

Sacred Soul Circle | an afternoon retreat with cacao ceremony

Escape the hustle and bustle of daily life and step into a tranquil oasis of healing, connecting and releasing with our half-day retreat. Set in a beautiful yurt surrounded by nature, this retreat is the perfect opportunity to unwind and let go of any stress or tension.

The retreat will start with a Cacao Ceremony, where you will enjoy a warm cup of ceremonial grade cacao, which is known to have heart-opening and mood-enhancing effects. This will be followed by a Yin Yoga session, where you will move through gentle, restorative poses to release any physical and emotional tension in the body.

After the yoga session, we will move into Yoga Nidra, a guided meditation that will allow you to deeply relax and connect with your inner self. This practice is known to reduce stress, improve sleep and enhance overall well-being.

To conclude the retreat, you will be treated to a healing crystal singing bowl sound bath, where the soothing sound vibrations of the crystal singing bowls will help to balance your chakras, clear any energetic blockages and promote deep relaxation.

Throughout the retreat, you will have the opportunity to connect with nature and enjoy the peaceful surroundings of the yurt. This is the perfect retreat for anyone looking to release stress, find inner peace and connect with themselves on a deeper level.