



IMUA

TRUST LIFE RETREAT

MARCH 26-29, 2016



Start Slide





The Dream-Location

Costa Blanca, Spain

In the heart of the Xalo Valley, just 1 hour from Alicante airport, in the vine-growing town of Xalo, the retreat venue is surrounded by almond, olive, and orange groves, vineyards, and the stunning Bernia Mountains right on your doorstep.

Within 20- 30 minutes, you'll find both wide sandy beaches and hidden coves with crystal clear waters, perfect for snorkeling or relaxing.



The venue



- » 9 ensuite bedrooms & suites (twin setup available)
- » Exclusively hired for complete privacy
- » Board options tailored to our group
- » Beautiful balconies, Hammocks, and terraces
- » Private pool with longchairs

Exclusively for us!!



Retreat space

Beautiful outdoor areas for relaxation, group sessions, breath- and energy work, dancing, playing music, reading a book, enjoying a massage or a sound healing session.



Additional Treats

Not included in the price but bookable during the retreat:



- » spa & wellness treatments
- » Cycling tours
- » Wine tasting
- » Flamenco workshop

Food and Drinks

Fresh locally sourced meals with a taste of Spain
(paellas, tacos, fresh fish & local wines)
Vegetarian or Vegan menu available

Daily breakfast with freshly baked bread & pastries,
fruit from our own trees, cereals, yogourt, cheese & eggs
The kitchen and bar are open all day for drinks and
snacks.
Coffee & Tea available all day.



What IMUA Retreats are about

- » Deep connection, respect & trust
- » A safe space to let go, relax & come back to yourself
- » Facing fear, growing beyond limitations
- » A space to become aware of what's true for you and to go deeper, gain clarity, and mobilize courage for the steps ahead
- » Lot's of fun, playfulness, lightness
- » Authentic, vulnerable sharing
- » Many forms of unique, colorful and creative expression



Your facilitator

Sharon Makana, Transformation expert, Adventure Designer, World traveler, Author, and Mentor, creates and facilitates powerful, playful, adventurous, enjoyable spaces for personal transformation.



What else is possible now?



Travel Details & Investment

The Retreat starts at 4 pm on Thursday, March 26th, and ends with a closing circle at noon on March 29th. Later arrivals are no problem, just let us know.

Your Investment for the all-inclusive retreat is CHF 1500.-
Your booking is confirmed once the payment has been made. Cancellation policy: Up to 2 months before the retreat, you get 50% of your money back.. After that refunds are no longer possible.



» Airport Transfers from/to Alicante (Spain) can be organized for an additional fee.

» Free parking is available.

» Additional Spa & wellness treatments are not included in the price.



*See you soon in Spain for
unforgettable, magical days.*



www.sharonmakana.com