

# MENS SILENT MEDITATION & YOGA RETREAT



Join us here at Aya House for a weekend residential Silent Meditation and Yoga retreat. All levels of practice are welcome. Guests will stay on site for the entire time of the retreat. No alcohol is served at this event.

Day 1: Arrival in the afternoon from 3pm with orientation and settling in followed by the first Meditation And Yoga practice followed by Dinner.

Day 2-3: Morning Meditation & Yoga practice followed by breakfast. An evening Meditation & Yoga practice followed by Dinner.

Day 4: Closing Meditation & Yoga practice followed by Breakfast and departure by 12am.

Outside of the meditation sessions people can continue to meditate in the studio or elsewhere or do contemplative walking on the grounds. Individuals can take breaks to relax and sunbathe or book a massage and enjoy the facilities.

## PRICE

Eur 375 or Eur 550 for two people sharing.

Additional nights can be booked on site or in Maspalomas.

## CENTRE FEATURES

- Gardens for contemplative walking
- Enjoy the year round sunshine
- 20 man hot tub
- 100 sq m yoga studio available throughout the day for individual meditation
- 10 bedrooms all with superking size beds and dedicated bathrooms (some en suite)

## CONTACT US

[www.aya.house](http://www.aya.house)

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# MATT - THE BEARDED NAKED YOGI



This November, Aya House will be hosting its first Silent Meditation & Yoga Weekend.

To experience silence for any extended period is to withdraw from the outside world for personal reflection and increase our sense of self awareness. During this weekend, guests will be invited to experience the power of silence first-hand and participate in meditative and yogic exercises specifically designed to facilitate your comfort during the practice and cultivate your inner attentiveness.

The scheduled sessions of meditation and yogic exercises will be led by Matt - The Bearded Naked Yogi, an experienced practitioner and teacher of meditation and yoga with minimal verbal instruction to preserve the atmosphere of silence. The yogic exercises will be composed of simple asanas to prepare the body for sitting meditation practice.

Participants are encouraged to take this time for themselves; reading, journaling or other silent pursuits, such as painting, are welcomed

Speaking will not be permitted after an initial briefing, other than to the team at Aya House. Participants are expected to abide by the ethos of this event completely.

No music can be played and the use of laptops and mobile phones is discouraged.



**CONTACT MATT**

[www.thebeardednakedyogi.com](http://www.thebeardednakedyogi.com)

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