

flowing together into

HARMONY



12-17 July 2024

Sintra, Portugal

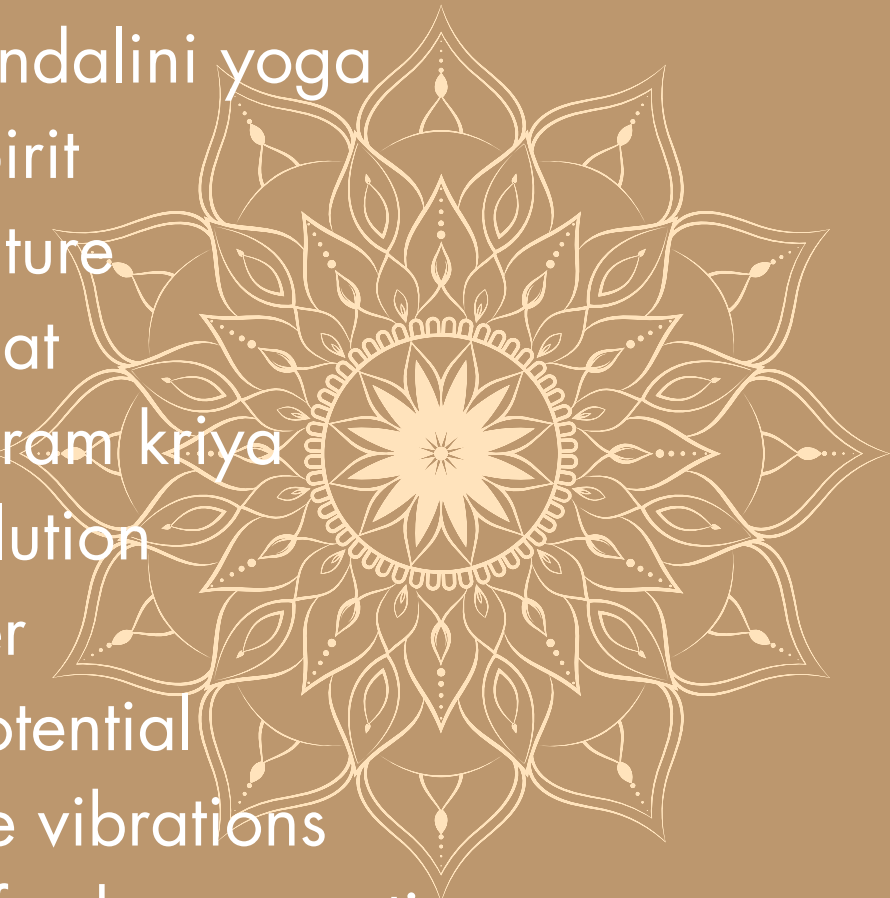
a summer retreat in Almashala yoga studio
facilitated by Aurelie & Dharambir

embark on a soulful adventure
of self-discovery, connection & inner balance



RE·TREAT

re·set with kundalini yoga
re·member your spirit
re·connect with nature
re·charge in sangat
re·align with karam kriya
re·new for evolution
re·lax in water
re·veal your potential
re·sonate with the vibrations
re·start with a fresh perspective



flowing together into
HARMONY



HIGHLIGHTS

- Daily Yoga & Meditation sessions
- Workshops & Sharing Circles
- Hikes in Nature
- Kirtans
- Ritual in a Water temple
- Fire Ceremony
- Light Evening Activities
- Delicious plant based meals
- Kundalini Yoga Ashram Visits
- Time for You



LOCATION

Almashala Yoga studio is located in a small rural and authentic portuguese village, between Ericeira and Sintra. It lies just a few steps away from Sintra, the ocean and the Kundalini Yoga Ashram Ram Dass Guru. Portugal has in the recent years become a modern European spiritual Mekka through the transversal migration of people with open hearts and a common intention of sustainable living in harmony with the earth and the elements.

flowing together into
HARMONY



Join us on a regenerative inner journey where we invite you to immerse yourself in the embrace of self care and embark on a path towards harmony & balance. Taking a break from your personal daily life with its routines and challenges, this retreat offers a sanctuary for you to reconnect with your authentic self, find your center, the strength therein, and harmonize your mind, body, and spirit.

Through a blend of kundalini yoga classes, embodied practices, meditation sessions, nature walks, kirtans, rituals with the elements and reflective exercises, we will together create an elevated space for cultivating a deeper sense of self-awareness, inner peace, and tranquility. We will navigate the ebbs and flows of life, embracing challenges as opportunities for growth and transformation.

