



yogalife

BARCELONA RETREAT

24th - 29th August 2024

Fitness • Yoga • Detox

For more information please visit our website yogalifeuk.com/retreats

Come join Yogalife in our picture perfect 1,000 year old converted monastery

This is one of Yogalife's favourite retreat locations, hidden away high in the hills of Montseny National park. It is one hour thirty minutes drive north of Barcelona and only thirty minutes drive from the beautiful city of Girona. The monastery is a truly magical place full of energy that you can feel the second you walk into the courtyard. Surrounded by breathtaking views and renovated to a very high standard, it evokes the feeling of peace and calmness instantly! We never get bored of seeing our clients' faces light up as they explore the venue for the first time.

Yogalife Life-Changing Retreats are always designed with you at the forefront. Your health, wellbeing and happiness are all really important to us. We want you to feel invigorated and full of new-found energy and self confidence! We achieve this by pooling together over FIFTY years combined knowledge in the wellbeing industry, covering every aspect of wellness from the inside out and complementing it all with our freshly made vegan meals - nutritionally balanced and prepared by our very own chef.

We offer a vast array of Chakra/hormone led yoga sessions - including vinyasa, restorative, power, kundalini, pranayama, mantra and meditation. We also offer fun PT group sessions, life coaching sessions and mini workshops that focus on inversions, meditation techniques and the art of creating and keeping good wellness habits. While you flow through all these daily practices you will effortlessly learn about yogic sciences that will open the door to understanding your body and mastering your mind.

There will be lots of time to relax and recharge. You can laze around the pool; spend time being at one with nature; hike or mountain bike along the many surrounding trails; or simply chat to amazing like-minded people while you wander around the beautiful city of Girona... and the best bit about all these decisions is that they are completely up to you!

**So, what are you waiting for?
It's time to treat yourself....**



Bespoke

The yoga sessions will be focused around the Chakra/hormone system and will allow you to create that feeling of complete peace while at the same time feeling energised and focused. The optional fitness sessions will aim to strengthen muscles that will enhance and improve your yoga and the mini daily workshops will focus in on sections of your yoga, such as inversions, candle light meditation, mantra and kriya.



Intimate

Our secret hideaway is exclusively ours and far away from any tourists. Rooms are available as single or twin en-suite occupancy, dependent on your preference. Whether you are a seasoned yogi or a complete beginner we promise to take care of you and make sure you have a life-changing but relaxing experience. Our Yogalife goody bags will be filled with supplements, aromatherapy candles, oils, bath salts and muscle balm, all of which are designed to enhance relaxation and recovery.



Energising

Our menu has been specially put together for optimum health. Food will be prepared fresh every day and will be mainly plant-based. We guarantee it will be delicious and nutritious and perfectly balanced for energy, health and detoxification.



