



## Discover Your Inner self - Retreat.

Arrival day Sunday.

Pick up service from Malaga airport.

A light meal in a cosy setting.

at approx. 7 pm.

---

### 1<sup>st</sup> day. Monday.

Gentle movements to start the day with Tai Chi and Yoga excercises. 9 am.

Breakfast. (in the sunshine on the terrace). 10.30 am.

Free time to get to know the mill and its surroundings.

Warm light, lunch. ca. 2 pm.  
Then siesta. ☺

Dialogue, approx. 1h. 5 pm.

Dinner, warm or cold. ca. 7 pm.

---

### 2<sup>nd</sup> day. Tuesday.

Gentle movements to start the day with Tai Chi and Yoga excercises. 9 am.

molino - malaga



Breakfast. ca. 10.30 am.

Zen archery. 12.00 pm.

Warm light, lunch. ca. 2 pm.  
Then siesta. ☺

Massage. 5 pm.

Dinner, warm or cold. ca. 7 pm.

Afterwards: relevant dialogue regarding themes  
of interest with energetic exercises

---

3<sup>rd</sup> day. Wednesday.

Gentle movements to start the day with Tai Chi  
and Yoga excercises. 9 am.

Breakfast. ca. 10.30 am

Conferences on C.D. or D.V.D. 12.00 pm.

Warm light, lunch. ca. 2 pm.  
Then siesta. ☺

Dinner, warm or cold. ca. 6.30 pm.

Relevant coaching, with aura reading and travel  
into your inner self.

---



### 4<sup>th</sup> day. Thursday.

Gentle movements to start the day with Tai Chi and Yoga excercises. 9 am.

Breakfast. ca. 10.30 am

Then, an excursion with picnic and dialogue.  
You have a choice between two trips:

**Nerja.** An old fishing village which has kept its charm and atmosphere, despite the growing tourism.  
And Cantarrijan, a naturist beach situated between high rocks. (45 mins. away).

Or:

**El Torcal.** Meditative walking in a unique rock landscape, with two trails at 1000m. A totally different world and energy.

.... and siesta ☺

Dinner, warm or cold. ca. 6.30 pm.

---

### 5<sup>th</sup> day. Friday.

Gentle movements to start the day with Tai Chi and Yoga excercises. 9 am.

Breakfast. ca. 10.30 am.

Zen archery. 12.00 pm.

Warm light, lunch. ca. 2 pm.

molino - malaga



Then siesta. ☺

Deepening + Deeksha. 5 pm.

Dinner, warm or cold. ca. 7 pm.

---

6<sup>th</sup> day. Saturday.

Breakfast. ca. 10.30 am.

Mauna - silence. 12.00 pm.

"To be with yourself".

Free day.

Warm light, lunch. ca. 2 pm.

Then siesta. ☺

Dinner, warm or cold. ca. 7 pm.

Afterwards, final dialogue/feedback.

---

7<sup>th</sup> day. Sunday.

Group breakfast. Depending on departure time.

Transport to the airport.

---

We will have "fit for fun" meals which we prepare together: for example, sweet and sour Zucchini with shrimps or fresh artichokes with pesto and peach sauce.



The programme is optional and can be changed at any time (go with the flow).

We will provide writing material for your self contemplation and expression, and will give you advice on how to do this.

You will have the possibility to watch great films like: "The Seven Spiritual Laws of Success", "The Secret", "Peaceful Warrior" or "Chocolate", and listen to spiritual conferences such as Baghavan from Oneness University, Christine Page or Louise Hay.

In our Bodega room you will have the opportunity to experience the Osho Kundalini meditation or the Dynamic meditation.

Cost: 1 weeks retreat per person incl. airport transport, accomodation, full board and programme: 650 €.