

Reconnect with your Heart

A 4-DAY RETREAT THAT WILL **HELP YOU
BECOME UNSTOPPABLE AND SHOW YOU
HOW TO FIND THE LOVE OF YOUR LIFE!**

Highlights

- 4 days of silent meditation with coaching
- 1 or 2 yoga classes per day depending on daily activities
- 2 vegetarian meals per day + fruits, herbal tea and coconut water in the afternoon (DETOX)
- Exciting creative activities daily
- Full access to the whole house
- Connecting with the elements (Hot Tub, Fire)
- 3 nights accommodation in Home...Sweet Home Workbook
- All in all a life-changing experience

Yoga Styles

- Hatha / Hatha Flow
- Vinyasa / Vinyasa Flow
- Restorative / Yin

Skill Level

- Beginner
- Intermediate

Dates

Check website for more information

Location

Home... Sweet Home, Escondido, California

Jump with Orsi 

COACHING WITH LOVE & COMPASSION