

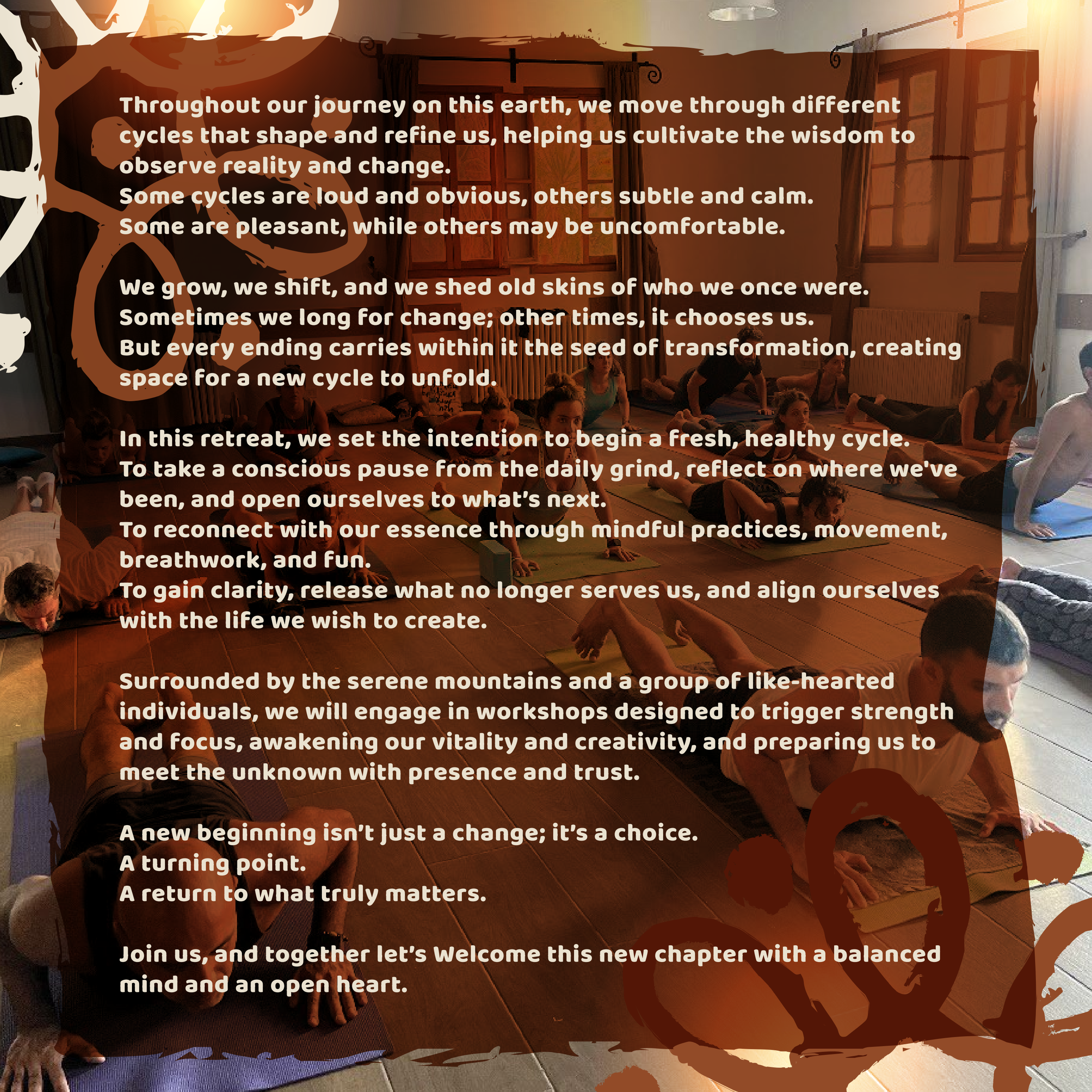


Zenaway
BACK TO YOURSELF

NEW BEGINNINGS

**Ramlieh
Youth Hostel** 

9-10-11 May



Throughout our journey on this earth, we move through different cycles that shape and refine us, helping us cultivate the wisdom to observe reality and change.

Some cycles are loud and obvious, others subtle and calm. Some are pleasant, while others may be uncomfortable.

We grow, we shift, and we shed old skins of who we once were. Sometimes we long for change; other times, it chooses us. But every ending carries within it the seed of transformation, creating space for a new cycle to unfold.

In this retreat, we set the intention to begin a fresh, healthy cycle. To take a conscious pause from the daily grind, reflect on where we've been, and open ourselves to what's next. To reconnect with our essence through mindful practices, movement, breathwork, and fun. To gain clarity, release what no longer serves us, and align ourselves with the life we wish to create.

