

# SiR

JOAN



# Sir Yoga Retreat

26 — 29 APRIL 2018



Yoga, for Chantal Soeters, is about opening up to the present moment. In her yoga classes, she wants to share the joy of yoga, and the joy of life. Life happens right here right now, when we pause and slow down. We can only experience the fullness of life when we open up ourselves to the present moment. Combined with the sun and the energy of the green island that one can only experience in spring, you'll return feeling recharged and happier.

## PROGRAM

## PRICE

THURSDAY 26 APRIL

ARRIVAL & WELCOME DINNER  
(+ INTENTION SETTING)

FRIDAY 27 APRIL

DE-STRESS  
YOGA & MEDITATION

– 1,5 hours

BREAKFAST

YOGA – 2 hours

SILENT WALK

SATURDAY 28 APRIL

DE-TOX  
YOGA & MEDITATION

– 1,5 hours

BREAKFAST

SIR EXPLORE EXCURSION

YOGA – 2 hours

SUNDAY 29 APRIL

ENERGISE  
YOGA & MEDITATION

– 2 hours

BREAKFAST

CHECK-OUT

850 Euro per person

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650 Euro per person  
(double occupancy)

For more information and bookings:

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