



"The weird form of yoga, which at the end works for you! It was honestly hardworking, though at the end I felt really amazing. I had so much energy, an inner strength, but also an overwhelming sense of inner peace and love".

MARION PAUW, WRITER

"Perfect way to experience the special vibes of Ibiza. Great and diverse yoga and meditation, inspiring content, lovely people, amazing location and more than delicious food."

MARLEEN KUYT, ENTREPRENEUR

"People had a capacity to change their life from a pauper to a prince, and they still do it. They have found a secret. They have found a secret to enlarge their Halo. So their brightness can attract all the opportunities and they can have prosperity."

- YOGI BHAJAN -



Prem Shakti / Humita Kanhai & Guru Gian / Jasper Kok



RELAX, RENEW & RECHARGE

RETREAT IBIZA @ 5-star luxury villa
Kundalini Yoga & Meditation

November 15th - 22th, of 2018



- This event is presented by Gian Institute Netherlands -

The 6th body - The Arcline

Your arcline is your most precious energetic spiritual body. Your arcline is the transmitter that sends your thoughts and feelings out to the Universe and at the same time your arcline picks up subtle vibrations from without and within giving you intuition. In this wonderful retreat, we practice physical kriyas and meditations to awaken and strengthen your arcline so you will be able to send a clear signal into the universe and you can improve to manifest your souls desires.

Not only will we do kriyas, meditations and mantras for The 6th body, but we will also

go into Yogi Bhajan's teachings about the arcline and coaching techniques to strengthen it. Through the tantric numerology, you will explore your relationship with the arcline (as everybody has it!) and its interrelationship with the other ten light bodies of consciousness.

We balance this intense spiritual workout with lots of laughter's, snoozing, chilling, sunbathing, swimming, hiking, exploring, connecting with each other and indulging in ridiculously yummy organic vegetarian food outside under the stars by night! The retreat is held at an extraordinary luxurious villa in Ibiza, high up in the mountains in the north of the island.

This Spiritual Yoga is for everybody interested in learning and growing, no previous yoga experience needed! But be prepared, we dive really deep



THE INVESTMENT	I JUST KNOW BIRD before Sept 16th, 2018	I FEEL THE CALL SECOND BIRD before Oct 15th, 2018	ACT OF SELFLOVE TO THE MAX after Oct 15th, 2018
Group room	€ 828,-	€ 868,-	€ 928,-
Double bedroom (2 participants sharing 1 bed)	€ 948,-	€ 1.028,-	€ 1.118,-
2 Single bedroom (2 participants in 2 separate beds)	€ 1.068,-	€ 1.098,-	€ 1.198,-
Private Room for single occupancy	€ 1.368,-	€ 1.468,-	€ 1.548,-
Oh and for the record, it will be a super cozy edition, max 12 participants.			

The retreat starts Thursday, November 15th of 2018 at 19.00hrs and ends Thursday, November 22th of 2018, just after breakfast around 10.00hrs. To register send an e-mail to info@lotusconsciouspr.com and you will receive further details.

www.gurugian.nl

Be prepared for a new chapter of your beautiful life!

Knowing that the arcline contains our destiny, our karma, our subconscious garbage, and the imprint of every sexual encounter we've ever had - then it becomes essential to keep practices that can clear away some of the crap to make space for more clarity and true connection. In Kundalini Yoga, we have meditations that involve moving the hands and arms through the arcline to clear and charge them.



The prices are per person and include:

- Rich daily program of Kundalini Yoga & Meditation, dancing, music and creativity
- 8 days, 7 nights in the luxurious villa
- Outstanding Yogic Vegetarian Organic food from the Island, 3 meals per day
- Around 55 hours of training Kundalini Yoga & Meditation
- Hiking tour

- One to one tuition and support at all times
- Lots of free time, to relax by the pool and explore stunning Ibiza
- Free time to explore the island

Not included in the price:

- Travel costs
- Travel and cancellation insurance (mandatory)
- Healing treatment