

Soul & Adventure

Yoga and Adventure in Mallorca 21-24 September

What is Soul & Adventure?

The Soul & Adventure project is born from the necessary natural link between the well-being of self-knowledge, the serenity of meditation, and the joy and respect for nature that we feel by developing activities that involve exploring a unique environment in a fun and challenging. Soul & Adventure only wants to be a bridge of communion between the inner world of each person and nature enjoying one of the most beautiful faces of the Mediterranean



Why Mallorca?

Mallorca is a magical island where we can find numerous and varied wonders of nature. Beaches and coves with crystalline waters, fields and mountains that hide jewels waiting to be discovered. An island with a magnetic, natural and positive energy that astonishes by its beauty and where the good weather allows us to practice outdoor activities all year. We hope you discover that magic for yourself.



What are we going to do?

Yoga, Meditation and Adventure in Mallorca.

Our proposal is 4 days on the island of Mallorca in an idyllic place like Casa Dima, with healthy vegetarian food, discovering Mallorca through adventure sports such as Coasteering, Trekking or Climbing and reconnecting with us with Yoga classes Every morning and meditation in the evenings. It is a complete proposal to disconnect from your routine and reconnect with you and with nature in a magical place like Mallorca.

The House and the Surroundings

Dima Center - Center for Conscious Living

www.dimamallorca.com

We will be staying in Casa Dima, a 300-year-old typical Mallorcan farm located in the heart of the island, raised on a hill, surrounded by woods and farmland overlooking a valley. We will be surrounded by olive, orange and fig trees.

Casa Dima is located in the vicinity of San Juan, a quiet town outside the tourist masses. An ideal location for retreats where we hope you will disconnect and live new experiences.



The Soul & Adventure team

It is made up:

Rock & Water Mallorca – Outdoor Adventure Activities (Sebas and Adhara).
& **Un Camino de Paz** - Yoga, Pranayama and Meditation (Berta)

'Rock&Water Mallorca' was born from the necessity to go beyond the conventional circuit, the desire to explore, discover and share the nature with respect and admiration within a secure environment.

Its founders Sebastian (Rock) and Adhara (Water) choose Mallorca as the perfect setting to expand their limits, feel alive and experience nature through sport.

'Un Camino de Paz' was born a few years ago. In her inner quest, Berta begins practicing yoga in 2004, first Hatha and Kundalini and later Vinyasa.

Formed in 500 YTT by YogaOne Barcelona, it continues with its training with different international masters.

In 2010 he met his teacher, Uné, who trained her in subjects related to nature and different energy and consciousness therapies.

Also offers workshops and retreats from different disciplines



Adhara



Sebastián



Berta

Info about the programmed activities.

Yoga and Meditation

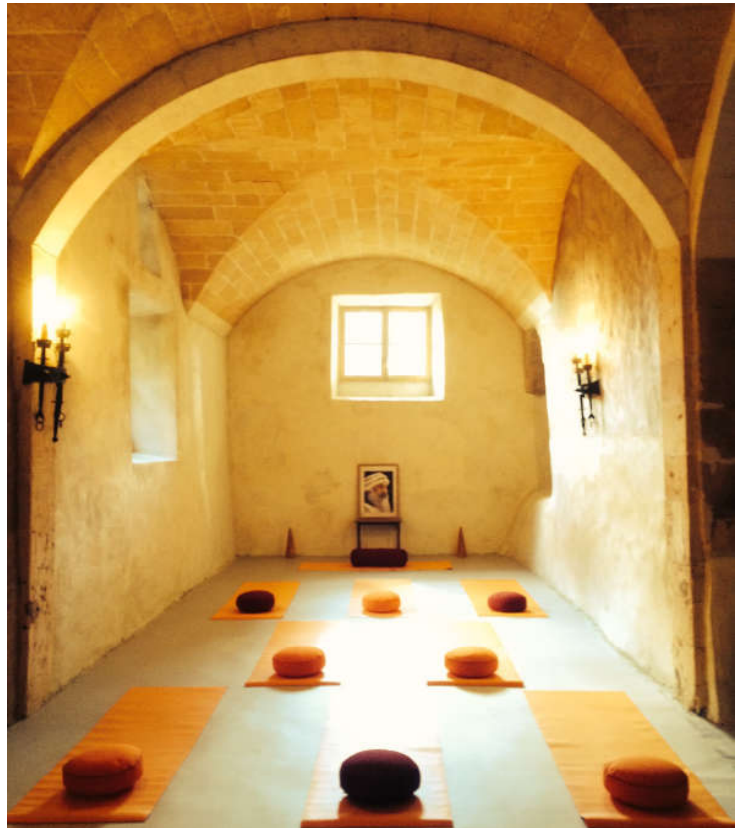
Yoga: We will practice the Vinyasa Flow Yoga style, which is a dynamic yoga, where we link breathing with movement.

