

ARE YOU READY TO EXPERIENCE THE SACRED ENERGY OF THE
NATURAL PARK OF CABO DE GATA, WHERE SEA, SPIRIT AND THE
DIVINE FLOW TOGETHER IN EVERY BREATH, SUNSET AND PRAYER?

5 Days Inner Healing Retreat

LOS ESCULLOS

Andalucia

B Á R T U L O S

3rd to 7th JUNE 2026

YOGA | VIRGIN BEACHES | TRANSFORMATION | JOY

@SAMUDRAYOGASPACE



SAMUDRA
RETREATS

JOIN ANAND AND LAURA IN A SACRED CO-CREATION.

A SPACE TO BE HELD, TO SOFTEN, REGULATE AND RETURN TO SAFETY WITHIN YOUR BODY. THIS JOURNEY IS DEVOTED TO RELEASING CHRONIC STRESS, UNWINDING THE NERVOUS SYSTEM AND GENTLY MEETING WHAT THE BODY HAS BEEN CARRYING IN SILENCE.

THROUGH SOMATIC YOGA, CONSCIOUS BREATH, SOUND, RITUAL, AND DEEP REST, THE BODY IS INVITED TO SLOW DOWN, RELEASE STORED TENSION, AND REMEMBER BALANCE. AS REGULATION DEEPENS, JOY NATURALLY RE-EMERGES, AS PRESENCE, PLEASURE, PLAY, AND ALIVENESS, OPENING AN EMBODIED ADVENTURE WHERE HEALING MAKES SPACE FOR LIGHTNESS AND LIFE IS FELT AGAIN.

C A B O



PARQUE NATURAL CABO DE GATA



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ANDALUCIA RETREAT

WELCOME TO A JOURNEY OF RECONNECTION WITH YOUR MOST AUTHENTIC SELF

We gather in the hidden gem of Los Escullos, Andalusia, Laura's birthplace. Over five nourishing days, Anand and Laura guide you through a deeply embodied journey devoted to **stress release, nervous system regulation, and trauma-informed somatic practices**. Through therapeutic Hatha yoga, conscious breathwork, sound healing, eastern rituals, and deep rest, the body is gently invited to soften, regulate, and renew.

Beyond the mat, we'll explore the wild beauty of Cabo de Gata:

- **A boat & snorkle trip to untouched virgin beaches**
- Scenic **hikes through desert** landscapes and coastal paths
- Time for swimming, relaxation and simple joy under the southern sun

The hips and pelvis are approached as gateways to release, places where years of tension, emotional holding, and survival patterns can safely unwind.

Morning practices by the sea, sunset meditations on the cliffs, sound journeys, **MSRT**, gentle trauma-release practices **TRE** and **Yoga Nidra** create the conditions for the nervous system to downshift and remember balance.

As regulation deepens, joy naturally emerges, not forced or chased, but remembered as lightness, presence, play and aliveness. **This retreat is where somatic healing meets Mediterranean ease**, where movement, stillness, and nature weave together, inviting you to come home to your body as a place of trust, safety, and quiet joy.

xxx *Anand & Laura*



@samudrayogaspace

What awaits you:



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DESERT



SEA



YOGA

A sun drenched journey on the wild coast of Andalusia, where morning yoga flows into sea breeze and soft horizons, where you'll share laughter over long Mediterranean meals, walk barefoot on golden sands at sunset, and rediscover joy as a natural way of being.

Accommodation:



CONFORT

MEDITERRANEAN

BREATHTAKING
VIEWS

In Los Escullos, we'll flow with the sea, sun, movement and freedom.

Boat Trip & Snorkel

One of the **highlights of the retreat** is a boat trip along the wild coastline of Cabo de Gata, visiting hidden coves and **virgin beaches only accessible by sea**. With time to **snorkel in clear Mediterranean waters**, swim, and rest under the sun, this experience offers lightness, play, and a deep sense of connection with nature.

Hikes

A guided hike through Cabo de Gata–Níjar Natural Park, part of a **UNESCO Global Geopark**, invites a deep encounter with one of Europe's most unique protected landscapes. Walking through volcanic terrain shaped by wind and sea, we move among **rare desert flora, native plants, and habitats that shelter diverse birdlife and coastal fauna**. This slow immersion in a preserved ecosystem offers a quiet lesson in resilience, balance, and the intelligence of nature, inviting presence, respect, and a deeper connection to the land.



