

TRANQUILSEAS RESORT

TRANQUIL SEAS MANAGEMENT CORPORATION S.A.
RTN 11019014696872
Cahoon Bight at Sandy Bay
34101 Roatan, Honduras



Yoga retreat with Quantum healing

5 days retreat

Objective:

This yoga retreat is focused on teaching you how to start healing processes in your body, mind, and spirit. This training is fully designed as an enhancement of your yogic practice beyond the usual teachings of asanas, Pranayam and meditation. You are offered the best experts in the field of Yoga and Quantum Healing. Years of experience and one of the most beautiful resorts in the Caribbean will provide the most memorable experience for your Yoga vacation.

Day 1:

02:00 pm – 09:00 pm

- Arrival to Tranquileas Resort, Roatan

Day 2:

09:00 am – 11:00 am

- Opening circle, setting intentions, creating a space for wealth, love and healing on all levels
- Hatha flow Asanas, Pranayam for releasing blockages in the pelvis and lower belly, harmonizing Meditation
- This morning is set to clear the family line and focuses on the lower part of our bodies (first chakras)

11:00 am – 2:00 pm

- Free time for lunch swimming and time for extra “one to one” therapies (bellow see what is available)

02:00 pm – 04:30 pm

- Starting the work with a Quantum-Touch. Explaining the idea of information field, quantum corrections, waves of information, etc. Reality versus Illusion.

04:30 pm – 06:00 pm

- Free time for Caribbean fun

06:00 pm – 07:30 pm

- Evening jin yoga to integrate all the energies and bodies within oneself into one harmonious unity.

Day 3:

07:00 am – 09:00 am

- Morning meditation, Hatha flow, Pranayam for releasing all stress and blockages in your belly and middle back, soothing Meditation
- This morning will be releasing stress from our childhood that doesn't serve our best potential. Focused on 2nd and 3rd chakra.

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09:00 am – 02:00 pm

- Time for Caribbean fun, food and extra “one to one” therapies

02:00 pm – 04:30 pm

- Continue Quantum training – morphologic field and work on the space outside of our physical body. All is connected, how to work with it.

04:30 pm – 06:00 pm

- Free time for Caribbean fun

06:00 pm – 07:30 pm

- Evening moon salutation, Pranayam and meditation to integrate new knowledge

Day 4:

07:00 am – 09:00 am

- Morning meditation for manifesting our intentions, Hatha flow for releasing our creativity, universal love, chest and shoulders expansion, upper back strengthening. Pranayam and meditation of universal compassion and forgiveness. Focused on middle body energy (chakras).

09:00 am – 02:00 pm

- Time for Caribbean fun, food and extra “one to one” therapies

02:00 pm – 04:30 pm

- Continue Quantum training – working with archetypes, creating our helping twin. Utilizing sensitivity for feeling and using the quantum wave.

04:30 pm – 06:00 pm

- Free time for Caribbean fun

06:00 pm – 07,30 pm

- Evening expansion of moon salutation, Pranayam, and meditation to integrate new knowledge.

Day 5:

07:00 am – 09:00 am

- Morning meditation for manifesting our intentions, Hatha flow, Pranayam and Meditation for releasing unneeded blocks in our throat and head. Working on clear communication towards oneself and the outer world. Honesty, intuition, and connection to space above and around us.

09:00 am – 02:00 pm

- Time for Caribbean fun, food and extra “one to one” therapies

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02:00 pm – 04:30 pm

- Continue Quantum training – rewriting and recreating our “reality” into the best option for me.

04:30 pm – 06:00 pm

- Free time for Caribbean fun

06:00 pm – 07:30 pm

- Evening jin yoga (Asanas, Pranayam, Meditation) for integration.

Day 6:

07:00 am – 09:00 am

- Healing, releasing, light bringing Sun Salutation, Pranayam and Meditation to feel in one with all and all in one. Completing the transformation, anchoring the feelings and emotions.

09:00 am – 02:00 pm

- Time for Caribbean fun, food and extra “one to one” therapies

02:00 pm – 04:30 pm

- Finishing Quantum training – practicing and deepening new knowledge.

04:30 pm – 06:00 pm

- Free time for Caribbean fun

06:00 pm – 07:30 pm

- Moon salutation, Pranayam and Meditation of Gratitude, closing circle.

Day 7:

09:00 am – 12:00 pm

- Boat trip

Day 8:

07:00 am – 10:00 am

- Departure form Tranquileas Resort, Roatan