a sauna to enjoy, delicious meals that will nourish you and more!

In between classes, there is time to enjoy walks on the beach, the company of participants, and moments where you simply don't have to do anything!

Montserrat will offer all classes in English

Intensive Highlights

- Stay 4 nights at a beautiful retreat center close to the beach
- Practice with a senior teacher
- Daily Yoga Nidra sessions
- Yoga Therapy Philosophy Introduction
- Daily Yoga classes



- Relax deeply while enjoying the beach
- Enjoy delicious, home-made, vegetarian meals

Accommodation

Het Lichthuis is a hidden gem in Zandvoort and offers a sacred space where you can come to relax deeply and recharge. Built with care, eye for detail and comfort in mind, it is the perfect location for boutique retreats.

The accommodation consists of 6 beautiful apartments, each apartment sleeps 2 to 5 people. All rooms have single beds or a comfortable sleeping couch.

Each apartment has a beautiful living room, bathroom, and kitchen.

Shared facilities that are available are a sauna and sunbathing terrace. The house is situated a 10-minute walk away from the beach and 8 minutes from the train station.



The Teacher

MONTSERRAT GOMEZ MUKHERJEE

Montserrat G. Mukherjee RYT-C-IAYT One of the first yoga therapists in Europe, Montserrat qualified at the top of her class at The Yoga Biomedical Trust in London over 10 years ago. She was part of a 3-year intense study by a pioneering generation of yoga therapists led by world-renowned Dr. Robin Monroe.



Since then, she has been working as a yoga therapist with hundreds of clients from all over the world, suffering from a wide range of health conditions from lower back pain, heart disease, cancer, auto-immune and degenerative disease.

She is also a qualified Restorative Yoga Teacher and Yoga Nidra teacher and has done many studies and intense workshops at the Bihar School of Yoga, and in the Kundalini and Hatha Yoga traditions.

Montserrat is the founder of The Yoga Therapy Institute in Amsterdam, which has developed the first Yoga Therapy Program in Europe to be accepted in its application of accreditation with the International Association of Yoga Therapists (IAYT).

She lectures and inspires large groups in the corporate world, and she is starting a new yoga therapy program in Scandinavia. Recently, Montserrat has worked as the leading yoga therapist at the Yogini Rosa Foundation for women affected by breast cancer in Tenerife, and she continues to be a leading force in this field.

Montserrat is well-known for her in-depth knowledge of health issues, her attention to safety in Yoga, and for her accessible, compassionate approach with a sense of humour that gives a new meaning to the art of teaching.

Meals

During the retreat, you will get to enjoy home-cooked vegetarian meals with vegan options. Starting the morning with a nice snack, you get to enjoy a delicious brunch after the first yoga class. In the afternoon another snack is served and in the evening a delicious dinner. Tea and water is available throughout the day.

Please inform us of any dietary needs, intolerances and/or allergies.

Schedule

Monday 14 May | Arrival Day

15:00 hrs | Arrival

15:30 – 16:00 hrs | Welcome with a light snack 1

6:30 – 18:30 hrs | Yoga Class

19:00 hrs | Dinner



Tuesday - Thursday | 15 - 17 May

7:30 – 8:00 hrs | Morning snack

8:00 – 10:30 hrs | Yoga Class

11:00 – 12:00 hrs | Brunch

12:00 – 14:00 hrs | Free time

14:00 – 14:45 hrs | Yoga Nidra

14:30 – 16:00 hrs | Free time

16:30 – 18:00 hrs | Gentle Yoga & Meditation

18:30 hrs | Dinner

Friday 18 May | Departure Day

7:30 – 8:00 hrs | Morning snack

8:00 – 10:30 hrs | Yoga Class

11:00 – 12:00 hrs | Brunch

12:30 hrs | Departure

Value

PACKAGES INCLUDES

- 4 Nights accommodation
- 18 hours of yoga & workshops
- Daily brunch & dinner
- Daily morning and afternoon snacks
- Morning and afternoon snacks
- Use of the sauna

INVESTMENT

Early Bird Rates:

2 Person Apartment: €719

(1 bedroom with 2 single beds)

3 Person Apartment: €679

(1 bedroom with 2 single beds and one bed in the living room)

4 Person Apartment: €649

(2 bedrooms with 2 single beds per bedroom)

Regular Rates:

2 Person Apartment: €794

(1 bedroom with 2 single beds)

3 Person Apartment: €754

(1 bedroom with 2 single beds and one bed in the living room)

4 Person Apartment: €724

(2 bedrooms with 2 single beds per bedroom)



Booking & Cancellation Policy

The early bird rate is only available for the first 4 registrations paid in full before 15 February 2018. All early bird bookings are to be paid in full to secure your booking.

When booking for the regular rate a deposit of €300 is required, with a full payment due 30 March 2018. Bookings made after 30 March 2018 are to be paid in full.

When booking a double as a solo traveler, we will do our best to find a same-gender roommate for you. In case this is not possible, you will be required to upgrade to 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.

All participants are required to have full travel and medical insurance, including medical transport.

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 14 participants have signed up by 1 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

Het Lichthuis
Emmaweg 22
2042 NV Zandvoort



By Public Transport: Take the train to Zandvoort aan Zee. From the trainstation it is a 10 minute walk. When leaving the trainstation, take a left, continue until you reach Zeestraat and take another left. Continue onto Zeestraat, continue onto Kostverlorenstraat and take a right onto Juliana weg. Take your first exit to the left onto Emmaweg, at the end you see the old church at number 22.

What to bring?

Temperatures can vary quite a bit. We can have lovely late Summer weather or some cloudy days with a shower every now and then. Bring clothing for different temperatures. Please keep the eco-friendly nature of the retreat in mind when packing your bag. We recommend you to bring the following:

- Yoga mat (there are mats available at the retreat center too)
- 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
- Notebook and a pen
- Camera
- Sunscreen
- Slippers and good walking shoes if you like to go for walks in your free time

