

"YOUR OWN SELF-REALIZATION IS THE
GREATEST SERVICE YOU CAN RENDER THE
WORLD..." RAMANA MAHARSHI

Invitation to the Voyage

With Sonia Ama

TAYRONA PARK, COLOMBIA
MARCH 9-16 2020



7-day immersion inside yourself in the heart of an ancestral
indigenous town on the Caribbean coast.

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Sonia Ama is pleased to invite you for the second edition of the retreat "Invitation to the Voyage". This year, our destination will be a historical indigenous site located on the edge of the Sierra Nevada de Santa Marta National Park.

Envision this retreat as a self-exploration journey .

Our routine will be paced by different Yogic practices : Ashtanga Yoga (Asanas, Kriyas, Pranayama), Vinyasa Yoga and Yin Yoga (soft and gentle restorative practice) will be part of daily activities, as well as Meditation practice guided by Luis Salamanca. There will also be thematic workshops in the afternoon and one day Off to allow for excursions and other activities. The program is thought to allow participants to experience deep relaxation and new discoveries.

The aim of our week retreat is to experience fun, letting go, relaxation and well-being, creating a space where healing and personal transformation can start to unfold. We will invite you to disconnect as much as possible from obligations related to the external world (digital disconnection will be suggested) to focus instead on experiencing your strong connexion to Nature and Earth on this sacred indigenous land.



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About the place:

56 kilometers North from the city of Santa Marta, Taironaka is located on the shores of San Diego river that links the sacred mountain range with the highest peak of the country (Sierra Nevada de Santa Marta 5800m) to the Caribbean sea. The eco-hotel is built in the lowest part of the Sierra, in the heart of the humid tropical jungle filled with unique vegetal and animal species.

The archeological Eco-hotel Taironaka was built on a sacred indigenous land where the Tayrona people had once established a village; Today, the hotel has an archeological museum collecting the objects found on the site, and offers activities with the indigenous communities still living in the region.

The founders of the Eco-hotel wished to respect the sacred history of the place by building huts in the same tradition than the original inhabitants. A circular and wooden architecture perched on a stone base and covered by palm trees leaves. Built with respect for the surrounding jungle, Taironaka has solar panels and fits all the standard of a "Green" Hotel. Its geographic location allows them to offer a large range of outdoors excursions and nature-based activities (tubbing, Kayak, trekking, paddle surf).



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About food and accommodation:

Accommodation will be in shared rooms (2 people, maximum 3), in "modern" huts with toilets and bathrooms. Bedrooms will be distributed on a first come first served basis. There is a possibility to book a private room (with double bed) at an extra cost. There is also a family hut that can host a couple and one or two children if you wish to join with your family. (Ask us about pricing for children and attendants not doing the classes).

All the houses have a view, on the lush garden or on the river. They have their own hammocks and large decks to contemplate nature surroundings...

Delicious vegetarian meals will be cooked by the local personnel, following Colombian inspiration and will be served in the middle of the garden under the Maloca.



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Programme of the retreat:

All the practices and activities proposed during this immersion are optional and it is recommended above all to... follow one's desires during the retreat!

There is one day OFF at the middle of the retreat where it is possible to enjoy an excursion into the nature (numerous possibilities) or a workshop with the indigenous people. For those who would come as a couple, the Koguis propose indigenous wedding ceremonies at the Maloca.... ;)

* Mornings:

Meditation practices with Luis to start the day
Kriyas and Pranayama session
Ashtanga or Vinyasa practice (Mysore or guided)

* Afternoon:

Open-air activities /nature or rest

* End of the day:

Yin Yoga practice (Explore one energetic center - chakras- per practice) or thematic workshop (ex: Ayurveda)

Sonia and Luis have also prepared some surprises for you during the week...



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Practicalities and inscriptions:

Contact soniaamayoga@gmail.com directly if our adventure is of your interest...!

The price for the retreat is 850 euros. This covers expenses of Taironaka and Yoga. This includes your full board accommodation as well as all classes offered during the week, from March 9 (afternoon) to March 16 (late morning) and transfer from downtown Santa Marta round trip. This does not include any supplementary activities (in Nature or with Koguis) offered by the hotel. If you cannot afford this price but still wish to join the retreat, contact us and let us know about your situation.

