

Emotional Healing & Yoga Retreat

with Barbra Noh & Karam

13 - 20 OCT 2018, IBIZA



WWW.GLOBALFLOWRETREATS.COM

The Retreat

Authenticity Through Inner work, Yoga and Self-Love The Retreat

Meet us in Ibiza for an intimate retreat that offers you guidance for your inner work supported by yoga, movement, and meditation. While enjoying the magical energy of Ibiza, we invite you to take this time to make friends with your emotional world, understand its value, and gain insights that promote profound emotional healing and lasting changes.

Barbra and Karam will be leading this empowering process, creating a safe space where emotions can be explored and expressed.



The structure provides tools to work with which open us to feelings we might otherwise resist, thus allowing us to integrate them more fully.

Releasing, integrating and healing the emotions and traumas we are holding onto can be a doorway that leads not only to a more healthy and aligned life but also to spiritual awakening.

The body will be your reference and point of entry. The mind will support this process which is guided by awareness. You will learn useful tools for self-regulation and "resourcing" - the process of connecting to your own inner source of safety and comfort. Within the supportive container we provide, you will be able to go as deep as you choose to. The process offered is gradual and organic, taking you from where you are, to where you are ready and willing to go in your own path of healing.

No previous experience in this type of work is required. Both those who are new to emotional healing work and those with experience are welcome.

This is a full week dedicated to enjoying yoga, inner work, and expressing yourself through movement and with music. In your free time, you will enjoy delicious home-cooked meals, absorb the warmth of the Spanish sun pool-side, take walks to the beach, spend quiet time in the garden or simply relax doing nothing.

You will take home with you resources, tools and practices to support your on-going relationship to your inner world.

Retreat Highlights

- 7 Nights' accommodation
- Practice with two senior teachers
- Daily yoga session (15 hours)
- Daily emotional healing sessions (19 hours)
- Integrating emotional healing into your yoga practice
- You will receive practical tools to apply in your daily life
- Delicious and fresh vegetarian meals
- Relax on the beautiful Island of Ibiza

Accommodation

Casa Azul is situated perfectly in the mid-South to South West of the island. An ideal base from which you can visit everything the Island has to offer. The villa offers all the comforts needed for a beautiful retreat! With two indoor lounge areas that overlook the large pool as well as an outdoor, shaded chill out area and a terrace with sunbeds there are plenty of areas for you to relax.

All the bedrooms have an en-suite bathroom and are fully air-conditioned.

The double and triple rooms can be equipped with double and single beds where needed.

The facilities include:

- Bed linen
- Bath-, hand-, and pool-towels
- Air-conditioning in bedrooms (12 hour periods)
- WiFi



The Teachers

Barbra Noh

Barbra Noh has been a student of movement her whole life. She is an internationally recognized yoga teacher who loves to share her passion for health, healing and personal growth.

An Australian based in Munich/Germany, she travels internationally to teach workshops, offer retreats and present at conferences. Additional to her highly regarded teacher trainings she is also co-founder of the healing system, ThaiVedic Yoga.



Barbra feels that yoga and meditation changed her life, giving her tools to work with her mind, heal her body and nourish her spirit. She believes the transformational techniques and teachings of yoga empower and encourage us in our quest to sense our worthiness and live our full potential.

Her book "Yoga – mit Kraft und Anmut Leben" (Theseus Publishers) was published in 2015. The English edition, "Yoga – A Life of Strength and Grace" will be released in 2019.

www.barbranohyoga.com

Karam Minh

Born in France and half Vietnamese, half French, Karam has worked as a therapist since the early 90's. He trained in Gestalt, integrative psychotherapy and systemic therapy in Switzerland.

During a long stay in Poona, India, he was introduced to the world of Osho, meditation, communication, and emotional and body-oriented therapy. Karam is also trained in somatic experiencing, a cutting-edge approach to healing trauma.



For a period of 5 years, Karam worked in a private psychosomatic clinic in Switzerland. He then worked in a residential home supporting teenagers long term with family crisis and trauma.

During this time he also began to co-lead workshops and personal training based on



Tantra, sacred sexuality, and intimacy in Paris.

