



SAMIUDRA

FULLY HUMAN
FULLY DIVINE
RETREAT

ANDALUCÍA

19th to 23rd October 2026

'Embracing our Humanness from the Light of
Consciousness''

A Sacred Pause

The purpose of this gathering is to meet together in stillness, exploring both the transcendent (waking up) and relational(waking down) aspects of the spiritual path. Over five days of self-inquiry, meditative interactions, somatic healing, and embodied truth, we create a space to soften the layers of conditioning, reconnect with our essential nature, and cultivate a deeper relationship with ourselves, others, and lifeitself.





OUR SAFE



SPACE



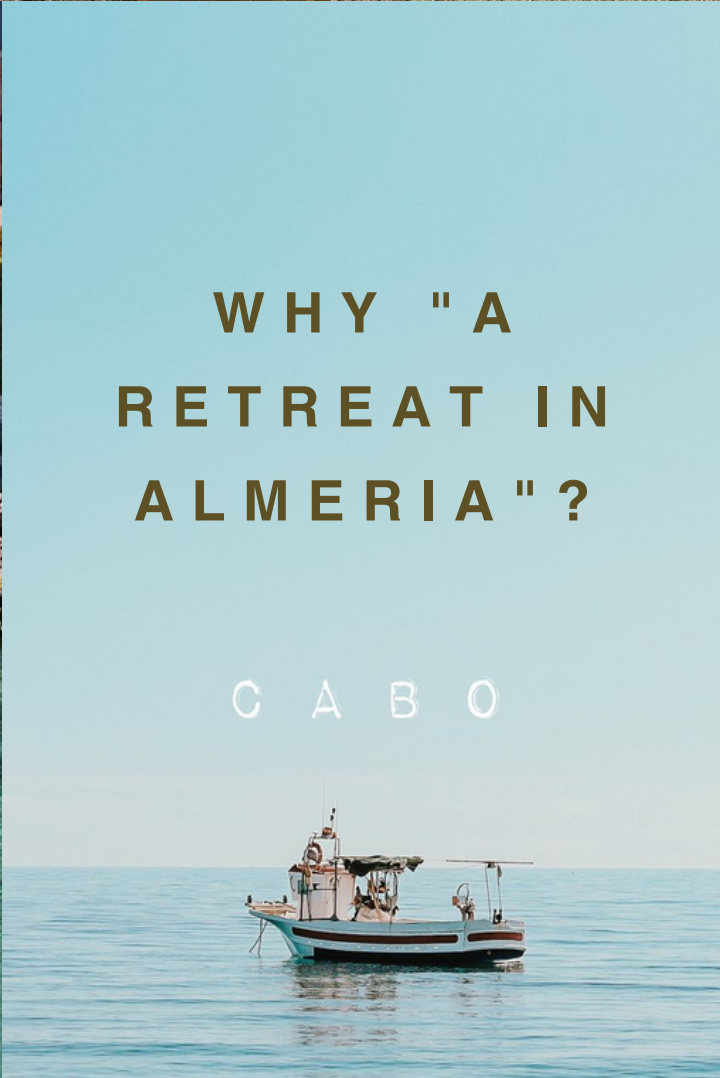
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For Who

For those who feel called to look beyond self-improvement and into self-discovery; who long to meet themselves more honestly, deepen their capacity for presence, connection, and love, and explore the spiritual path not as an escape from life, but as a fuller embodiment of it.





Schedule

7:00

Sit / Walk Meditation

7:30am

Movement Practice guided by *Anand Dhandapani*

Pranayama / Hatha yoga / Somatic Flow / Embodiment (*varies by day*).

9:30am

Mediterranean Fresh Nourising Breakfask

11:00 am

Boat Trip / Snorkel / Hike / Virgin Beaches hopping (*Subject to weather conditions*).

2:00 – 5:00pm

Free Time - Enjoy a selection of restaurants around the area. Every day we will choose a different village to explore in your free time and to enjoy the local cuisine.