'Vinyasa Flow is a transformative, dynamic and creative practice based on balanced and fluid sequences called vinyasas. These vinyasas are used as a catalyst for the transformation of old patterns and paradigms of the body, the self and the world, to discover power and creativity; Liberate the natural flow of vital energy (prana) and connect with consciousness and the absolute. We harmonize the internal and external energies.

Vinyasa is an open practice system that allows everyone to follow the needs of their body or adapt to their own mental state. It is a practice that allows us to evolve towards what we want in our life (towards those physical, emotional and mental states) or to depart from that which no longer serves us.'

Pranayama: We will learn different techniques of breathing to quiet the mind.

'Breathing is the bridge between the physical body and the mind. Through the practice of yoga we can act on the movement and distribution of prana (energy). The general aim of pranayama is to control prana (by regulating the breathing rate) and, through the control of prana, to quiet and calm the mind. "



Meditation: We will practice different techniques of concentration to arrive at a state of meditation.

'When we sit still, breathing steadily and evenly, concentrating our attention on a fixed point or object, there may come a time when we are able to maintain the flow of attention without distraction. It is considered that when we manage to maintain concentration for two or three minutes we enter into a state of meditation. In this phase, the concentration reaches a higher state in which the mind remains immobile, without interruptions.'

* Classes will be held in the Yoga room or outside (garden / terrace) according to weather conditions.



Info about outdoor activities

Nature inspires us and recharges us, so from the hand of "Rock & Water Mallorca" we propose daily activities for you to experience new sensations and to connect with the environment. Mallorca offers you the opportunity to explore its most natural side through adventure sport.

OUTDOOR ACTIVITIES INCLUDED ON FRIDAY AND SATURDAY:

Every day we will have an activity programmed to enjoy Mallorca to the fullest.

Coasteering: The perfect plant to enjoy an adventure at sea! A combination of activities along the coast line where fun and adventure are assured. We can practice cliff jumping from different heights, abseiling down on crystal water and enjoying incredible caves.

Climbing: no matter if it is your first time or if you already have experience, you will spend a day adapted to you. A day to connect with the rock!

Hiking: Mallorca is infinite, this can be seen in the diversity of paths to go. From old communication routes between mountain villages to routes that take us to the highest peaks or to the sea level discovering the most beautiful unspoiled coves always with spectacular views of the coast or the Tramuntana mountains range.



* Two of the above activities will be carried out depending on the sea and weather conditions.

Note: all the outdoor activities include guiding, safety equipment, insurance and transportation.

OPTIONAL ACTIVITIES FOR SUNDAY:

If you have time and want more, we will propose an extra activity: hiking, climbing, exploring a cave, boat tour or canyoning!

* The optional activity requires a minimum of 4 participants.

Required for outdoor activities:

Requirements: to know how to swim and not to have vertigo or claustrophobia.

What to bring: Swimsuit, sportswear, sports shoes that can get wet, towel, spare clothes and sport shoes, backpack for the daily activities. Rain-coat will be necessary depending on the weather conditions.

What do we need to know:

- Height, weight and shoe size to provide wetsuit.
- If you have any disease, phobia or injury.



Programme

THURSDAY

5pm

Check in*

8.30pm

Dinner

9.30pm-22pm

Welcome meeting

11pm

Time to sleep

FRIDAY & SATURDAY

7.30am-9am

Yoga & Meditation

9.30am-10.30am

Breakfast

11am-6pm

Outdoor activity

+

Yoga (outdoor or Dima)*

8.30pm-9.30pm

Dinner

22pm

Meditation

11pm

Time to sleep

SUNDAY

7.30am-9am

Yoga & Meditation

9.30am-10.30am

Breakfast

11am

Check out

Goodbye or

Optional Activity*

*Thursday: Check in at Casa Dima from 5pm.

*Sunday: Check out before 11am.

*Friday and Saturday: the yoga class will be after the activity depending on the time left. Venue: outdoor or in Dima.