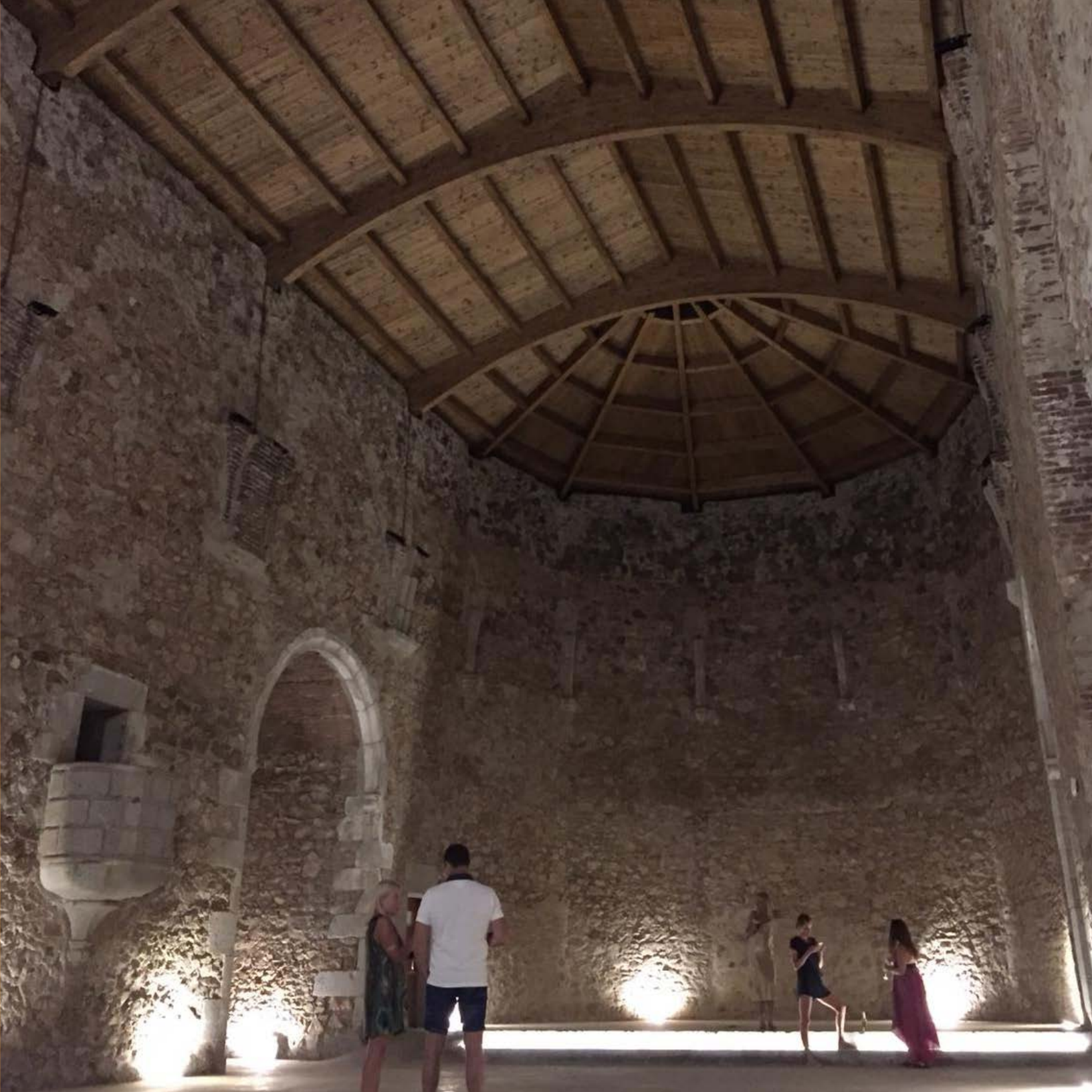
Relaxation

We will be doing lots of yoga and some fitness sessions, while also learning new skills that will last you a lifetime, but we also really want you to relax and slow down! There will be plenty of time to laze around the private pool, take country walks, lose yourself in the surrounding nature and maybe occupy one of the many meditation spots. We want you to nourish your body and soul completely!

Your experience

The main aim of all our Yogalife Life-Changing Retreats is to bring amazing people together in some of the most unique and beautiful venues around the world and try to change lives! We do this in a number of ways - using the power of yoga and the Chakra system; fuelling the body with healthy, detoxifying foods and supplements; using the latest training methods and hormone response science. Then add to that vitamin D from the sunshine, the sound of the ocean, beautiful views, great company and lots of rest and rejuvenation!

Let Yogalife take care of you and guide you from session to session, from experience to experience....





Highlights



Up to 6 hours of yoga a day



Yogalife goody bag packed with mala beads, neti pot, aromatherapy candle, oils, bath salts and massage oil, water bottle



Delicious organic plant-based menu



Twenty minute discussions/workshops on: the importance of sleep, goal setting and mind mapping, understanding the chakra system



Day trip to the beautiful city of Girona



Airport transfers included ** if recommended flights have been booked**



Private pool



Yogalife end of retreat PARTY!!

A day in the life of



Your morning begins with freshly pressed juices, yogic herbal tea or detoxifying mushroom coffee, then onto Yogalife's take on traditional Kriya yoga to clear the sinuses and awaken the body. This is then followed by a Chakra-led dynamic yoga session designed to awaken the mind and super-charge the body while you also draw on the energy from the breathtaking views from our outdoor yoga terrace. After a quick freshen up with a shower and maybe a swim in our infinity pool you will be ready for breakfast, served in the courtyard. Expect cold pressed juices, smoothie bowls, smashed avocado, omelettes, superfood porridge, fruit salad and ice cold water from the monestry's naturally filtered spring.