Surrounded by the serene mountains and a group of like-hearted individuals, we will engage in workshops designed to trigger strength and focus, awakening our vitality and creativity, and preparing us to meet the unknown with presence and trust.

**A new beginning isn't just a change; it's a choice.
A turning point.
A return to what truly matters.**

Join us, and together let's Welcome this new chapter with a balanced mind and an open heart.

Are you ready to ZenAway with us in the serene mountains of Ramlieh and welcome a new chapter?

Leave behind the noise of the world and find peace in the simplicity of nature's embrace.

Begin your mornings with Yoga, Pranayama, and mindful movement, grounding yourself in each breath.

Explore your strength and flexibility through Acro Yoga, Flow-Arts, and Capoeira, followed by moments of calm with gentle Yoga and restorative practices.

Two outdoor spaces await you: one for quiet reflection, the other for connection with others. Nourish your body with fresh, sattvic meals from the ZenAway Kitchen, designed to energize and restore.

Together, we'll open a new chapter, filled with clarity, joy, and a heart ready to welcome the journey ahead.



Retreat Overview

- **Yoga**
- **Pranayama – Breathwork**
- **Meditation**
- **AcroYoga**
- **Flow-Arts/Juggling**
- **Capoeira**
- **Yoga Nidra**
- **Trataka**
- **Journaling**
- **Community time(music and fire jam)**
- **Healthy food**
- **And many more**

This Journey is suitable for beginners and welcoming all groups from all ages and levels

Stay and Food

The Land

Ramlieh Youth Hostel is an eco-lodge set in a pristine, small forest in the quaint village of Ramlieh in the Aley District, in the middle of Mount Lebanon. The hostel sits at an altitude of 800 meters. The location is rich in flora including pine trees, oak, cypress, and maple; fruit trees like peach, plum and fig in addition to aromatic and medicinal plant species like thyme and lavender.

The Food

The Food will be provided by ZenAway Kitchen who will prepare sattvic and vegetarian organic food that will nurture your body, mind and soul.

Description

Shared Room (2 Pers.)
Private Room

3-Day Pass

2-Day Pass

\$185
\$285

\$145

1-Day pass(Friday)
1-Day pass(Saturday)
1-Day pass(Sunday)

\$50
\$80
\$50

The package includes:

Accommodation
Freshly pure vegetarian meals
Access to all the workshops and practices

Terms and Conditions:

- . Appreciate that all payments will need to be remitted in full before the retreat. discounts and refunds and your spot is liable to be canceled.**
- . The Onus of completing timely payments will be on the customer.**
- . Please understand, we will then accept wait-listed participants.**
- . Also please note we do not accept installment payments**

For more information and registration please contact us on
zenaway.retreats@gmail.com or on 76456323

Day 1

12:00 - 14:00
15:00 - 16:30
17:00 - 18:00
18:00 - 18:30
18:30 - 19:00
19:00
20:15 - 20:45
20:45 - 21:15
21:15 - 22:30
23:00

Arrive/Settle in/Light lunch
Meditation/Opening Circle/Introduction
Gentle Hatha Yoga
Pranayama (Breathwork)
Yoga Nidra
Dinner
Trataka
Journaling
Free me-time
All lights off/Sleep

Day 2

6:30
7:00 - 7:25
7:30 - 9:00
9:00
10:30 - 11:45
12:00 - 13:15
13:30
15:00 - 16:30
16:30 - 17:00
17:00 - 18:00
18:00 - 18:20
18:25 - 19:10
19:15
20:15 - 20:45
20:45 - 21:15
21:15 - 22:30
23:00

Wake up call
Meditation
Hatha Flow + Pranayama(breathwork)
Breakfast
Capoeira by Nassib(Grandaoeva)
Active AcroYoga by AcroLeb
Lunch
Flow Arts/Juggling by Fabrec
Tea break
Gentle Hatha Yoga
Pranayama (Breathwork)
Sound Bath by Skoon Vibes + Yoga Nidra
Dinner
Trataka
Journaling
Free me-time
All lights off/Sleep

Day 3

6:30
7:00 - 7:25
7:30 - 9:00
9:00
10:00 - 11:00
11:15 - 12:15
12:30 - 13:30
13:30

Wake up call
Meditation
Hatha Flow + Pranayama(breathwork)
Breakfast
Capoeira
Acro Yoga
FlowArts Jam/Free-time/Socializing
Closing Circle/Lunch.



Zenaway

BACK TO YOURSELF

We are excited to enjoy the beginning of the next Chapter together!