The venue we chose to welcome you has been thoughtfully crafted to provide you with a sanctuary for reflection, growth, and connection. Throughout your time with us, you will engage in meaningful conversations, explore new perspectives and nourish your body, mind, and soul through a variety of holistic experiences.

Join us for the re-treat into Harmony!

Together, let's embrace the flow and journey towards equilibrium as one.



flowing together into
HARMONY



SCHEDULE

Friday 12/07

14.00-18.45 Arrival + Check in at Almashala
19.00 Welcoming Circle
20.15 Vegan Dinner Buffet
22.00 Silence, Bed Time

Saturday 13/07

07.30 Morning Herbal Tea
08.00 Kundalini Yoga practice
10.00 Brunch
11.15 Hike to Sao Juliao's beach
("flowing with your emotions" workshop 1)
16.00 Altar building
18.30 Kirtan at Almashala
19.00 Dinner
20.30 Evening activity (intro Karam Kriya)
22.00 Silence, Bed Time

Sunday 14/07

07.30 Morning Herbal Tea
08.00 Kundalini Yoga practice
10.00 Brunch
11.00 "tranquil mind" workshop 2
17.00 Guided Dance Session
18.30 Kirtan at Almashala
19.00 Silent Dinner
22.00 Silence, Bed Time

Monday 15/07

07.15 Sunrise meditation
07:30 Morning Herbal Tea
08.00 Kundalini Yoga practice
10.00 Brunch
11.30 Sintra Forest
"balanced body" workshop 3
18.30 Kirtan at the ashram
19.00 Dinner
20.30 Evening activity (lifecycle/lifestyle)
22.00 Silence, Bed Time

Tuesday 16/07

05.30 Morning Sadhana at the ashram
08.00 Morning Herbal Tea / Rest
10.00 Brunch
12.00 Integration in water, Liquidzome
17.00 Free time
18.30 Kirtan at Almashala
19.15 Dinner
20.30 Evening activity (fire ceremony)
22.00 Silence, Bed Time

Wednesday 17/07

07.30 Morning Herbal Tea
08.00 Kundalini Yoga practice
09.30 Closing Circle
10.00 Brunch
12.00 Check out



flowing together into
HARMONY



RUTH - DHARAMBIR

I have dedicated my life to the study and practice of Humanology and Yoga, to enhance the chances of every single embodied spirit to live to its full potential.

I am a practicing Physiotherapist, Kundalini Yoga Teacher, Karam Kriya Practitioner as well as Nutrition Trainer in education. Having trained in various parts of the world, learning from some of the best teachers in their field of expertise, I am highly inspired to pass forward the wisdom and blessings coming through that journey.

My vision and practice is, to not merely live with others but be in a place where we live for each other.



flowing together into
HARMONY



AURELIE CHAULEUR

I like creating and holding space for others, playing with experiences of life and with what nature has to offer, opening new doors for self expression and allowing the transformation process. I am a nature lover, a kundalini yoga teacher, a water therapist, a karam kriya practitioner, also trained in hatha yoga, yoga therapy and non-violent communication. Exploring cultures from inside out living in different countries, tuning into my environment, learning various disciplines over the years, I developed my own holistic and experiential approach to what balance means to me and find my purpose in sharing it with the world. Besides my wellbeing journey, I am passionate about creating bridges between arts and social change, using creativity as a way to empower people.



flowing together into
HARMONY



BOOKING

The retreat will host 12 people maximum and the accommodation will be on a first comes first serve basis. We invite you to book your spot at the earliest by contributing 620€ which will include all activities, shared accommodation, food, and our offerings.

You can access the details of the rooms on the website of Almashala:
<https://almashala.com/the-place>



Your registration and payment can be made [here](#)

You can cancel your registration at any time by emailing us and all refunds are subject to cancellation fees. Regardless of reason for cancellation, the cancellation fees will be calculated as follows:

- 50 days before start of event, 50% of full tuition + €30 administrative fee
- within 20 days before start of event, 100% of full tuition (no refund).

flowing together into

HARMONY



12-17 July 2024
Sintra, Portugal

open your heart to the possibilities that lie ahead and
embrace the power of rebirth and renewal within you

WWW.AURAMUNDO.COM

whatsapp: +33 6 44 92 44 70