



# YOGA RETREAT DRENTHE (NL)



## Yoga & Mindfulness Meditation Retreat Drenthe, Netherlands 21 - 24 Nov 2019 (3 days & 3 nights)

Withdraw yourself in the quiet, cozy countryside of Drenthe in a beautiful and warm environment, to reflect, relax, and renew! This retreat will be an ultimate mini-break to re-load and re-energize yourself in just 3 days. **Let Go, Cleanse, and Renew** will be our theme! The Detox focus of the retreat will be excellent to bring us back in shape and stay healthy & fit!

- Morning and early evening Yoga Sessions incl. Yoga Philosophy, Mantras, and Breathing Exercises
- Mindfulness Meditation Workshop
- Silent Meditative Walk & Sheep Herding on the beautiful heathlands of Drenthe
- A special Fire Ceremony to cleanse and renew
- Free-time during the day to do what you want: take a rest, go for a walk in the Spiritual Garden, read a book, or relax with your yogi friends
- Delicious healthy vegetarian and organic cooking
- We will stay on a very nice meditation farm (Thich Nhat Hanh tradition), with a super large 3-hectare Spiritual Garden for you to explore, with Europe's largest natural labyrinth!

We will accommodate ALL LEVELS yoga practitioners, from (Absolute) Beginners to Advanced.

All sessions and workshops will be taught bi-lingual (English/ Dutch).

*Join us to Let Go, Cleanse, and Renew! Returning home lighter, inspired, and transformed on all fronts!*



For more **information** and to **sign up** please visit our website:

[WWW.YOGAYATRA.NL](http://WWW.YOGAYATRA.NL)