

# Shamanic Weekend Retreat

with Rebekah Shaman and Danielle Satya Parla  
June 30- July 2, 2017



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 is here that Rebekah Shaman and Danielle Satya Parla will be guiding you through a transformational weekend that offers you the opportunity to enter into sacred ceremony, reconnect with yourself and nature, and learn to listen and trust the messages of your heart.

**Friday, June 30th (arrival time from 15:00)**

**18:00-21:00 Dinner and Talk**

To start the weekend we gather for a delicious vegetarian dinner and an interactive talk how Plant Medicines used by shaman in indigenous communities for millennia are now available in the 'west' and the role they play in our conscious evolution. Rebekah will share how master plants are reigniting our understanding of life and existence and the role of shamanism in contemporary society.

**Saturday July 1**

**8:00- 9:30 Kundalini Yoga**

Danielle will lead you through a kundalini yoga kriya that will energise and open all levels of body, mind and spirit. The endocrine, nervous and subtle energetic systems of the body will be harmonised and awaken in you a deep source of energy & creative potential.

**Light Breakfast**

**10:00 - 12:00 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.

## Lunch

### 14:00 - 19:00 Sacred Cacao Ceremony

Cacao is a powerful plant medicine that has been used ceremonially for thousands of years across Central and South America. The people of ancient Mesoamerica attributed a sacred status to Cacao and would drink it to commune with their gods. We will drink Cacao in sacred ceremony to reconnect with our deep inner guidance, be reminded of our natural capacity to heal and to hear messages that release us from what is no longer serving us so that we can utilise the full power of summer to manifest visions and dreams. Using guided meditation we will journey deep within to discover more about ourselves, release negative blockages and find peace and clarity.

## Dinner

## Sunday July 2

### 8:00 - 9:15 Yin Yoga Class

Yin Yoga is a truly beautiful practice that benefits both mind and body by teaching us to relax, be patient and quiet, surrender and let go. Like acupuncture, the meridians are stimulated by the long posture holds that assist with lubricating the joints and releasing the connective tissue of the hips, pelvis and lower spine to encourage energy flow & release.

## Breakfast

### 11:00 - 13.30pm Deeply Connecting to Nature

We will go into nature to hear and speak with the forest in order to calm our minds and become clear and focused. We will make our own nature mandala from objects that we feel drawn to.

### 13:30 - 16:00 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.



## Investment:

Shared room 450€, early bird before May 30th 400€

Single room based on availability, additional 50€

Non-residential (with meals, but without accommodation) 350€ early bird before May 30th 300€

*Included:* accommodation · yoga, meditation, breathwork, talks and ceremonies · delicious homemade vegetarian food

*Optional extras:* Empowerment Readings · Psychic Surgery · Massage · Private Reiki / Breathwork Session · Additional Nights · *Additional* Raw Ceremonial Grade Cacao purchased directly from the Ashaninka tribe of the Peruvian Amazon that helps protect the Ashaninka from the threat of illegal deforestation, palm oil farming and preservation of their lifestyle and habitat.

**Travel:** *Porreres, Mallorca is approx 30 minutes from Palma de Mallorca airport and Palma city.*

- Taxi is approx 40-50€.
- Depending on your arrival/departure time, airport transfers can be provided: 35€
- Buses go *regularly* from the airport to Palma (5€, 48 min) and approx every 90 minutes from Palma to Porreres (Bus 490 Estació Intermodal @ Plaça D'Espanya, 5-8€, 47min).
- Mallorca is very easy to drive and navigate and I can highly recommend renting a car from the airport if you are interested in additional days on the island before or after the retreat.

Let Danielle know your itinerary and she will try and arrange lift sharing where possible.

**Booking - Pay by bank transfer (€ or £).**

Once your email confirmation has been received, further communication will follow from Danielle (CH, EU and Spain) or Rebekah (UK) with account information for payment. To confirm your retreat place you must pay the full amount. Early bird rate is available until May 30th.

To ensure emails don't end up in your junk folder please save [danielle@spacetobreathe.ch](mailto:danielle@spacetobreathe.ch) and [Rebekah@rebekahshaman.com](mailto:Rebekah@rebekahshaman.com) in your contact lists.

**We look forward to welcoming you on the retreat.**



### Rebekah Shaman

Rebekah trained with a Peruvian Ayahuasquero shaman in the Amazon in 1998 and has continued to integrate what she learnt from her teacher, Don Juanito and be guided deeper into the wisdom of Master Plant Medicines so as to be able to teach it within a western context. She facilitates small traditional Ayahuasca ceremonies in Peru and shamanic workshops throughout the UK, Spain and beyond. She is the author of *The Shaman's Last Apprentice* and for nine years has been lecturing on her experiences. Her open, clear and direct approach ensures that her insights into the human condition and our relationship with the natural world and it's medicine are extraordinarily clarifying. She facilitates bi-monthly cacao ceremonies in London, and has a shamanic practice, offering mentoring, shamanic healing and empowerment readings.

Watch '[The Shaman's Last Apprentice](#)' documentary to learn more about Rebekah and her work. [www.rebekahshaman.com](http://www.rebekahshaman.com)

### 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](http://www.spacetobreathe.ch)