



# Abama Wellness Week

ANCIENT TIBETAN  
YOGA AND  
AYURVEDIC PRACTICES

November 22-25, 2021

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25
08:00h - 09:00h <b>Conscious Breathing and Guided Relaxation</b> with Ana This breathing and relaxation workshop will teach techniques to leverage the power of your breathing to maintain mental focus. Simple exercises will demonstrate how mindful breathing can positively effect our mind and emotions.	08:00h - 09:00h <b>Grounding &amp; Energising Yoga Flow</b> with Caroline Tap into the healing energy of nature that surrounds us and ground yourself in the beautiful present. We will work though a calming pranayama (breathing exercises) + invigorating asana (movement), finishing with a tranquil savasana.	08:00h - 09:00h <b>Rebalance + revitalise yoga flow followed by an 'Inner ocean' meditation</b> with Caroline This practice is all about embracing disequilibrium as we journey through a fluid practice, leaving you feeling realigned and rebalanced. We will work though soothing pranayama breathing exercises and asana, then float into a calming 15-minute inner-ocean meditation.	08:00h - 09:00h <b>Journey to the heart of Hatha yoga</b> with Raquel Tension. Stress. Difficult emotions. Life serves us with challenges whose effects can stay in our bodies, making us stiff and inflexible, and closing our hearts. Fortunately, yoga can take us on a journey of discovery through the body, mind and heart, rekindling your relationships with others and love for the natural world.
09:00h - 10:00h Breakfast + free time	09:00h - 10:00h Breakfast + free time	09:00h - 10:00h Breakfast + free time	09:00h - 10:00h Breakfast + free time
<b>Healthy mind, healthy heart</b> with Devi Bach Care Group 1 (45 min)	<b>Healthy mind, healthy heart</b> with Devi Bach Care Group 3 (45 min)		
10:00h - 11:00h Breakfast + free time	10:00h - 11:00h Breakfast + free time	10:00h - 11:00h Breakfast + free time	10:00h - 11:00h Breakfast + free time
<b>Healthy mind, healthy heart</b> with Devi Bach Care Group 2 (45 min) Mindfulness is "...a moment-to-moment awareness of one's experience without judgment. In this sense, Mindfulness is a state..." (APA.org, 20129) and it can be brought on through practice. During this workshop, we learn to understand the meaning of Mindfulness through some theory but mainly through our own experience. We'll practice Mindfulness in different ways and understand the effects and benefits that this technique provides to our mind, body, and emotional state (anxiety, stress, sleeping, high tension, pain, etc.)	<b>Healthy mind, healthy heart</b> with Devi Bach Care Group 4 (45 min)		
11:00h - 12:30h <b>Ayurveda, yoga, and relaxation</b> with Danah Ayurveda, known as the Science of Life, is a comprehensive system for maintaining inner balance. We will introduce the fundamental concepts behind this vast ancestral knowledge (30 minutes), then apply some of them through practices of conscious movement, breathing, and relaxation, in therapeutic yoga sequences for all levels of practitioners (60 minutes).	11:15h - 12:00h <b>Reconnect with yourself</b> with Raquel "Yoga is the journey of the self, through the self, to the self"- Bhagavad Gita. Hatha Yoga is the perfect way to begin and extend this journey. We will work with postures (asana) to increase strength, stamina & flexibility in the physical body, cleansing practices (kriya) to cleanse the energy body, breathing techniques (pranayama) to balance the nervous system, and hand gestures (mudras) to set intentionality and bring focus. This session of yoga will inspire you to live the life you love and to reconnect with your true self.	11:00h - 12:30h <b>La Calabacera Visit &amp; Cooking Demonstration</b> with Dulce, Berta & Marianna We travel to the La Calabacera organic farm, where we will receive an introduction to and tour of this amazing natural spot that produces organic fruit and vegetables year-round. The tour will end with a Budda Bowl Live Cooking Demonstration, the product of which we will eat for lunch.	11:00h - 12:30h <b>Sound Meditation Ceremony</b> with Tania Discover restorative sound alchemy in a journey through a nourishing environment that promotes connection with your inner spirit. Sound alchemy is a safe, non-invasive, completely immersive way to reduce stress, promote well-being and reach higher levels of consciousness.
12:30h - 13:30h Lunch	12:30h - 13:30h Lunch	12:30h - 13:30h Lunch & workshop	12:30h - 13:30h Lunch
13:30h - 15:00h Rest	13:30h - 15:00h Rest	13:30h - 15:00h Rest	13:30h - 15:00h Rest
15:00h - 16:00h <b>Free time</b>	15:00h - 16:00h <b>Yogic Philosophy Workshop</b> with Caroline The word yoga means 'union': a connection to the world around us and our inner selves. In this workshop, you will learn about the other aspects of yoga and how they take the practice off the mat, helping you to live a life more aligned with your authentic self. Discover how yoga can be a healing and transformational tool for connecting to your inner paradise through the highs and lows of life.	15:00h - 16:00h <b>Vedic astrology, yoga, and relaxation</b> with Danah Connect your body and breathing to the rhythm and the energies of the Moon. We will engage in 15 minutes of conscious conversation about the Moon's current position in the sky. This will be followed by 45 minutes of movement, breathing and relaxation practices based on restorative and therapeutic yoga sequences for all levels.	15:00h - 16:00h
16:00h - 17:00h Rest in the relaxation area	16:00h - 17:00h Rest in the relaxation area	16:00h - 17:00h Rest in the relaxation area	16:00h - 17:00h Rest in the relaxation area
17:00h - 18:30h <b>Afternoon welcome, stretch and unwind</b> with Caroline It's time for you to move from yang to yin, from doing to being. Caroline will explain how, for the next few days, you will immerse your mind, body, and soul in practices that will allow you to reset, realign, re-nourish, and re-energise.	17:00h - 18:30h <b>Playful Workshop &amp; Restorative Session</b> with Caroline Tap into your playful and creative energy as you explore and learn more challenging yoga postures. All levels are welcome and postures will be individually tailored so you can meet yourself where you are on the mat. We'll then move into a calming and relaxing space through a restorative healing practice of gratitude for all you have achieved, physically and mentally.	17:00h - 18:30h <b>Yin-style practice, Inner Paradise Meditation, and Evening closing ceremony</b> with Caroline This slow, reflective and relaxing practice will create space in which you can reflect on what you would like to leave behind and what to take with you after the retreat has finished. Deeply connect, heal and journey inwards, capturing the magic of your last few days at Abama.	17:00h - 18:30h
19:00h Dinner	19:00h Dinner	19:00h Dinner	19:00h Dinner