



# ETERNAL SPRING

YOGA & MEDITATION RETREAT

**This upcoming April we invite you to come out of  
your winter cocoon and welcome the blooming  
.season in Portugal**

**Join us to inhale fresh spring air next to the ocean  
.and beautiful Ericeira**

**Open your heart and move your body with 6 days of  
transformative journey of Yoga, Meditation and  
.other spiritual practices, carefully guided by Yael  
In the retreat we will touch all the different aspects  
of Raja Yoga also known as the eight limbs of Yoga by  
.patanjali**

**Together we will slowly peel off those winter layers  
and welcome the spring with rejuvenated energies -  
!Fully shining our true colors**





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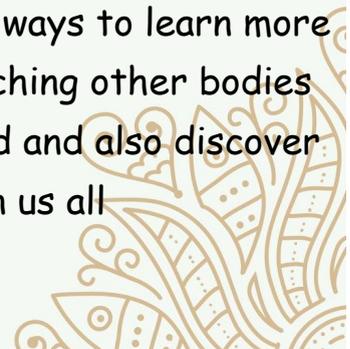
## ABOUT THE TRAINING

During those 6 days we will practice daily morning meditation and Vinyasa flow and in the afternoon/evening we'll practice meditation & pranayama followed by soft Hatha yoga class .(All classes are suitable for beginners and advanced students)  
Beside the Asana practice and the many benefits of it, physically - mentally and energetically, we will experiment other practices

**PRANAYAMA**- the yogic practice of breath control. Learning how to use our breath to gain more clarity and be more alive and present in .our being

**KRIYAS, THE YOGA SUTRAS MYTHOLOGY, ADJUSTMENTS & THE BANDHAS** - this knowledge will be infused in every practice so you may be able to get deeper insights, explore different ways to .view Yoga and learn how to perform new techniques

**THAI MASSAGE WORKSHOP** - originated from the yoga practice, Thai Massage can help us gain more awareness of our movement. Giving and receiving massages is one of the best ways to learn more of the body. By letting go of control and stretching other bodies than yours you learn how to relax, what you need and also discover .the incredible differences between us all





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**CACAO FIRE CIRCLE**- the cacao plant became a legend in the  
.Mayan and Olmec culture 3500 years ago  
This sacred plant is used in ceremonies to help us expand our heart  
and consciousness. Together around the fire we will sip from this  
delicious elixir, sharing our deepest intentions and letting go of all  
.the old things we wish to be a part of

**TEMAZCAL\***- also known as sweat lodge, is originally a cleansing  
.ritual from Mexican heritage  
It will be performed traditionally and led by Eduardo, a professional  
.temazcaleiro

**SURFING\***- If you desire to jump into the ocean and catch some  
waves you can get surfing classes in one of the most popular surfing  
!spots in Portugal

**FREE TIME** - to reconnect with yourself. Go hiking on the beautiful  
cliffs, get soothing Massage, enjoy the sun by the pool or at the  
beach, journal, dance, workout at the gym or do whatever your spirit  
is called to

.Please note that those activities are not included in the retreat price\*





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## RETREAT SPECIFICS

### LOCATION & DATES

.Monday 4th - Saturday 9th of April

This 6 days (5 nights) retreat will take place at Omassim guesthouse in Ribamar/Ericeira, 30 minutes away from Lisbon on the western coast of Portugal

### WHAT'S INCLUDED

*Morning and evening Meditation & Yoga*

*Thai massage workshop*

*Cacao ceremony*

*Accommodation*

**Breakfast, Lunch box & Dinner** (all meals served are vegetarian and presents a wide range of healthy and tasteful food. please note in your booking any special dietary requests, the meals are easily adaptable for different requirements from vegan, egg-dairy-vegetarian, gluten-free, (dairy-free or raw-food

**Free access to all of the facilities- Swimming pool, Gym and Yoga Shala** WHEN NOT BEING USED

**ALL ACTIVITIES ARE OPTIONAL. WE HIGHLY RECOMMEND TO PARTICIPATE IN\* THE ONES YOU FEEL CALLED TO, WHATEVER SPARKES YOUR HEART**





