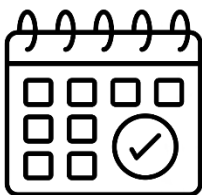


OPTIONAL *RETREAT* IN MÁLAGA (SPAIN)



For students
of the InnerCamp
Breathwork
Method



DATES

May 26 – 29, 2022

October 27 – 30, 2022

In case the borders are closed or any other COVID-related restrictions occur, the event will be postponed.

FACILITATOR



Alexis Alcala

Certified executive and personal coach, breathwork master and tantra teacher who intuitively uncovers peoples' potential so that they feel empowered to unleash that power into their lives and the world. Alexis' work revolves around people coaching in different spheres of life. He has worked with different companies across Europe, Africa and Asia as a trainer, mentor, manager and coach. Based on the transformation he underwent and the benefits he obtained from it, Alexis has made his mission to transmit this knowledge to anyone who needs it, and to present it with humbleness and honesty.



LOCATION

CORTIJO EL CACHETE

Traditional Spanish farmhouse



A beautiful, traditionally renovated Andalusian cortijo, perfectly designed for large group getaways. El Cachete is a 150 year old farmhouse set in 80 acres of beautiful olive groves.

Cortijo El Cachete has the perfect balance of seclusion and excitement; immerse yourself in the surrounding countryside and tranquil settings of the Andalusian olive groves.

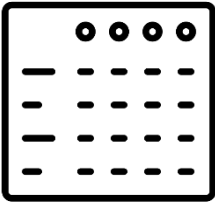


**50 minute drive from the
Málaga airport.**

Spain

Malaga

*preliminary



TIMETABLE*

THURSDAY

- 16.00 Check-in
- 17.30 Theory and group exercise
- 19.00 Breathwork session
- 21.00 Dinner

FRIDAY

- 08.00 Wim Hof and cold bath
- 09.30 Breakfast
- 10.30 Energy exercises
- 11.30 How to hold space
- 12.30 Breathwork session
- 13.30 Lunch
- 14.30 Theory class
- 15.30 Bodywork
- 17.00 Breathwork session
- 19.30 Dinner
- 21.00 Energy exercises
- 22.00 Night celebration

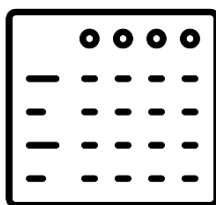


ICE BATHING

Ice bathing is a form of cold water therapy which helps your central nervous system by aiding in sleep, and consequently, making you feel better from having less fatigue.

Cold immersion eases sore and aching muscles, limits the inflammatory response. It also trains your vagus nerve which is linked with the parasympathetic nervous system, and training it can help you face stressful situations more adequately.

*preliminary



TIMETABLE*

SATURDAY

- 08.30 Active meditation
- 09.30 Breakfast
- 11.00 Couples Breathwork
- 12.00 Breathwork and Shamanism
- 13.30 Lunch
- 15.00 Active meditation
- 16.00 Theory class
- 17.00 Cacao ceremony + Ecstatic Dance
- 19.00 How to run group sessions
- 20.00 Dinner
- 21.00 Night celebration

SUNDAY

- 08.00 Wim Hof and cold bath
- 09.30 Breakfast
- 11.00 Pranayama
- 12.00 Breathwork session
- 13.30 Lunch
- 14.30 Closure Ceremony



ACTIVE MEDITATION

Take a deep look within yourself so that you can discover the roots of your negative thoughts and work to erase them at their core.

CACAO CEREMONY & ECSTATIC DANCE

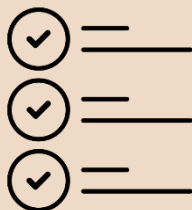
The ceremony and the cacao medicine are an invitation to let go, transform, manifest, heal and purify. Cacao is a heart opening medicine.



Special Guests

LOS COSMIQUEROS

Los Cosmiqueros are Anne Marie and Benjamin. They dedicate their lives to the power of plants on all levels. Having been on a plant medicine journey since 2004 has deepened their connection with nature intimately, and has opened up the channels to work with Cacao in a ceremonial way.



WHAT'S INCLUDED

- ✓ Accommodation
- ✓ All activities
- ✓ Plant-based food & snacks
*We will be nourished by
Pachamama organic*
- ✓ YogiTea & drinks
- ✓ Ice bathing
- ✓ Goodie bag

Take a moment to pause
with YogiTea and enjoy a
holistic experience!

YOGITEA®
BIOLÓGICO



For more information,
please contact us at
contact@innercamp.com

