



THE WARRIOR OF THE HEART
WITH SONIA AMA AND LUIS SALAMANCA

MEDITATION AND YOGA RETREAT
JULY 24 - 28 / SOUTH OF FRANCE

What is the true strength of the warrior? How does it feel in our body and mind? Where does the warrior direct their energy to?

In our daily lives, we are constantly confronted with dilemmas: oscillating between love and hatred, desire and fear, likes and dislikes, our mind/body feels conflicted.

In this 5-day retreat, we will meet Arjuna and Avalokitesvara as archetypal figures who might help us understand how to go beyond those apparent contradictions of our experience. Through Buddhist and Yogic practices, we will explore practical ways to trust our capacity to open our hearts while grounding in the reality of the present moment.

The retreat schedule will include Meditation, Asana and Mindfulness practices, as well as talks and periods of silence. It is open to any level of experience.



Sonia and Luis will be co-leading these 5 days of practice.

DETAILS AND PRICING

The retreat will take place in a beautiful country house in the heart of Provence with plenty of space to contemplate nature and rest. Food will be local and vegetarian and prepared by our friends owning the place.



- Arrival on Friday July 24th in the afternoon
- Departure on Tuesday July 28th after lunch
- The closest airport is Marseille. The closest town is Carpentras.
- We will organise transportation from Carpentras train station to the venue.

Teaching fee: 300 euros

Food and accommodation in shared bedrooms: 320 euros

- The room distribution will be done on a first come first served basis.
- Limited private accommodation might be available upon request at an extra cost.

TOTAL: 620 euros

Get in touch with us if the investment required does not meet your financial situation.