5:00 – 7:00pm

Workshop by *Anandan Dhandapani*

Deep Hip Opening, Breathwork, Trauma Release Exercises (TRE),
Mind Sound Resonance... (*varies by day*).

7:30pm Sunset Dinners at the villa

8:30pm

Evening Meditation

OM Sound, guided meditation or silence meditation.

Closing Cacao Ceremony

Daily Pillars

- ✓ Therapeutic & Transformational Work
- ✓ Movement & Somatic Practices
- ✓ Workshop Integration
- ✓ Nourishment as Ritual
- ✓ Nature Immersion & Exploration
- ✓ Evening Wind-Down

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The Retreat Include:

5 Days - 4 Nights

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- **Accommodation** - 4 nights in handpicked villa Sea Views
- **Brunch, Snacks & Dinner at the Villa (Local & Organic Products from EcoTienda Orgiva)**
- Tea and coffee served throughout the day.
- **Support & Prep** - WhatsApp group for ongoing guidance
- **Yoga, Pranayama & Meditation daily**
- **Breathwork, kirtan, sound healing & Yoga Nidra**
- **Workshops, guided hikes & a boat trip!**
- **Cacao ceremony**
- many more surprises!

The package price does not include:

- **Flights** (we can assist with booking if needed)
- **Travel insurance** (required for all participants)
- **Transport** We recommend renting a car at the airport to fully enjoy your free time. Alternatively, we can arrange a transfer for you.
- **Additional activities**
- **Meals** outside the villa
- **Private therapy sessions or spa treatments** not included in the itinerary

PRICE

FEES:

Rooms are Double Beds & Sharing Bathroom (Two rooms)

Single
1.500€/pp

Sharing (Double Bed)
950€/pp (Couples)

PAYMENT POLICY

Secure your spot with a 30% deposit.

Important! After **August 21st** the **deposit is non-refundable**. By making a reservation, you agree to this policy.

This ensures we can confirm bookings with our local partners in time.

In the event of an emergency or cancellation, please contact us as soon as possible.

Refunds (excluding the deposit) may be considered on a case-by-case basis, but no later than 30 days before the start of the retreat.

We work closely with small local providers who require advance payments to secure accommodations and experiences, thank you for understanding and respecting this timeline.

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Meet Your Facilitators

Anand, with over 15 years of experience as a Yoga Master from India, brings the depth of pranayama, traditional philosophy and embodied presence.

Laura is a holistic therapist and yoga facilitator. Her work is rooted in somatic awareness, nervous system regulation and cyclical wisdom, with a deep respect for the body's natural rhythms. She weaves restorative practices, trauma-informed movement, breath and sound to create spaces that feel safe, gentle and deeply human.

Some of the sessions offered during the retreat include:

Deep Hip Opening & Trauma Release (TRE)

Slow, therapeutic movement and somatic practices support the release of stored tension in the hips and nervous system, creating space, grounding, and emotional clarity.

Mind Sound Resonance Technique

Sound and vocal resonance calm mental activity, regulate the nervous system, and bring the mind into a more coherent, balanced state.

Nervous System Regulation Yoga - Somatics

Gentle, conscious yoga guided by breath to support safety, relaxation, emotional resilience, and deep body-mind connection.

Asana & Pranayama - Traditional Hatha Yoga

Ashram Practice, Abhyasa, Yoga Therapy

Meditation

Daily meditation cultivates presence, clarity, and inner stability, allowing the mind to soften and awareness to deepen naturally.

Kirtan (*Special Invited Guests*)

Devotional chanting opens the heart, releases emotion, and creates a powerful sense of connection, joy, and belonging.



Laura Rodenas
@samudrayogospace



Anandan Dhandapani
@samudrayogospace

What's included

Daily yoga classes, meditation, satsang, breathwork, somatic healing, self inquiry, special workshops, Kirtan, cacao ceremony, sharing circles, beach hikes, home cooked meals, Boat trip, a private room in our luxury villa with infinite pool and Mediterranean Sea views from each room

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