



Spain - Spring 2020

Meet us at the Community of Spirit

in Beautiful Andalusia in March 2020

.... and revel in an opportunity to slow down, contact our natural flow and the wealth of creativity within. Realign with your values and purpose. This is your time, a sacred time for reflection and connection - with yourself, the land and one another. Let's cultivate even more compassion - for ourselves and others, let's stand for something, let's stand for our deepest calling. Let's stand for our medicine.

We will offer:

- daily yoga practice
- nourishing meals
 - meditation
 - walks in nature
 - dreamwork
 - rolling poetry
- art (creative deepening practices)
 - somatic experiencing
- bodywork, one on one sessions
- writing your own Upanishads
- Yoga Teacher Training
 - and much more ...

There will also be opportunities to explore ancient places in the area, like Granada, Malaga, Ronda, Seville and Mediterranean coast, Costa Tropical, one of the most beautiful in Spain.

Visit our website for details: WindOfPrana.com