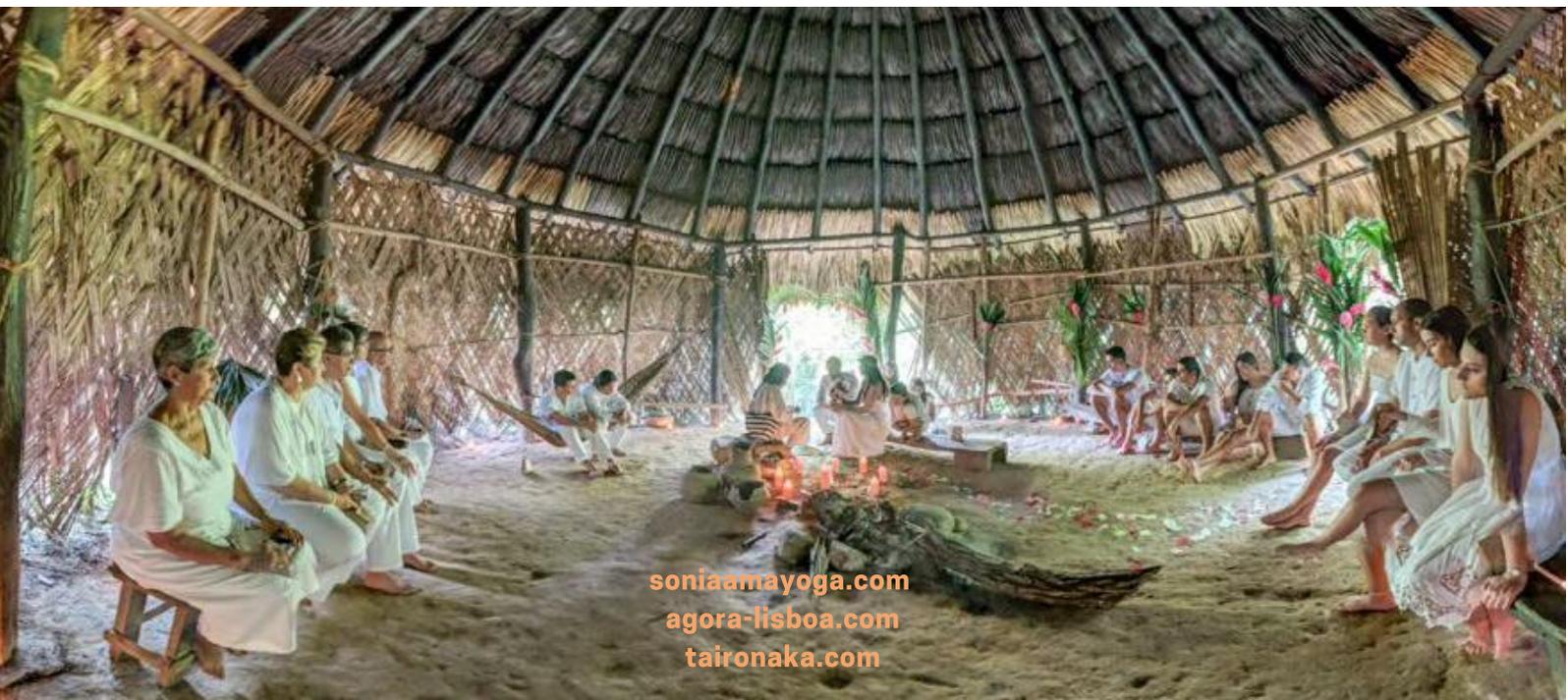
For couples or friends joining together we offer a special discount. Contact us if interested!

We request each student to bring their own yoga mat since there are no mats available on site. We will provide the rest of the material but if you have your own (yoga belts/blocks) let us know if you may bring it.

A 350 euros deposit will be request for booking (fully paid back up to two months before the beginning of the retreat). The outstanding amount will be payable by transfer two weeks before the retreat or in cash directly on site on the first day.

During this time of the year, you can find flights to Bogota at reasonable price, then you may take a domestic flight to Santa Marta for about 60/70 euros Round trip.

You can also take this opportunity to extend your trip after the retreat and discover the coast region, Carthagene or the Guajira peninsula..



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