In 2008 Karam was invited to work at PachaMama in Costa Rica, a unique alternative, spiritual community. He currently spends half of the year at PanchaMama where he works as a senior therapist. At PachaMama he leads Primal-, Tantra-, and somatic healing oriented groups and the Growing in Love Process, as well as a wide variety of therapy groups oriented toward the realization of the unique human potential which lies within each of us. His work aims to go beyond the limitations of personal history, social conditioning, traumas, and beliefs.

Karam offers group work and workshops throughout Europe and North America.

Meals

During the retreat, you will get to enjoy home-cooked, vegetarian and/or vegan meals. All meals are offered buffet style and offer the fresh and sunny tastes of the Spanish kitchen. Any dietary needs and/or allergies can be taken into consideration.

Schedule

Saturday 13 October | Arrival Day

- from 16:00 Check in (no early check in of luggage possible)
- 18:00 Group Welcome
- 19:00 Dinner

Sunday – 14 October

- 7:00 – 7:30 Morning tea and snack
- 7:30 – 10:00 Yoga Class
- 10:30 – 12:30 Brunch
- 13:00 – 16:00 Emotional Healing
- 16:00 – 18:30 Free time
- 18:30 – 19:30 Dinner
- 20:00 – 21:30 Emotional Healing

Monday 15 October

- 7:30 – 8:00 Morning tea and snack
- 8:00 – 10:30 Emotional Healing



- 11:00 – 12:30 Brunch
- 12:30 – 15:30 Free time
- 15:30 – 18:00 Yoga
- 18:30 – 19:30 Dinner
- 20:00 Free evening

Tuesday – 16 October

- 7:00 – 7:30 Morning tea and snack
- 7:30 – 10:00 Yoga Class
- 10:30 – 12:30 Brunch
- 13:00 – 16:00 Emotional Healing
- 16:00 – 18:30 Free time
- 18:30 – 19:30 Dinner
- 20:00 – 21:30 Emotional Healing

Wednesday – 17 October

- 7:30 – 8:00 Morning tea and snack
- 8:00 – 10:30 Yoga Class
- 11:00 – 12:30 Brunch
- 13:00 – 18:00 Day off
- 18:30 – 19:30 Dinner

Thursday – 18 October

- 7:30 – 8:00 Morning tea and snack
- 8:00 – 10:30 Emotional Healing
- 11:00 – 12:30 Brunch
- 12:30 – 15:30 Free time
- 15:30 – 18:00 Yoga
- 18:30 – 19:30 Dinner
- 20:00 - 21:30 Emotional Healing

Friday – 19 October

- 7:00 – 7:30 Morning tea and snack
- 7:30 – 10:00 Yoga Class
- 10:30 – 12:30 Brunch
- 13:00 – 16:00 Emotional Healing



- • 16:00 – 18:30 Free time
- • 18:30 – 19:30 Dinner
- • 20:00 – 21:30 Closing ceremony
-
- Saturday – 20 October
- • 8:30 – 9:30 Breakfast
- • 10:00 Check out
-
- NB: The schedule can be changed if this serves the flow of the retreat.

Value

RETREAT PACKAGES INCLUDES

- 7 Nights' accommodation
- 7 Yoga & Meditation Sessions (17,5 hours)
- 5 Ayurveda / Yoga / Yoga Nidra Sessions (12,5 hours)
- Daily healthy, home-cooked brunch & dinner
- Fresh fruit

INVESTMENT

Early Bird Rates:

Triple Room | Private Bathroom €1097

Double Room | Private Bathroom €1197

Regular Rates:

Triple Room | Shared Bathroom €1347

Double Room | Private Bathroom €1447

Booking & Cancellation Policy

The early bird rate is only available for the first **10 registrations paid in full** before **30 July 2018 (for bookings with a full payment only)**.

To secure your retreat booking at the **regular rate**, we require a €600 deposit and a balance payment by **1 September 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 roommate 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.



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 10 participants have signed up by 1 August 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

Casa Azul

You will receive the exact address 2 weeks before the start of the retreat. We recommend renting a car on the island so you can explore the area and visit the beautiful beaches in your free time.



What to bring?

Please keep the eco-friendly nature of the retreat in mind when packing your bag and avoid plastic as much as possible. We recommend you to bring the following items:

- Yoga mat (travel mat)
- 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
- Natural mosquito repellent
- Sunscreen
- Camera
- Slippers and a pair of good shoes/sneakers if you like to go for walks
- Passport
- Insurance card/papers

