



Breathe Into Being

With Danielle Satya Parla

October 4-9th, 2017

Mallorca, Spain



Set in one of the oldest regions on the island, the traditional Mallorcan village of Porreres is famous for its delectable apricots and relaxed local living. It's the perfect backdrop for this intimate 5 day retreat where you will learn and experience deep healing benefits of Transformational Breath and practice a variety of conscious breath exercises to use in everyday life.

Unplug and enjoy 5 days of deep transformation through Transformational Breath sessions, yoga and delicious vegetarian cuisine. The practices aim to increase your awareness and bridge the relationship with your breath. It can help you let go of any unhealthy breathing habits, such as breath holding, shallow breathing and over breathing and release both physical and emotional tension from the body. This can dramatically shift the way you feel in your body and bring higher states of awareness to the mind.

Stay on a day or two to explore the real Mallorca and its beaches, nature reserves, villages and vineyards, Mallorcan gastronomy and the island's capital, Palma.

DATES:

Arrive Wednesday October 4th, from 15:00

Depart Monday October 9th, 13:00

SCHEDULE:

Wednesday October 4th (arrival from 15:00)

18:00 - Dinner

19:30 - Introductions + Yoga Nidra and Meditation Practice

Thursday October 5th

7:00 - Optional meditation practice

7:30 - Breakfast smoothie or tea

8:00 - Five Tibetans Yoga

9:30 - Breakfast

11:00 - Group Breathing Session

13:00 - 18:00 Free time/ Pre-booked treatments

18:00- Dinner

19:30 - Yin Yoga

Friday October 6th

7:00 - Optional meditation practice

7:30 - Breakfast smoothie or tea

8:00 - Five Tibetans Yoga

9:30 - Breakfast

11:00 - Group Breathing Session

13:00 - 18:00 Free time/ Pre-booked treatments

18:00- Dinner

19:30 - Meditation (Space)

Saturday October 7th

7:00 - Breakfast smoothie or tea

7:30 Walk up to Monti-Sion for Meditation and Five Tibetans Yoga

9:30 - Breakfast

11:00 - Group Breathing Session

13:00 - 21:00 Free time/ Pre-booked treatments

21:00 - Check-in + Short Group breath session

Sunday October 8th

7:00 - Optional meditation practice

7:30 - Breakfast smoothie or tea

8:00 - Five Tibetans Yoga

9:30 - Breakfast

11:00 - Group Breathing Session

13:00 - 18:00 Free time/ Pre-booked treatments

18:00- Dinner

19:30 - Yin Yoga and Short Group Breath session

Monday October 9th

7:00 - Optional meditation practice

7:30 Breakfast smoothie or tea
8:00 Five Tibetans Yoga
8:30- 10:30 Group Breathing Session
10:30 - 11:30: Brunch
11:30 - 12:00 Closing circle
13:00 - Departures

DETAILS

Accommodation:

Feel at home in a traditional Mallorcan house, just minutes walk from the quaint village centre. All rooms have a balcony, two single beds, wardrobe and are comfortable and charming. All bathrooms are shared.



Inclusive price per person:

Shared room 650€, early bird before Sept 1st: 600€
Single room based on availability, additional 100€

Included: accommodation · group breathwork · delicious homemade vegetarian breakfast and dinners (except for 1 free day where you are free to explore the island, beaches and local gastronomy)

Optional extras: *Private* Reiki and Breathwork Sessions · Additional Nights · Airport Transfers · Massages with local therapist (require advanced booking)

Travel:

Mallorca has many direct flights from Europe.

Porreres, Mallorca is approximately 30 minutes from Palma de Mallorca Airport and Palma city.

1. **Taxi** is approx 40-50€.
2. **Car rental:** Mallorca is very easy to drive and navigate and I highly recommend renting a car from the airport if you wish to explore the beaches and island on your leisure time. There are 2 public parking lots within 2 short blocks of Space To Breathe that can be used free of charge.

3. **Transfers:** Depending on the time of your arrival/departure and availability, airport transfers *may* be able to be organised, 35€

4. **Buses:** City buses go regularly from the airport to Palma (5€, 48 min) and approx every 90-120 minutes from Palma to Porreres (Bus 490 Estació Intermodal @ Plaça D'Espanya, 4€, 47min).

Two Aerotib buses connect to & from the airport to towns closer to Porreres, where you have the option of taxi, bus transfer or depending on arrival/departure a transfer to/from Porreres by car, 20€.

· #A51 Airport to/from Campos (Rambla stop, approx 5€)

· #A42 Airport to/from Montuiri by request one day in advance (s'Hostal de Montuiri stop, approx 5€). We can request for you.

For more information about all buses visit tib.org

*** Let us know your itinerary & we will try and arrange lift sharing were possible.*

Gentle Living

Space to Breathe cares deeply about the environment and is a low-impact retreat space. Through mindful action and awareness each of us has the opportunity to be stewards of the earth— ensuring good health, clean and safe water, air and food for all living creatures for generations to come. We believe that we have lost the connection to our natural world and we encourage you to take the time to reconnect and consider introducing changes in line with Gentle Living in order to foster a sense of harmony and appreciation for the abundant gifts nature provides us.

Meals

Guests enjoy healthy and delicious vegetarian meals that are made with love from predominantly organic and local produce. Please let us know if you have any food allergies we should be aware of.

Booking

Once your email confirmation has been received, further communication will follow with Swiss account information for payment by bank transfer (€).

The full amount must be paid to confirm your retreat place.

To ensure emails don't end up in your junk folder please save danielle@spacetobreathe.ch in your contact lists. [Cancellation Policy & Waiver](#)

I look forward to welcoming you on the retreat.



[Danielle Satya Parla](#)

Danielle Satya Parla, founder of Space to Breathe will take you on a powerful journey with your breath. For 20 years Danielle has naturally married her formal background in psychology with the wisdom of the Eastern ancient sciences. She has trained and worked with the breath for many years as a yoga teacher and certified Transformational Breath® Facilitator and was drawn to breathwork after witnessing the extraordinary healing, rapid resolution of trauma and expansion into joy that talk therapies didn't access.

www.spacetobreathe.ch