



A Weekend to Practice Surrender

With Danielle Satya Parla

Sept 1st-3rd, 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 weekend retreat where we practice the essential art of Surrender with yin yoga, meditation and self-healing therapeutic Breathwork.

Today, perhaps more than ever, we meet life with both conscious and unconscious resistance and control. Because we can feel ill-equipped to handle disappointment, pain and loss we grip strongly to people, our story, belongings and beliefs. This <false> sense of control creates extraordinary tension and eventually shows itself in our body, breath, ability to flow with life and erodes the deep joy that life is.

Unplug and enjoy a weekend of yoga, breathwork, connection and delicious vegetarian cuisine. 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 Friday September 1 from 15:00

Depart Sunday September 3rd: 15:00

SCHEDULE:

Friday, September 1st (arrival time from 15:00)

18:30–21:00 Dinner and Practice

To start the weekend we gather for a delicious vegetarian dinner, introduction followed by a practice.

Saturday September 2

7:00– 9:00 Meditation, Pranayama and Yin Yoga

Greeting the sun we will enjoy a short meditation on the upper terrace followed by a Yin Yoga practice that will invite surrender and open all levels of body, mind and spirit. The nervous and subtle energetic systems of the body will be harmonised and awaken in you a deep source of energy & creative potential.

In the Yoga Sutra, Patanjali repeatedly highlights surrendering or *Ishvara pranidhana* as a "big picture" yoga practice: It initiates a sacred shift of perspective that helps us to remember, align with, and receive the grace of being alive. This challenging & meditative yoga practice will give the balance we so often seek in our active & busy lives. We benefit from learning to relax, be patient, quiet and release the mind and the body.

Light Breakfast

10:30 – 12:30 Breathwork Session

Experience what the Sages, Seers and Yogis have known for millennia – the healing and illuminating power of your own breath. Breathwork is a powerful and safe way to infuse the body with oxygen and energy, integrate traumas and blocked emotions and open to higher levels of consciousness so that we can tap into the wisdom of our inner resources and live with greater joy and abundance. It is a powerful teacher and guide to surrender.

1:30 Lunch and free time.

17:00 – 18:30 Conscious Breath practice and Satsang

Again we will awaken to the power of presence that the breath brings through various breath exercises. Sharing in circle we will be reminded of the freedom and ease that is available to us when we breathe, surrender and let go of our inner critic and analytical mind.

Dinner

21:00 Guided Meditation

Sunday September 3

7:00 – 9:00 Walk to hill-top monastery Monti-Sion and Meditation

Breakfast

11:30 – 13.00pm Exploratory Yoga Practice

Releasing demands of how our postures 'should' look, feel, be – we will consciously approach this practice with receptivity and grace.

13:30 – 15:00 Lunch and Closing Circle

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 400€, early bird before August 15th: 350€
Single room based on availability, additional 75€

Included: accommodation · yoga, meditation, breathwork, satsang· delicious homemade vegetarian breakfast, lunch and dinners.

Optional extras: 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](#)

For 20 years Danielle has naturally married her formal background in psychology with the wisdom of the Eastern ancient sciences. Trained in classical Indian Hatha, Yin, Kundalini and Ayurvedic Yoga, she has shared her understanding of the ancient teachings with students in Japan, Canada, NZ, India, Nepal, Spain and Switzerland. A certified breathworker and Reiki master, Danielle empowers you to practice the tools that move you towards greater presence, health and joy.

www.spacetobreathe.ch