


Relax & Restore

Gift yourself the joy and power of silence
and come back to your centre.

A 8-day escape in the heart of the Andalucian country side.



Brought to you by ELLENARTS

 ellenaartsofficial

To book visit: www.ellenaarts.com/relax-restore

This is a transformative experience that you will not forget easily.

This retreat offers a mixture of deeply restorative yoga practices, therapeutic holistic healing work, coaching and profound meditations all carefully picked to give maximum benefits to your emotional, physical and psychological health.



Example of the retreat on the landing page

Vigorous morning vinyasa yoga.

A delicious, copious breakfast (where you probably eat gluttonously because it is too delicious!)

Reading a book, having a great conversation with your fellow participants or some downtime at the pool.

Inspiring masterclass led by Ellen that will leave you with new knowledge and sets you up for changes.

Gorgeous lunch followed by a nap, a delicious coffee from the cafe or perhaps a little lie down in the Andalusian sun, it is hard to pick.

2 hour Yin yoga class designed to help you unwind fully and tap deep into the subtler parts of your body and mind, led with a touch of magic and stillness by Ellen in the beautiful Dome.

Delicious dinner followed by a Bedtime Yoga Nidra with candle light in the Dome followed by the deepest sleep you have had in a long time.

What's included...



Yoga & Meditation

Daily therapeutic yoga practices

With a daily extensive Yin yoga and Restorative yoga class you can put your body and mind in a state of relaxation where it can heal, recuperate and restore. Each class is designed for the purpose of relaxation and finding equilibrium in body and mind.

Yin yoga stimulates the “rest and digest” response of your nervous system, it will naturally switch your “off” button, enabling an emotional state of openness and flow.



Yoga Nidra & Meditation

BedTime Yoga Nidra & profound guided meditations

Enjoy a deep, relaxing sleep after a soothing, deeply relaxing Yoga Nidra session before bedtime (come in your pyjamas!) or unwind in a profound guided meditation held in the serene shala or serene Meditation Garden.

Yoga Nidra and guided meditations will create a buffer of calmness before your bedtime, priming your brain for a full, restorative sleep. Imagine you don't have to think of anything yourself, you can just sit, lie down, relax and let yourself be taken.



Hike in the beautiful Grazalema Natural Park

We will be going on a beautiful hike during this week. Take a breather and enjoy the beautiful nature of Andalusia with a group hike. You will enjoy the magnificent nature that surrounds Suryalila and we will let the local jewels help you unwind and enjoy.

Cadiz has a plethora of hiking routes, but few are as popular as Rio Majaceite from El Bosque to Benamahoma. Passing waterfalls, hidden waterholes, crisscrossing the river on small bridges, makes this a fairytale hike. The transfer is included, you will be guided by a local guide (and Ellen).



3 organic vegetarian meals a day

This retreat offers a bountiful buffet 3 times a day. Experience the best in vegetarian cuisine and indulge in a variety of healthy meals to nourish your body and mind.

Visit to the Hamam

The Arabic baths have been part of Andalusian culture for centuries and a typical 'hamam' experience is one to be experienced to be understood. This is a rejuvenating experience like no other.



The retreat also includes...

Inspiring workshop on the power of Yin

Ellen has found a lot of inspiration and wisdom in the ancient, shamanic tradition of the Dao. In a 2 hour workshop she'll share with you the expansive and wholesome wisdom that can be found in the ancient philosophy of Yin and Yang. She'll take yoga off the mat; right into the core of busy city living and hopefully inspires and show you how you can apply this wisdom in your daily life.

A royal lunch at a local white town

The Andalucian kitchen is one to be experienced and that's why we will go for lunch in local white town (a pueblo blanco) Prado del Rey. Prado del Rey is also known as 'the garden of the white Andalusian towns' and it is very cute. Experience Andalusia's delicious food and have a truly authentic experience.

Masterclass on the workings of the nervous system

Included in the program is a masterclass on the nervous system, the workings of stress and tension on the brain and body, how they work and what you can do yourself to tap into your own healing device, the parasympathetic nervous system.

Choose your accomodation

All rooms can be shared, if you come with your partner or friend. Price varies according to the type of accommodation you choose



Deluxe Ananda Laxmi
(king size bed, ensuite
bathroom and own sitting
area).

Sole Occupancy **2222€**

Shared Occupancy **1888€**

Deluxe Double (spacious
room with en-suite
bathroom and a beautiful
view over the rolling hills).
Sole Occupancy **1888€**
Shared Occupancy **1650€**



Superior Double
(double bed with shared
bathroom).

Sole Occupancy **1650€**

Shared Occupancy **1555€**



Twin (single bed in a
room with 2 beds, single
occupancy or shared
with a friend, that you
bring).

Sole occupancy **1650€**

Sole Occupancy **1555€**



Dates & Location

Suryalila Retreat Centre
Pago del Pagarete
Cortijo La Fabrica
11650 Villamartín, Cádiz, Spain

Available dates:

14th - 21st January 2023

1st - 8th April 2023

15th - 22nd July 2023

16th - 23rd September 2023


2nd - 9th December 2023




Included in the retreat cost:

- 7 nights all inclusive, 8 days
- 3 delicious vegetarian meals a day
- Free use of Suryalila's facilities (sauna, eco pool, relaxation areas, beautiful pagodas with hammocks)
- Daily therapeutic Yoga session – either Yin Yoga or Restorative Yoga
- 4 bed time Yoga Nidra sessions
- Potent & guided meditations in the Shala or Meditation Garden
- High end Masterclass on the nervous system
- Inspiring esoteric workshop on the art and the power of Yin
- Hike through natural reserve Sierra de Grazalema
- Trip (and entrance) to the hamam
- Local lunch in Pueblo Blanco Prado del Rey
- Multiple coaching moments during consultation hours and 1:1's
- Pre-retreat coaching call and post-retreat coaching call
- Digital Relax & Restore at home package (with recordings of tried-and-tested best practices of Ellen, including yoga Nidra, yin yoga and meditations) so you can maximize your relaxation, before and after the retreat

The cost of the retreat is dependant on the accommodation you choose.

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A message from Ellen

I have been doing these retreats for a few years now and I have been tweaking and improving the program ever since.

This program is not only a direct reflection of my own journey, learnings and deep inner work I have been doing and that I love to share with you but it also based on years of professional experience working with many clients from all over the world. Most of my clients are ambitious, intelligent people with a lot of responsibilities and a deep yearning to slow down, still the mind and learn to deal with a range of anxieties or unprocessed emotions or life-events.

I consider myself to be a healer, coach and teacher and what I share with you will come from deeply felt experiences. What I don't know or what I have not experienced I will not share. My work is embodied on a body, mind and heart level.

Having a journalistic and academic background, I also want to share with you what really works, pulling from a big body of clinical scientific work. What happens to your brain when you experience stress (of trauma even), how does this affect your body and how can you turn it around? How can we truly heal from events and bodily states that seem to have trapped us? What does science really tell us about coming back to true relaxation, especially when there seems to be no light at the end of the tunnel? How can we truly feel empowered with existing tools?

I would say my classes and what I share can be quite deep and profound and yet I like to keep things down-to-earth, playful and fun. This retreat combines everything I relate to: Integrity, stillness, the mystical and subtle realms, science, heartfelt & severe professional experience, true connection, playfulness, love, safety and heart.

I would be delighted to welcome you and to get to know you!

Love, Ellen