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## PRICES

.private room- 1 single bed, private bathroom - 780 Euro

shared room, 2 single beds, private bathroom- 620 Euro per #

.person

shared room, 3 single beds, private bathroom for the room - 580 #

.Euro per person

shared room, 5 beds (1 bunk bed), 2 private bathrooms attached #

.to the room- 560 Euro per person

.Euro will be required to ensure your booking 100 \*\*

Bathrooms and all facilities are all cleaned daily- we do not do \*\*\*

room service

\*booking will be done through [omassim@gmail.com](mailto:omassim@gmail.com)

## EXTRA SERVICES

/Massage- 60 minutes 40 Euro

.minutes 55 Euro 90

Surfing lesson- 40 Euro / including wetsuit, board, transportation,

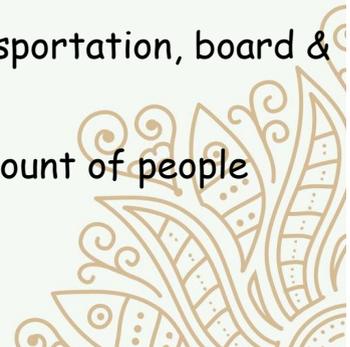
booties & insurance

Stand up paddle lesson- 40 Euro / including transportation, board &

wetsuit if needed

Temazcal- 45-50 Euro, depending on the amount of people

participating





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## ABOUT THE FACILITATOR & PLACE

### Yael Yinon

Yael is originally from Israel and has been traveling around the world for the last 6 years. She traveled around Latin & North America during which she studied and lived in sustainable permaculture farms, trained and taught Yoga and Meditation and worked with the sacred cacao plant

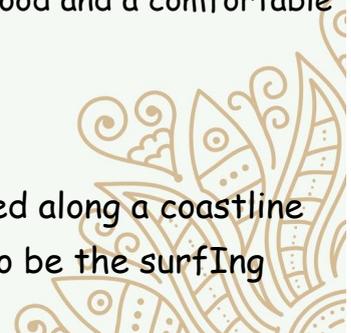
Yael has been practicing since 2008 many forms of holistic medicine. A journey that started with Reiki and vipassana meditation in India and followed by years of studying holistic psychotherapy, guided meditation, Bach flowers, anatomy & physiology, holistic & Thai massage, reflexology, Hatha yoga and Hridaya yoga

### OMASSIM GUESTHOUSE & ERICEIRA

omassim guesthouse was founded in 2014 by Lia & Eduardo. It is a place of healing that offers yoga, ayurvedic medicine, nourishing food and a comfortable home-like atmosphere

please visit [www.omassim.com](http://www.omassim.com) for more details of t

Ericeira is a charming Portuguese town that is situated along a coastline of outstanding surfing beaches and it is considered to be the surfing capital of Europe





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	MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH	SATURDAY 9TH
7:45-9:15	XXXXXXXX	MORNING MEDITATION & VINYASA ASANA	MORNING MEDITATION & VINYASA ASANA	MORNING MEDITATION & VINYASA ASANA	MORNING MEDITATION & VINYASA ASANA	GOODBYE KISSES AND HUGS
9:15-11:00	XXXXXXXX	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
11:00-15:00	ARRIVALS	FREE TIME + LUNCH	13:00-15:00 THAI MASSAGE WORKSHOP	FREE TIME + LUNCH	14:00-17:00 TEMAZCAL/ TIME TO EXPLORE!	CHECK OUT
16:30-17:15	ARRIVALS	MEDITATION	MEDITATION	16:00-17:15 MEDITATION & ASANA		XXXXXX X
17:30-18:30	INTRODUCTION AND ASANA CLASS	PRANAYAMA & SOFT HATHA ASANA	PRANAYAMA & SOFT HATHA ASANA	18:00-20:00 CACAO FIRE CEREMONY	SHARING AND INTEGRATING Circle	XXXXXX X
19:00-21:00	DINNER	DINNER	DINNER	DINNER	DINNER	XXXXXX XXX





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