For students of our Breathwork TTC

OPTIONAL

Retreat

IN MÁLAGA (SPAIN)

inner camp

DATES

18 — 21 JUNE, 2021

In case the borders are closed or any other COVID-related restrictions occur, the event will be postponed.

For your convenience we offer retreat cancellation insurance. The insurance company covers cancellation costs in case you have to cancel your trip to attend our retreat. All cancellation causes are detailed here.

FACILITATOR

Alexis Alcala

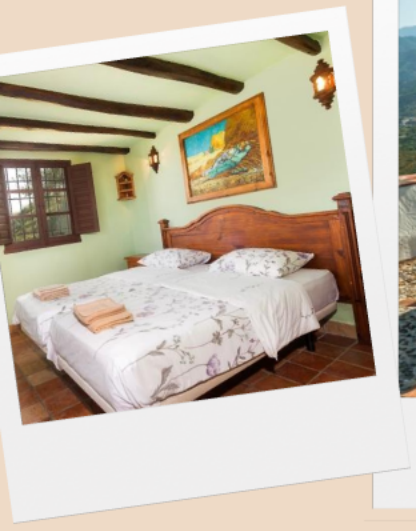
Alexis is a holistic coach and facilitator of transformation processes, and is also certified as a facilitator of Healing Breathwork, social meditations, and Reiki. On his journey, Alexis discovered that the body, mind and spirit are a beautiful interconnected network, which can heal itself in the right conditions. He works intuitively and uses his experience in transformation processes to create a safe space for healing and transformation.

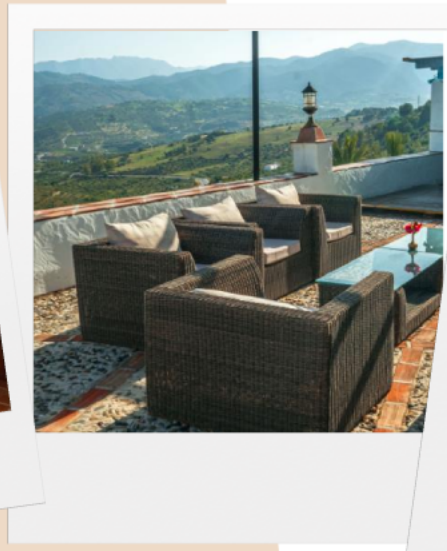
Alexis has been facilitating breathwork for over six years in Europe and Asia, has run more than 100 retreats and has participated in several hundreds of onsite and online events. He has been certified in three different breathwork schools.

LOCATION

Fincael Moralejo

Rural holiday park that hosts happiness





The venue is situated in the province of Málaga, in the protected by UNESCO "Sierra de las Nieves" natural park.

An area of authentic beauty where the typical white Andalusian villages fill in the landscape.

It has spectacular views over inland mountains, olive groves and even on clear days the Mediterranean sea.

*preliminary

TIMETABLE*

THURSDAY

16.00 Check-in

17.30 Theory and group exercise

19.00 Breathwork session

21.00 Dinner

FRIDAY

08.00 Wim Hof and cold bath

09.30 Breakfast

10.30 Energy exercises

11.30 How to hold space

12.30 Breathwork session

13.30 Lunch

14.30 Theory class

15.30 Bodywork

17.00 Breathwork session

19.30 Dinner

21.00 Energy exercises

22.00 Night celebration

Ice bathing

Ice bathing is a form of cold water therapy which helps your central nervous system by aiding in sleep, and consequently, making you feel better from having less fatigue.

Cold immersion eases sore and aching muscles, limits the inflammatory response. It also trains your vague nerve which is linked with the parasympathetic nervous system, and training it can help you face stressful situations more adequately.

*preliminary

TIMETABLE*

SATURDAY

08.30 Active meditation

09.30 Breakfast

11.00 Couples Breathwork

12.00 Breathwork and Shamanism

13.30 Lunch

15.00 Active meditation

16.00 Theory class

17.00 Cacao ceremony + Ecstatic Dance

19.00 How to run group sessions

20.00 Dinner

21.00 Night celebration

SUNDAY

08.00 Wim Hof and cold bath

09.30 Breakfast

11.00 Pranayama

12.00 Breathwork session

13.30 Lunch

14.30 Closure Ceremony

Active meditation

Take a deep look within yourself so that you can discover the roots of your negative thoughts and work to erase them at their core.

Cacao ceremony & ecstatic dance

The ceremony and the cacao medicine are an invitation to let go, transform, manifest, heal and purify. Cacao is a heart opening medicine.

