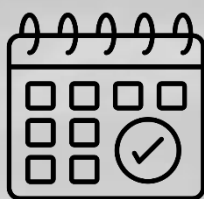


# OPTIONAL *RETREAT* IN MÁLAGA (SPAIN)



For students  
of the InnerCamp  
Tantra Method



## DATES

APRIL 28 – MAY 1, 2022  
OCTOBER 13 – 16, 2022

### *more retreats in 2022*

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





## FACILITATORS



**HAKIMA TANTRIKA**

Hakima is a tantra teacher who has embodied the essence of Tantra for the past ten years. She is also a sex, love, and relationship coach and an influential writer and educator. From Asia to South America, she has travelled the world, dedicating herself to the extensive study of Tantric cosmo-vision. Since then, she has made it her life's mission to teach people how to navigate the realm of relationships based on Tantra teachings.



**ALEXIS ALCALÁ**

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.





### 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.





## LOCATION

# CORTIJO EL CACHETE

Traditional Spanish farmhouse

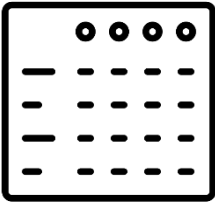


A beautiful, traditionally renovated Andalusian cortijo, perfectly designed for large group getaways. El Cachete is a 150 year old farmhouse set in 80 acres of beautiful olive groves.

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.



\*preliminary



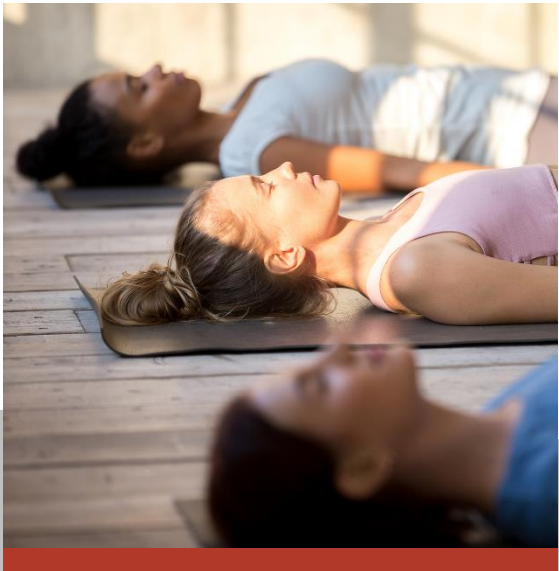
TIMETABLE\*

THURSDAY

16.00	Check-in
17.30	Guided meditation & movement
19.00	Tantric breathwork
21.00	Dinner

FRIDAY

08.00	Active meditation
09.30	Breakfast
10.30	Connect with your energy
11.30	Integrating the unconscious through polarity processing
12.30	Breathwork session
13.30	Lunch
15.30	Active meditation
17.00	Connected breathwork
19.30	Special dinner
21.00	Tantric massage

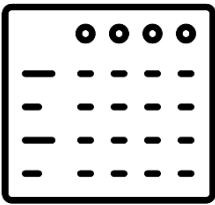


TANTRIC *BREATHWORK*

Super healing technique to help you tap into your inner essence in order to create a better mental state. It helps you release stored emotions from the past, detoxify your body on a deep level and restore your vibrant flow of life energy. You will experience a sense of true bliss.



\*preliminary



## TIMETABLE\*

### SATURDAY

- 08.00 Kaula Tantra Yoga
- 09.30 Breakfast
- 10.30 Awaken & heal the womb
- 11.30 Women circle
- 12.30 Breathwork session
- 13.30 Lunch
- 15.30 Active meditation
- 17.00 Cacao ceremony  
+ Ecstatic Dance
- 19.30 Dinner
- 21.00 Tantra workshop

### SUNDAY

- 08.30 Partner Kaula Yoga
- 09.30 Sublimation of energy  
workshop
- 10.30 Brunch
- 12.30 Closure ceremony
- 13.30 Check-out



## 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.





## WHAT'S INCLUDED



Accommodation



All activities



Goodie bag



YogiTea & drinks



Plant-based meals

We will be nourished by  
Pachamama organic

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







For more information,  
please contact us at  
[contact@innercamp.com](mailto:contact@innercamp.com)