You continue your day by relaxing, whether that's by kicking back and soaking up the sun, taking a swim in the infinity pool, chatting to amazing like-minded humans or just taking time out to explore the beauty of the surrounding national park. It's all completely up to you.



Once rejuvenated we invite you to another specially designed fitness or yoga workshop session. Here at Yogalife we work on all aspects of wellness - mind, body and soul all catered for. To achieve this, all our yoga sessions will follow the unique Chakra/hormone system. This works through the survival, physical, soulful and spiritual traits of our endocrine/hormone system, ensuring you are perfectly balanced. The fitness sessions are designed to increase strength, burn fat and improve fitness - all to complement your practice. Sessions will be unique, challenging and SO rewarding. Whether you are a beginner or a yogi veteran we will make sure you get the best out of each session. We always have two teachers assisting in each class to ensure you are working to your best ability.



Again, you will now have some time to rest and relax and upon your return lunch will be waiting - delicious soups, lentil dishes, fresh fish, vibrant salads and vegetables and ice cold pressed juices. This brings us nicely to the afternoon, which again can be spent relaxing by the pool, soaking up the sun with a good book, listening to chilled music or putting the world to rights with your fellow yogis!



Our third yoga Chakra session takes place before dinner. Expect to travel through a wide range of yoga styles as we progress through the week. A well earned evening meal awaits you on your return, each dish packed with nutrients and detoxifying properties to encourage optimum health. Our chef, as always, will offer a delicious array of local organic produce, including fresh vegetables, grilled fish, rainbow salads & traditional Spanish dishes.



Your evening draws to a close with a final session of meditation, again themed around the Chakra system and deep relaxation sleep science. This will help to promote the best sleep environment possible so you fall into a deep NREM (Non-Rapid Eye Movement) slumber - the most powerful healing stage of sleep. Take your time to walk back to your room - not forgetting to take in the stars and the amazing views - light your aromatherapy candle and drift away while listening to the carefully selected guided sleep meditations.

“You will create memories with new friends for life!”





Accommodation

Luxury 1,000 year old converted monastery, infinity pool, private yoga studio, yoga sun terrace, large en-suite rooms - twin and single rooms available.



Dates

24th - 29th August 2024



Recommended Flight

Flying out: Depart Manchester 06:05 Easyjet

Returning home: Depart Barcelona Ryanair 12.25

OR

Depart Barcelona Jet2 12.30

Current flight price is £268. Checked-In luggage and pre-booked seats are not included.



Cost

£1,750pp based on two people sharing a room

£3,000 Single occupancy

*** £100 early bird discount, first 5 places only***

OR

£100 discount if balance is paid in full on the regular price options only

Full balance to be settled eight weeks before departure or your place may be at risk.
Deposit £675 non refundable. Balance to be paid by 1st June 2024.

Comprehensive inner health check

What you can expect

Unique to Yogalife Retreats, as part of our first class service, we will also be able to provide you with insight into your cells' health and productivity levels via a finger prick blood test. Your cells are responsible for nearly every single function in the body including building bones, organs, ligaments, cartilage, skin and muscle as well as repairing injuries. Your cells are also responsible for the absorption of nutrients (converting those nutrients to energy), removing toxins, fighting disease, the list is endless. Armed with the blood test results we can determine a number of things:

- 1 Your cells' omega 6-3 ratio - are your cells inflamed? If the structure of your cell is in balance then so are you chemically, physically and emotionally
- 2 Cell membrane fluidity - this determines your absorption level of nutrients from foods and your efficiency in releasing toxins from the cell
- 3 Your cells' protection level
- 4 Your Arachidonic acid index - this is your ability to fight disease and viruses (immune strength) and also your ability to repair tissue after trauma
- 5 Mental strength - this looks at the balance and supply of omega 3-6 to the brain and nervous system. 1 omega 3 to 1 omega 6 is optimum - this will affect mood and brain-related wellness

How it works



The blood test needs to be carried out at least three weeks before you leave for your retreat.



The test can be carried out by Gareth Caple or if it's more convenient for you, they can be posted directly to your door. A video and instructions on how to perform the test yourself will be provided.