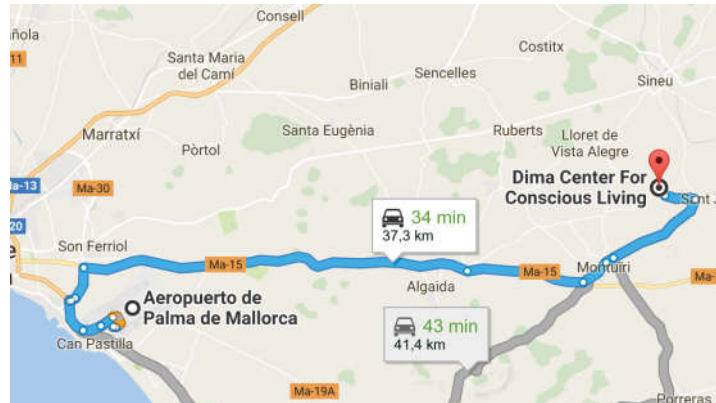
For those who want to do the optional Sunday activity, you can leave your luggage at Dima home and pick it up later.

Additional Information

LOCATION:

"Dima Center For Conscious Living":
<https://goo.gl/maps/n1bkqY7JYVt>

Dima is easily accessible, Palma and the airport are only 30 minutes away by car. The village of San Joan is less than 5 minutes by car and Sineu, the next largest town is only 10 minutes away. We are just 30 Minutes from many amazing beaches.



HOW TO GET:

CAR: If you do not have your own car, you can rent one. A good plan if you have thought to arrive a few days before to the island or you want to stay a few more days. We will pass you a list of companies so that you can contact them in case you want to rent a car.

TRANSFER AIRPORT: There will be 2 daily transfers for the day of arrival and return.

Thursday 21: 16.00 or 18.00

Sunday 24: 12: 00 or 18: 00h.

* Note: The price is 21 € / pax per way with a minimum of 5 people required. The amount will be paid at the arrival of the house.

* The planned timetable may change. Please, if you are interested, inform us about your flight schedules to form a group and confirm the final schedules of the transfers.

-**TAXI:** Estimated price of 50 € per way (Airport - San Joan). If you come in a group is a good option to share.

KIND OF FOOD:

Breakfasts and dinners at Dima's house will be vegetarian. We will provide a picnic for the days of the Outdoor activities (Friday & Saturday). You could choose wither vegetarian menu or not.

FOOD INTOLERANCES:

If you have any food intolerance or anything you can not eat, please let us know so can notify the house and take it into account.

REQUIREMENTS FOR ACTIVITIES AND MATERIAL TO BRING:

All activities are open to all levels.

Material to bring:

- Beach towel.
 - Yoga mat if you want to bring yours (if not, there will be at Dima)
 - Comfortable clothes for yoga and meditation.
 - Sports clothes and sport shoes that can get wet.
 - Replacement clothes and shoes.
 - Swim suit.
 - Flip flops.
 - Backpack for the day of the activity.
 - Bottle of water or canteen.
 - According to meteorology it will be necessary raincoat.
 - Toilet Bag *.
 - Sunscreen (we recommend 30+ or more).
 - Sunglasses and cap/hat.
- *Shampoos must be ECOLOGICAL - an indispensable requirement for DIMA)

PHYSICAL HEALTH PROBLEMS:

Although the activities and classes are suitable, please let us know if you have disease, injury or phobia we should know for the activities.

PRICE:

The price of the retreat from Thursday night until Sunday after Breakfast is:

IN EARLY BIRD UNTIL 4 JULY IS 490 € . AFTER 4 JULY WILL BE 540 €

It includes:

- 3 nights of accommodation and full board from Thursday night (dinner included) to Friday morning (breakfast included).
- Daily activities. It includes guiding, safety gear, insurance and transportation from Casa Dima.
- Bedding.

Note: Rooms are shared (2, 3 or 4 people).

Not Included:

- Flights to Palma de Mallorca
- Transportation on the arrival/departure day to/from Casa Dima.

FLIGHTS:

For the booking of the flights, each assistant will be in charge of its own ticket.

Note: For those who are interested in booking the transfer from the airport with us, please let us know your flight schedules to form a group and confirm the final schedules of the transfers.

HOW TO BOOK:

To set up the booking you need to do a wire transfer of the 50% of the total price.

Account number: ES58 0182 4245 5802 0154 1622

SWIFT / BIC *: BBVAESMM or BBVAESMMXXX

* Required for international transfers

CANCELLATION POLICY:

If for any reason participants cancel the activity already paid, we will proceed to the refund as follows:

- 50% refund if the cancellation is communicated until 1 month ahead of first day of the retreat. *
- 0% refund less than 1 month.

* The possible cost of the wire transfer will be deducted from the amount to be refunded.

CONTACTO:

Email: soulandadventure@gmail.com

Telephone: +34 619 75 1515.

THANKS!