





Deep immersion in the magical nature and spirit of the beautiful island of Tenerife!

Key Information

 Vineyard Eladio - Tenerife, Canary Islands (ES)

 up to 10 people in the group

 16.-22. May 2023

 English

 5 Days (6 Nights)

Program

16.05.23: Arrival-Day

From 13:00	Check-In
18:00	Opening-Ceremony
20:00	Dinner
21:00	Yoga Nidra

18.05.23: Day 2 (Water)

06:30	Sunrise Surfing
12:00	Brunch at the Beach
14:00	Beach Day
18:00	Sunset Sharing Circle
20:00	Dinner
21:00	Meditation Journey

17.05.23: Day 1 (Earth)

07:00	Yoga
09:00	Breakfast
11:00	mindful/grounding Forest Hike
18:00	Sunset Sharing Circle
20:00	Dinner
21:00	Soundscapes

19.05.23: Day 3 (Air)

07:00	Yoga
09:00	Breakfast
11:00	Rock Climbing
18:00	Sunset Sharing Circle
20:00	Dinner
21:00	Sound Healing

20.05.23: Day 4 (Fire)

07:00	Yoga
09:00	Breakfast
11:00	Yoga-Workshop: Flow & Sequencing
14:00	Lunch
16:00	Voice Journey / Singing Circle
18:00	Sunset Sharing Circle
20:00	Dinner
21:00	New Moon Ritual

21.05.23: Day 5 (Heart)

07:00	Yoga
09:00	Breakfast
11:00	Break (Option to surf/beach)
14:00	Lunch
16:00	Cacao Ceremony
18:00	Ecstatic Dance
20:00	Dinner

22.05.23: Departure-Day

07:00	Yoga
08:30	Closing Circle
09:00	Breakfast
from 10:00	Departure

Included

- ✓ 6 nights (shared - glamping tent)
- ✓ 3 homemade vegetarian meals per day
- ✓ Transfer to the places of activities
- ✓ Professional instructor at your side (climbing, surf & yoga)

Optional

- + Upgrade to private accommodation
- + Airport transfers

Description

The *RECONNECT Retreat*, where we will combine all the natural elements with different activities and rituals to connect with them and feel them with all our senses.

We will hike deep into the forest to arrive and root ourselves through contact with the earth. At sunrise, we will go surfing to connect with the infinity of the ocean. Climbing will move us far into the air where we will overcome our fears through trust and feel alive. The new moon ritual will help us to connect deeply with our dreams and plant new intentions.

On the last day, we will turn the new deep connection we have regained through nature inward to reconnect with ourselves, with our hearts. The cacao ceremony will open our hearts, help us come out of ourselves, and culminate in an ecstatic dance that celebrates the miracle we call life.

Each day there will be yoga, meditation, voice journeys, and sound healing tailored to the element and program of the day.

The retreat will take place in the circle of the loving community of the beautiful Eladio winery near Granadilla de Abona in the south of Tenerife.

What you get

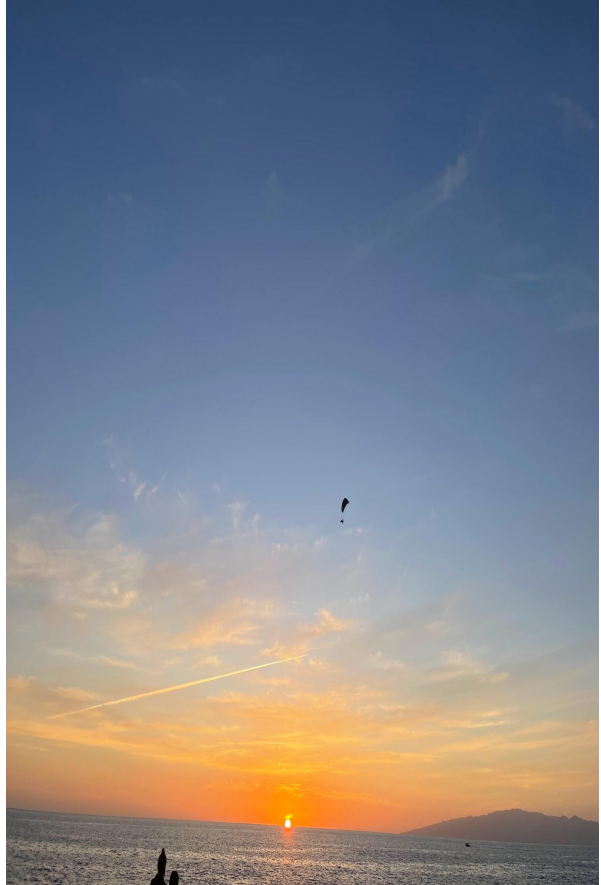
- Arrive properly, ground yourself, and get to know the other participants
- Revive the inner child, play, have fun, and let go
- Taking time to deeply relax and unwind
- Overcome fears, trust yourself and the other participants and feel alive
- To go out of oneself, to be free, and to evolve
- Letting go of the old and useless to make room for the new
- Experience community living, to share on all levels, and to go on a journey together

Price 650€

Book <https://vineyardeladio.com/en/book/>







GET IN TOUCH!