Los Cosmiqueros

Special Guests

Los Cosmiqueros are Anne Marie and Benjamin. They dedicate their lives to the power of plants on all levels. Having been on a plant medicine journey since 2004 has deepened their connection with nature intimately, and has opened up the channels to work with Cacao in a ceremonial way.

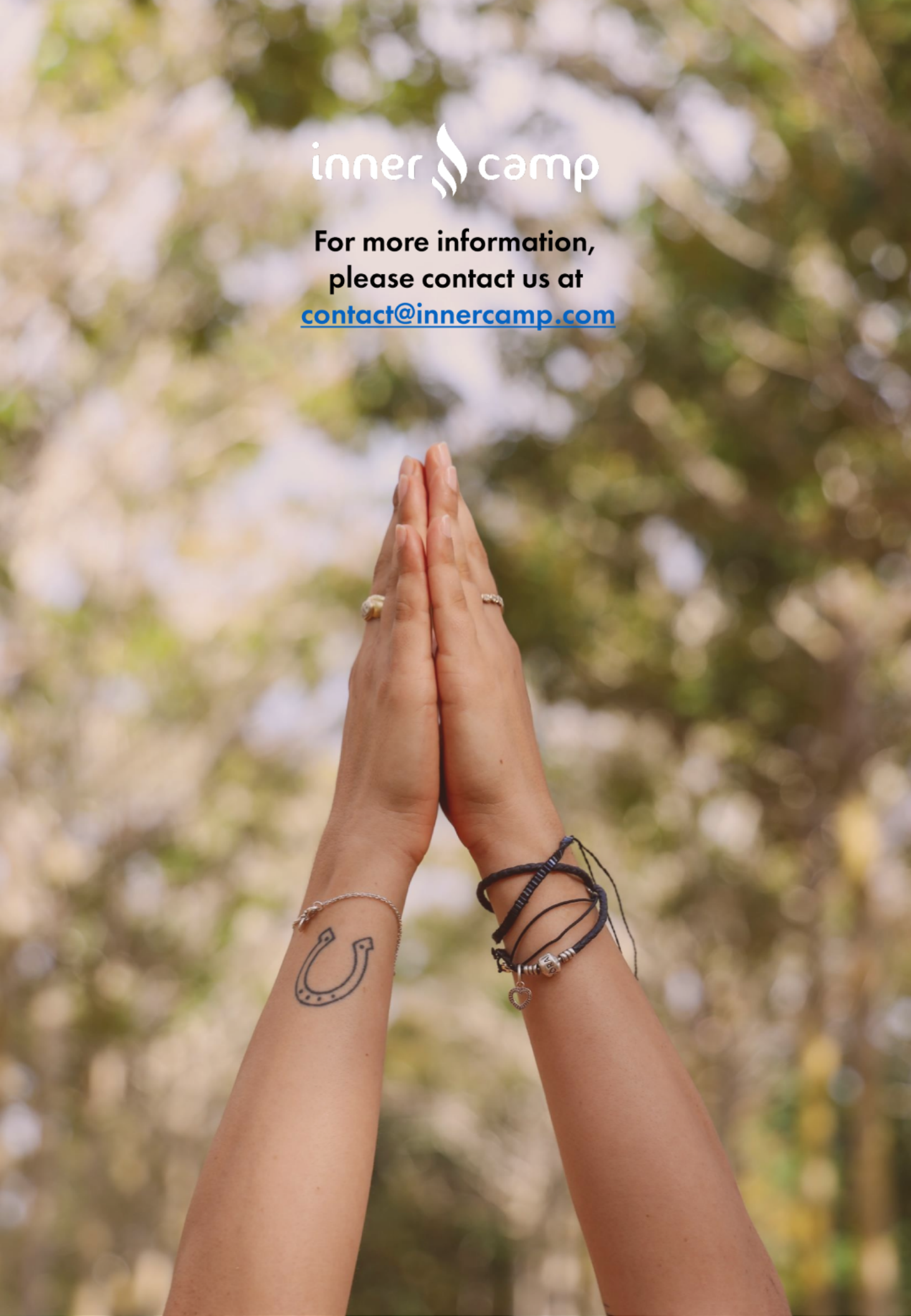
WHAT'S INCLUDED

We now offer cancellation insurance

COVID-19 cover included

for 15€

Unforeseen events can cause your trip to be cancelled, with this coverage you get reimbursed for covered cancellations. Learn more.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For more information,
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