

**Feeling overwhelmed by
the constant demands of life?**

Break free from the pressure and
rediscover what truly matters.

**Lacking focus, unable to find
clarity and peace?**

Manage stress with a clearer mind and
feel peace wash over you. No quick
fixes, but changes that last.

We'll support you to create a life that
truly fits you, where balance and
fulfillment become your reality.



ELEMENTAL AWAKENING

Uncover the secrets of Ayurveda
and find harmony of
the body, mind and soul.
Embark on a journey of healing,
selfdevelopment and relaxation.

With a perfectly balanced
programme you'll feel as if you're
on a rejuvenating vacation.
Andalusia and the beauty of Villa
Fahala offers you a sunny and
delightful escape in November.

Your journey to inner balance
begins here.

A 5-DAY TRANSFORMATIVE RETREAT

12 - 16 NOVEMBER '24

[COUNT ME IN](#)



- Small group
- Intensive and personalised support
- Holistic approach
- Professional guidance: over 20 years experience

DAILY SCHEDULE

- 07:30 Meditation, Breathing exercise and Yoga (vinyasa, hatha)
- 09:00 Breakfast
- 10:00 Ayurveda Inspiration Session
- 12:30 Lunch
- 13:30 Freetime and/or guided walk, connecting with (inner) nature
- 17:00 Yoga (restorative, gentle)
- 18:30 Dinner
- 19:45 Ceremony / Sharing Circle
- 22:00 Bedtime

Note: schedule could slightly change depending on group needs. If you need more free time or you would like more personal guidance based on personal needs: we are flexible.



[BOOK NOW](#)

Room rates from (price per person)
Double occupancy: €1545
Single occupancy: €1895
Triple occupancy: €1495

Options:

Extend your stay from €99 p/p
Private Ayurvedic consult €75 p/hr

Price includes:

All activities listed, airport pick up & drop off, meals & drinks
Excluding: flights, insurances and personal expenses

Language of Instruction



Spoken languages



RETREAT YOURSELF

VILLA FAHALA

Set amidst the stunning Andalusian landscape, this luxurious villa presents a serene escape with breathtaking views of lush valleys and white villages. Expect elegantly designed rooms with plush beds and culinary delights crafted by our private chef Leen. The villa features a large terrace and a sun-drenched pool, offering a perfect blend of relaxation and sophistication.



TESTIMONIALS



The coaching provided by experienced instructors was exceptional. They communicated in a kind and effective manner, making practices accessible to all participants. This level of guidance ensured that everyone, from beginners to more advanced practitioners, could deeply engage with both the yoga and the ayurvedic practices. This retreat is highly recommended for those looking to deepen their practice in a serene and supportive setting

Armand - Spring Retreat April 2024



What a wonderful program Sandy and Sanja presented during this retreat! Warm and respectful and full of love for everyone! I met such beautiful people and had inspiring conversations. The environment is a blessing if, like me, you are a bit full in the head. I will continue to do the breathing exercises and think of our time together with great warmth.

Gina - Spring Retreat April 2024



A retreat I wouldn't want to miss for the world; full of new insights, recognition, silence and reflection. I enjoyed meeting the participants and sharing stories. I certainly enjoyed the professional and warm personal guidance... it was great!

Ria - Summer Retreat July 2023



Came home feeling reborn! I experienced Sandy as a skilled yoga/ayurveda teacher. She radiates a natural calmth.. Thanks to Sanja, the retreat weekend was organized down to the last detail. Her hospitality and warm personality made me feel at ease, allowing me to be myself in a new environment. I can highly recommend this retreat to everyone!

Ellen - Summer Retreat July 2023



A valuable retreat of intense connection with inner peace, personal insights and lifestyle.

Jolanda - Summer Retreat July 2023

RITUALS &
CEREMONIES



IN-DEPTH
AYURVEDA
SESSIONS



DAILY YOGA &
BREATHING
EXERCISES



MEDITATION &
MINDFULNESS



FIND STILLNESS
AMIDST THE
SERENE EMBRACE
OF NATURE



[LET'S GO & BOOK THIS](#)

SIPPING AYURVEDIC
MOCKTAILS AT
SUNSET



LAZY MOMENTS BY
THE POOL



DELICIOUS &
HEALTHY FOOD BY
PRIVATE CHEF LEEN



PROFESSIONAL GUIDANCE

Sanja and Sandy's shared passion for travel and healthy lifestyle creates a beautiful harmony as they join forces. Their contagious enthusiasm radiates, fostering a welcome and uplifting atmosphere that embraces participants throughout their retreat experiences

SANCHARI
y o g a & c o a c h i n g

Sandy Loup, founder of Sanchari Coaching, embraces a holistic approach to wellness. She combines practical methods with insights from NLP, Mindfulness, Ayurveda, and Yoga to guide her clients towards well-being.

With a wealth of international experience in coaching and personal leadership, Sandy offers transformative workshops and trainings. Known for her enthusiasm, engaging style, and practical approach, Sandy is passionate about helping others make lasting changes in their lives.

As a certified Nature Coach and NLP Master Coach, Sandy has completed extensive yoga training in Asia and earned her holistic Ayurveda coaching and yoga teaching certifications in Costa Rica and Peru.



Sanja van den Broek, Event Manager at Dertien Dingen, is the organizing go-getter of the team. Years of experience at KLM Royal Dutch Airlines and as Party Manager at several large venues, provide a solid foundation for ensuring seamless events of all sizes.

Sanja goes above and beyond to ensure that everyone leaves with a beaming smile, their expectations not just met but exceeded. Her commitment to creating a positive and uplifting environment is admirable.

Sanja has completed the NLP Practitioner and Systemic Work training. Soon she will finish her NLP Master education.