

Turn off and Reconnect, Cozy winter yoga retreat, New Year's, 2024

As our planet completes yet another cycle around our sun, give yourself the gift of stillness and purity. Leave your computer at home, lock your phone in the chest when you arrive, and cozy up with us by the fire with yoga, nature meditations, mudras, mantras, board games, home cooked food, a good book, and total bliss in the countryside.

DATES: December 26, 2023 to January 2, 2024

LOCATION:

Gabrielnia 7, 26-200 Końskie, Poland

GPS: N: 51° 12' 29" E: 20° 17' 47"

PRICE: 2000 PLN

This price is per person, and includes 7 nights accommodation, all practice sessions in the schedule below, bedding, brunch, home cooked yogic dinners cooked by our Rafal, free kitchen access, coffee, tea, and snacks throughout the day.

SCHEDULE

8.00 - 8.30 Morning meditation

8.45 - 9.45 Morning vinyasa practice

10.00 Brunch

13.30 - 14.30 Samkhya, Yoga Sutras, Sanskrit

Snack break

16.00 - 17.00 Afternoon Vinyasa

17.30 - 18.30 Nature meditations, mudras, mantras

19.00 Dinner

NOTES

-There are Yoga mats and yoga blocks in the yoga shala on site, but bring your own just in case. The Yoga space is a beautiful, round, wood stove heated dome, but please bring very warm clothes to wear for practice and to cozy up in for walks in the woods or in the evenings. Be prepared to start the wood stove fires in the mornings, and feed the fire throughout the day, but there is central heating in the house.

-We will bring lots of board games for evenings, if you have any favorite board games please bring them and play with us.

-All food is Vegetarian, yogic, and cooked on site by Rafal. On New Year's Eve, we will have a special dinner with wine and beer to celebrate the new solar return of 2024.

-For this retreat, there is only one rule: **when you arrive, you must lock your phone in the common chest which we will provide in the kitchen, and dedicate yourself to not needing to fish it out for the entire week except to call loved ones.**

To book your spot please send us a non refundable booking fee of 700 PLN of the total price to this account:

For transfers inside Poland:

Rafal Wieczorek
0229 1000 0600 0000 0002 6387 43

for international transfers:

Rafal Wieczorek
LT59 3250 0274 7178 1354
BIC: REVOLT21

We look forward to spending new years with you in this blissful space for togetherness and cozy vibes,

may prana be strong with you,

Rachele, Rafal and Eleonora (who will, no doubt, be the star of the show)