DETAILS FOR THE RETREAT.

OCTOBER 25,26,27.

Los Silos is a unique place designed specialy for retreats.

Just 15 minutes from San miguel.

You can look at the video in this link.

<http://lossilos.com.mx/>

RATES

There are 7 rooms to share with someone

Cost for shared room, food and the workshop $ 5,000

There are 3 rooms for just one person.

Cost for individual room , food and workshop $5,500

This cost includes:

2 nights , meals and the workshops.

The meals are simple mexican vegetarian meals.

Please pay me direct at any studio or you can deposit to:

Santander:

Anabel Cárdenas Dugal.

At the bank: 56511063545

Transference: 014180565110635457

This workshop is for anyone that wants to attend but if you have a specific pyshical/health condition, recently operated or any kind of emotional trauma please contact me to see if this retreat will be suitable for you.

The focus will be Yoga(asana practice), meditación and various dinamics to observe and learn how to deal with impermanence and change .

YOGA STYLE AND LEVELS.

I will teach an all –level practice and variations will be given for those who need them.

Is Hatha Yoga and each practice will have a focus either in a body área or type of poses (inversiones, twist, stanfing poses, sitting etc.)

Focus of the retreat.

The theme will be change an impermanence , we will explore these themes with different dinamics.

SCHEDULE FOR THE RETREAT

FRIDAY

Arrive between 16:00 and 16:45

17:00 -18:00 Orientacion talk.

18:00 -19.45 Assembling of the altar and relaxing yoga.

19:45- Dinner

SATRUDAY

(Both mornings w e will practice noble silence from 5.00 to 9.00)

5:00 - 6:00 Meditation

6.00 - 6.15 te, wáter, fruit.

6:15 - 7:30 Breakfast

9:30 -11:00 Workshop (creating a mandala)

11:30 -13:00 Taller y meditación

13:30 Lunch

15:00 – 16.30 Daily practices for a healthier life.

17:00 – 19:00 Untiying knots, and restorative yoga and meditation.

19 .00 Dinner and Bonfire

SUNDAY

5.00-6.00 Meditation

6:00 to 6.30 tea,

6.30 -8.00 Yoga

8:15 – 9.30 Breakfast and free time

9.30 - 12:00 Workshop and closing of the retreat

WHAT TO BRING

All your toileteries

Yoga mat

Cushion or stool for meditation( we have chairs)

Confortable shoes top ut on and off constantly

Dress in layers is October weather is unpredictable

Scarff, hat,socks for the early mornings.

Pen and notebook.

Something to through over you at breakfast in the morning.

Towel

Very important .For the altar please bring something that reminds you who you are, something that has meaning for you and that reminds you of change and impermanence.

Please:

No burning incense or candels in the romos

Please no plastic clothing that makes noise when you mouve

No safety deposits (just bring what is necesary)

Please don’t use perfumes or strong smelling products

No smoking

No pets

No alcohol

I will like to have a phone number in case of an emergency

My cel pone is 4151003053

Los Silos

Camino a San Miguelito S/N

Atotonilco, Guanajuato

Los silos local line is 014151852199