The test only takes 10 minutes, it's very easy and relatively painless.



The test ID then needs to be registered at zinzinotest.com, then put in the post using the envelope provided and sent away for analysis.



Please provide Gareth with a photo of your test ID via email: gareth@yogalifeuk.com



It takes 10-20 days for the results to be e-mailed to you, you will receive a text notification when your results are ready.



These will be reviewed in a 1-2-1 consultation on the retreat, from this a plan will be put together to ensure you are at optimum health, from your cells to the top of your head to the tips of your toes!



This unique service comes at no additional cost

**Any questions, please contact Gareth Caple on 07979 520 339
or gareth@yogalifeuk.com**



Things you need to arrange/pack



Book your flights!

Book your flights! We have partnered with Donna from Travel Counsellors, she will take care of all your flight booking needs, let Yogalife take away the hassle.



Travel insurance

Please ensure you are fully insured for the area we are traveling to. Check with your insurance provider for full details of your policy. If you prefer us to have a copy of these details in the unlikely event we need to act on your behalf please send them to gareth@yogalifeuk.com



Sun cream

Lots of people forget this and as we will be practicing yoga outside we want you to be safe.



Currency

You won't need much as we will have taken care of nearly everything, but get some currency just incase!



Sports gear

Bring lots of training gear, yoga leggings, sweat towel, running trainers & lots and lots of enthusiasm!



Goody bag

Don't forget your Yogalife goody bag (we will get this to you 2 weeks before we fly).

What can you expect on this retreat?

A full body cleanse inside & out

We want you to get the most from this retreat and so we have designed a nutritional program to compliment all of our sessions. There will be no alcohol until the final night when there will be an option to have alcohol at the closing party.

We eat lots of plants!

Plant based means exactly that, lots of super healthy vegetables, fruits nuts, seeds, beans, pulses, herbs and spices, we will slowly introduce eggs and fish as the retreat progresses, we obviously cater for any directly requirements. Please volunteer this information upon confirming your place with us.

1 Morning & afternoon fast

Fasting is one of the oldest traditions within yoga and now is widely used in sport and the health and well-being industry. To reap the health benefits of fasting we will be skipping breakfast & lunch for 1 day. This will only take place once. You will lose body fat/weight, tone up and feel bloody amazing!

What to do next?

1. Contact Gareth confirming your interest and booking.
2. Pay a non-refundable deposit of £300.
3. Book your flight.
4. Pay the full balance 8 weeks before departure.

Contact details:

Gareth Caple

Director of Yogalife UK

Tel: 07979 520 339

E-mail: gareth@yogalifeuk.com

Payment details:

Barclays Bank - Life Changing Retreats

Sort Code: 20-45-45 Account Number: 03000486

* please leave your full name as a reference and email gareth@yogalifeuk.com to confirm.





LOOK OUT FOR OUR 2024 RETREAT DATES

Val-d'isere, France March 17th - 24th 2024

Snowga retreat

Breath work, cold therapy, & yoga for snow sports retreat

£2,675pp based on 2 people sharing

UK Weekend Wellbeing Retreat April 26th - 28th 2024

Re-wilding, fitness, yoga, foraging and whittling in our SECRET location

(just 2 hours drive from wilmslow)

£680pp based on 2 people sharing

Gran Canaria May 10th - 16th 2024

Join us on our private award winning eco resort for wellness, fitness and yoga

£1,675pp based on 2 people sharing

UK Weekend Wellbeing Retreat September 13th - 15th 2024

Re-wilding, fitness, yoga, foraging and whittling in our SECRET location

(just 2 hours drive from wilmslow)

£680pp based on 2 sharing

Goa, India "Back to the roots" Beach Retreat

October 30th - 9th November 2024

Yoga & subversive experience, temples, ashrams & spice fields

(A 5 day retreat, 4 day holiday)

£1,550pp based on 2 sharing

BOOK in 2023 TO RECEIVE A £100 DISCOUNT ON ALL 2024 RETREATS

We will contact you directly for first refusal, keep an eye on our website

www.yogalifeuk.com and your emails for all release dates

Or contact Gareth on 07979 520 339

Instagram: @yogalifeuk or @spiritualgangstarr1 **Email:** info@yogalifeuk.com