



ΣIKRA



# Special Event & Retreat

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EKRA



If the spectacular beauty of the majestic mountains moves and inspires you. If vast open skies fill you with contentment and awe, this is the perfect escape for you. Nowhere else could you acquire such astounding experiences. The vibrant sunrises and the equally tranquil sunsets, the amazing activities you will enjoy, the fresh and clean air you will breathe and the absolute serene silence you will hear. You will discover how exciting life could be. However, this is something you need to see for yourself before you can experience it in the best possible way.

Just 2 hours from beautiful Barcelona.  
Please have a look at what you cannot miss out on...



@Coll de Nargó Catalonia



Designed to make you celebrate life, unwind, revive and connect with nature to experience your true self.

EKRA short for, Energy Kundalini Reconnection & Alignment led by Arnaldo Alejo (Accredited Integral Holistic Health Professional) & Staff who have carefully thought out every detail for you to experience this unmissable wellness retreat & getaway.

Offer Includes:

**3 days & 2 nights.** Transportation on demand at additional charge. Guests that prefer using their own mode of transportation will be provided with free of charge parking.

**Private chef on site.** Vegan, whole-food, plant-based and gluten free menus, brunch, dinner, and snacks catered by Dutch chef, Alexandra van Rijen (The Green Chef).

Guided by EKRA instructors a full day and evening program is prepared for 3 days and 2 nights in the enchanted mountains of Coll de Nargo, Catalonia. You will be accommodated in a Catalan Castle with beautiful rooms and stunning views looking up into the vast lush green mountains, accompanied by the sounds of natural water springs below.







## Special Event & Retreat

Retreat 1: 31 Mar. - 2 Apr.

Retreat 2: 5 Apr. - 7 Apr.

Retreat 3: 8 Apr. - 10 Apr.

@Coll de Nargó Catalonia

**Price Per Retreat:**

**728 €**

## Day 1

**16.30-17.00** Arrival at Coll de Nargo

**17.00-18.00** An 'Aperitivo de Bienvenida' and a Tour of the Spectacular Villa, Casa Torriella

**18.00-20.00** Ceremonial Welcome followed by an Introduction & Demonstration of Energetic Events

**20.00-21.30** Introduction to Good Eating. Dinner prepared by The Green Chef Alexandra Van Rijen (The Green Chef)

## Day 2

**8.30-9.45** Sunrise Yoga & Meditation accompanied by Healing Sounds

**10.00-11.00** Green Brunch prepared by The Green Chef

**11.30-12.30** Breath-Work & Ice-Bath (Get to the edge experience)

**12.30-14.30** EKRA (Energetic Activation & Alignment)

**14.30-16.30** Journaling & Silent Moments

**16.00-18.00** Nature Walk & River Bath

**18.30-20.30** Plant-Based Whole-Food Vegan Dinner Experience prepared by The Green Chef

**21.00-23.30** Ceremony Ritual & Ecstatic Dance (Dress code: elegant)

## Day 3

**9.00-10.00** Bio-Dance Experience

**10.30-11.30** Good for you Brunch prepared by The Green Chef

**12.00-14.00** Close-Out Ceremony (Energy Elevation & Intention Ritual; Dress code: white)

**14.00-15.00** Departure

\*Unforeseen circumstances sometimes may cause estimated duration of one or more activities to change. Times and activities subject to change due to scheduling considerations, weather/water conditions, etc.

Introduction and  
Demonstration of  
Energetic Events



Activities  
& Sessions  
Coordinated by  
EKRA Team

## Kundalini Sessions

Kundalini sessions are the basic premise to this retreat. Kundalini energy, also known as sexual or creative energy, will vitalise you and boost the creativity by encouraging the flow of energy up the spine and toward the top of the head—the crown chakra—thus projecting one's awareness into the higher heavenly dimensions of the universe. The result is an indescribable expansion of consciousness into spiritual realms beyond form and thought.

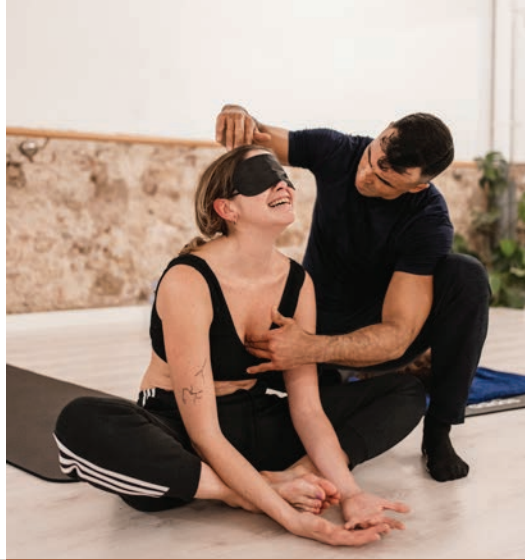
Ice Bathing or Cold  
Immersion Therapy to  
Increase Metabolism, Gain  
Energy, Mental Clarity, and  
Boost the Immune System





## Breath Work

Demonstration and practice of techniques that incorporate intentional breathing, slowing down the mind and relieving stress.



## Ecstatic Dance Ceremony

A journey of connection with oneself and with others through music and dance, an experience to let you be guided by the wisdom of your body. A moment to burn what does not serve anymore in your life and make space for a new and better moment to come.



## Meditation Sessions

Introduction of its many health benefits helping you practice stillness, relaxation and focus by increasing your concentration levels.





## Energy Elevation Intention Ritual

A ritual can be both the transmitting and anchoring method between the energetic and the physical, and the more any ritual resonates with the individual performing it, the more successful the anchoring will be. This creates energy and intention that beams out of us and connects to the info-realm, resonating with all those who have performed.



## Bio-Dance

This is an ecstatic dance experience that blends bio-danza and dynamic meditation practices with therapeutic intentions generating waves of healing sounds by first energetically aligning everyone's chakras.



Exploration of the  
Outdoors







# EKRA

- BOOK YOUR SPOT NOW -

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