

Through experiential exercises you will connect with your own needs, with your body, mind, heart and inner wisdom, bringing you experiences, tools and practices that will help you connect with yourself and with other people.

By learning how to inhabit your body, you will be able to listen to what you really need, moment by moment, during the retreat and in your day to day life.

With the method of Nonviolent Communication, you can learn tools and practices that will make communication between you and others more clear, fluent, empathetic and compassionate.

With this, you will experience more free, fluid and respectful personal relationships.

In this retreat you will experience a relaxed environment of tranquility, kindness and respect.

The food is simple vegetarian Mexican, and we will eat outside.

You will sleep in simple and comfortable rooms, shared with one other person. Los Silos has 10 rooms, so space is limited to 20 participants. The two multipurpose rooms where you will take the workshops are spacious and ventilated spaces.

In addition, we will have outdoor activities.

With \$2000 pesos you can reserve your space.

In order to give you a full refund of your money, we ask that you  
please cancel before July 31<sup>st</sup>.

## SCHEDULE:

### Friday:

3:00 – 4:00 Arrival to Los Silos

4:00 – 5:00 Welcome and orientation talk

5:00 – 6:00 Yoga

6:00 – 8:00 NVC

8:00 – 9:00 Dinner

9:00 – 9:20 Meditation

### Saturday:

5:30 – 6:30 Meditation

6:30 – 8:00 Yoga

8:00 – 9:30 Breakfast and free time

9:30 – 11:30 NVC

12:00 – 1:30 Yoga

2:00 – 4:00 Lunch and free time

4:00 – 5:30 NVC

5:30 – 7:00 Yoga

7:00 – 8:00 NVC

8:00 Dinner and bonfire (if the weather allows)

### Sunday:

5:30 – 6:30 Meditation

6:30 – 8:00 Yoga

8:00 – 9:30 Breakfast and free time

9:30 – 11:30 NVC

11:30 – 1:00 Yoga

1:00 Close of the retreat

### PLEASE BRING:

Personal toiletries

Bath towel

Yoga mat

Socks

Jacket and warm layers for early mornings and evenings

Shoes that are easy to slide on and off

Meditation stool or any thick cushion

Pen and notebook

#### DO NOT BRING:

Perfumes

Lotions

Jewelry

Valuables

Cigarettes

#### DEPOSIT INFORMATION

Santander bank account

Anabel Cárdenas Dugal

Window 56511063545

Clabe 014180565110635457

We look forward to sharing this enriching experience together!

- Andrés y Anabel

