



SET THE HEART FREE

Anke Truyman • Yoga Retreat

8-14 July 2023 • Portugal

One beautiful morning Spring 2022, I fell in love with a guy called Malte Martin. He was pouring his heart out on a handpan, in a YouTube video. I had heard the handpan before, but never could so clearly capture the soul of the human playing it...

One hour later I had inscribed myself to go on a retreat with him, in the mountains of Portugal. The place he had chosen for this retreat was, again, a place I fell in love with....run by incredible humans who are living their dream...Loural is a village in transition to become not only autonomous, but mainly a place dedicated to the transmission of integrative therapies and of global permaculture. The village is located in the heart of the Serra de Açor at an altitude of 500 m in the mountains. The nearest town is about 45 minutes away by car (Gois, Arganil).

They are therefore well....in the middle of nature...wild...untouched...buzzing.....greeenery....

If we want to become able to live, as much as possible, in Present Time; since that is THE place to be for a fulfilling life ...we want to break free from certain habitual patterns that we have developed over the years, to protect ourselves.

Yoga practice is all about cleaning up and rewiring our system; so that access to: Connection in the Here and Now, is more available. During our week together, we will become aware of some patterns that don't serve us anymore and train our abdominal area (third Chakra), so that our heart feels safe enough to open up.

This week is for you if you would feel stuck, and you feel the need for clarity and reconnection to: your drive in life. This drive in life, comes from an open heart and a connection to our soul.



Our schedule for the week (no obligations)

7h-8h Morning Sadhana (mainly Kundalini Yoga)

9h-11h Dance and PowerYoga

17h-18h Yin

Evenings Sharing Circles at Campfire

8h-9h Tea and Fruit

12h-14h Brunch

19h Dinner

We arrive on the 8th and we leave on the 14th of July

That gives us 5 full days of retreat where we will indulge in:

- Power Yoga
- Yin Yoga
- Kundalini Yoga
- Dance
- Guided Nature Walks and Edible Plants
- Private Pool
- Sauna
- Cold Plunges (with breathing sessions up front off course)
- Campfires
- Delicious Food: 2 vegetarian meals a day
- Tree -Planting Session
- Sound-Healing Bath Session
- Sharing Circles
- Massages (optional).

As a result of living this way for 5 days... you will probably:

- notice your resistance, which will show you the areas where you want to shift habits
- Feel into what is missing in your life
- Become clearer about what you really want to go for
- Feel physically stronger
- Get inspired about your diet
- Live and interact from a place filled with Love, Gratitude and Acceptance

You can get to know me and my work via my website:

www.balansyoga.be and my YouTubeChannel:

<https://www.youtube.com/@anketruyman2485/videos>

Website Lournal: <https://louralecovillage.com/>

Price for the whole retreat depending on the accomodation

you choose is between 900€ to 1100€,- including:

Lodging, delicious vegetarian food and 3 long classes per day.



Can't wait who I will have the privilege to work There is space for 20 people...

Afterwards feel free to join me to this incredible festival:

<https://boomfestival.org/boom2023/>

Tickets are still available! But not for long I imagine....

Anke ☐ ✨ ✨ ✨ 💜

Prices inclusive of all taxes, accommodation, 3 vegetarian meals a day, wifi and use of all facilities. The Yoga Shala is 98 square meter and can accommodate up to 25 persons. Cancellation: full refund 30 days before the start date, 50% of the total amount of the stay will be retained if cancellation is made between 30 and 8 days before, and 100% if cancellation is made less than 8 days before. •

Lournal Ecovillage, Aldeia Velha, Colméal, Gois, 3330-072, Portugal.

www.louralecovillage.com