Standard Day Schedule

6:30 am Sunrise Walk to our Yoga Shala at the clift

7:00–9:00am

Sit / Walk Meditation

Guided drop-in, silence, internal observation.

Movement Practice

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

9:30am

Mediterranean Fresh Nourising Breakfask

10:30 am

Boat Trip / Snorkel / Hike / Virgin Beaches hopping

11:00am–12:00pm

Long Sit Meditation

1:00–2:00pm

Home Cooking Lunch at the villa

2:00–4:00pm

Integration Time

Nature, journaling, rest, 1:1 therapies, optional self-led meditation.

4:00–7:00pm

Workshop

Deep Hip Opening, Breath control, Trauma Release Exersices (TRE),
Mind Sound Resonance... (varies by day).

8:30pm Sunset Dinners

9:30pm

Evening Practice

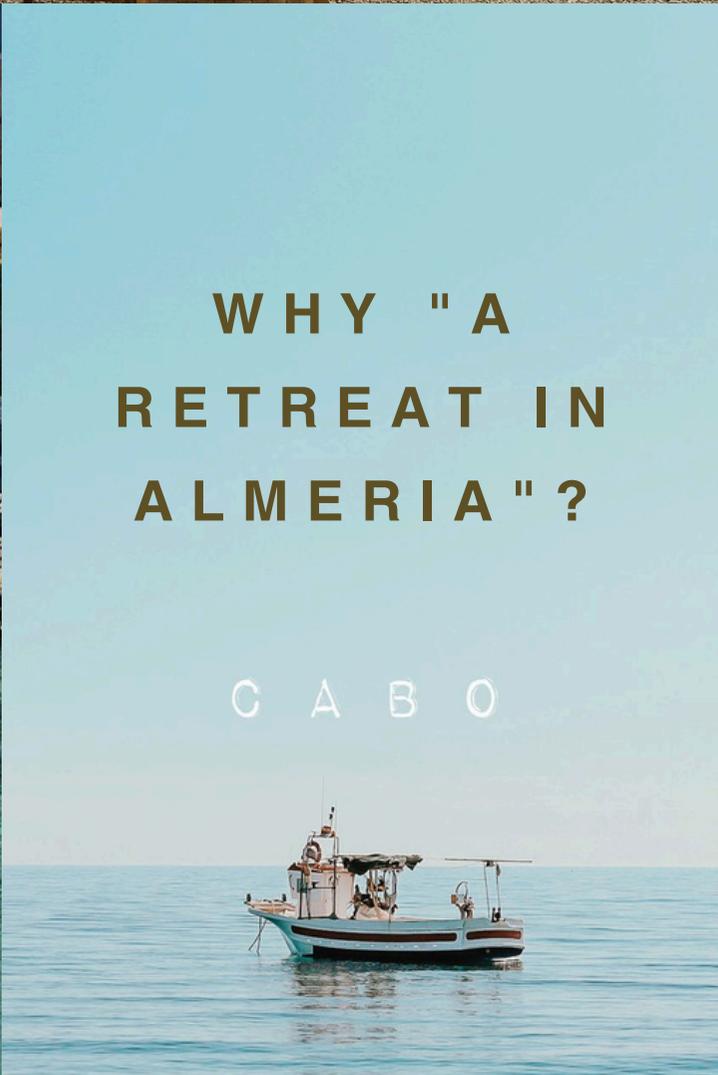
Sound, firelight reflection, or gentle closing meditation.

Daily Pillars

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



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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

The package price includes:

- **Accommodation** - 4 nights in handpicked villa Sea Views
- **Breakfast, Lunch & 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, hikes & boat trip!**
- 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

Bookings:

Samudrayogaspace@gmail.com

+34 639 2017 35 - Whatsapp

PRICE

FEES:

Early bird reservations until April 21st
All Rooms have two single rooms & sharing bathroom

Single

1.200€ | 1.400 €

Sharing

800€ | 960€€

PAYMENT POLICY

Secure your spot with a 30% deposit.

Important! After **May 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.



Bookings:
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