



yogalife

# BARCELONA RETREAT

21<sup>st</sup> - 26<sup>th</sup> August 2021

Fitness • Yoga • Detox

For more information please visit our website [yogalifeuk.com/retreats](http://yogalifeuk.com/retreats)



# Your experience

Our main aim of all the Yogalife life changing retreats is to bring amazing people together to 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, fueling 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
- 🧘 20 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 closing PARTY!!

# A day in the life of



Your morning begins with freshly pressed juices, yogic herbal tea or detoxifying mushroom coffee, then onto Yegalife's take on traditional Kriya yoga to clear the sinuses and awaken the body. This is then followed by a chakra lead dynamic yoga session designed to awaken the mind and super charge the body as you 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 which will be served in the courtyard. Expect cold pressed juices, smoothie bowls, smashed avocado, omelettes, superfood porridge, fruit salad and ice cold water from the monestrys 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, its all completely up to you.



Once rejuvenated we invite you to another specially designed fitness or yoga workshop session, here at Yegalife 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 to compliment 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 have 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 and putting the world to rights with your fellow yogis!

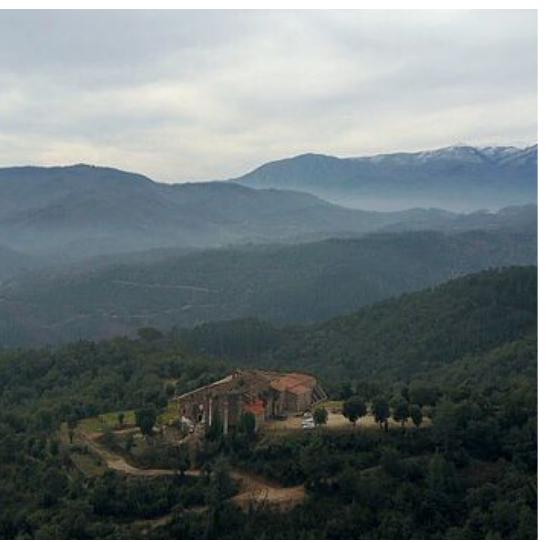
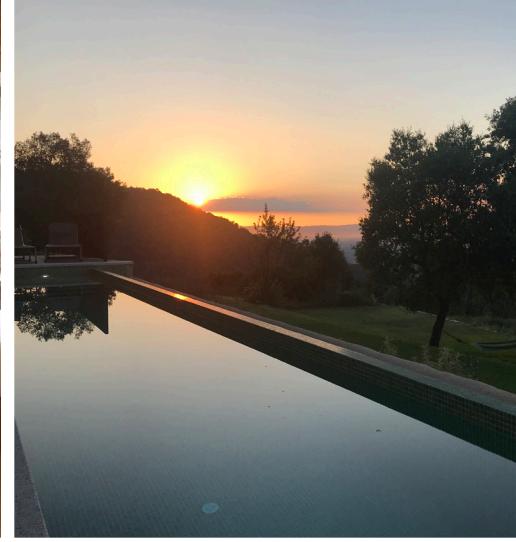


Our third yoga chakra session takes place before dinner, expect to travel through a wide range of yoga styles as we progress through the week. A well earned evening meal awaits you on your return, each dish packed with nutrients and detoxifying properties to encourage optimum health. Our chef as always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



Your evening draws to a close with a final session of mediation, again themed around the chakra system and deep relaxation sleep science, helping to promote the best sleep environment possible so you fall into a deep NREM 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 mediations.

**“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

21st-26th August 2021



## Recommended Flight

Easyjet

21-8-2021 Manchester to Barcelona 0605-0825  
26-8-2021 Barcelona to Manchester 1415-1555  
£380 per person subject to availability

Checked in Luggage and pre booked seats are not included



## Cost

(Earlybird £1,550)  
£1,650 based on 2 people sharing a room

Full balance to be settled 8 weeks before departure or your place may be at risk and all payments paid are non-refundable. \* Earlybird discount is paid in full

# Comprehensive inner health check

## What you can expect

Unique to Yoganife 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 or involved in nearly every single function in the body, from building tissue such as bone, organs, ligaments, cartilage, skin and muscle repairing injuries, to absorption of nutrients, converting those nutrients to energy, removing toxins, fighting disease, the list is endless. Armed with these 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 efficiency of 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) 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.

## Before you go

In order for us to provide you with this insight, you will need to arrange for a finger prick blood test to be carried out at least three weeks before you leave for your retreat.

Blood tests can be carried out by Gareth Caple, or if it's more convenient for you, they can be posted directly to your door for you to carry out yourself.

**To arrange a blood test please call Gareth on 07979 520 339.**

# 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](http://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](mailto: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](mailto: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](mailto: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 dietary 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](mailto: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](mailto:gareth@yogalifeuk.com) to confirm.



