

NAKED MENS 4 DAY YOGA AND TRANSFORMATIONAL HEALING ARTS RETREAT



JOIN CRAIG AT AYA HOUSE FOR 4 DAYS
AND 3 NIGHTS OF YOGA AND
TRANSFORMATIONAL HEALING ARTS, AS
WELL AS NUTRITIONAL DELICIOUS FOOD
AMONGST FRIENDS. OPEN TO ALL
LEVELS

OCTOBER 3RD - 6TH 2024

PRICE

£475 per person for
two people sharing or
or £550 single room

Additional nights can
be booked on site or
in Maspalomas.

CENTRE FEATURES

- 11km from the bustling tourist zone of Maspalomas and the world famous Maspalomas Dunes and Beach
- Enjoy the year round sunshine
- 100 sq m yoga studio
- 11 superking rooms and 2 single rooms all with dedicated bathrooms (some en suite)
- 20 man hot tub
- Bali beds
- Gym
- Massage Room

AYA HOUSE

www.aya.house

[@aya.house.events](https://www.instagram.com/aya.house.events)



Proposed schedule:



Thursday

5pm opening ceremony/ gentle practice to ground into the space

7pm
Dinner

Friday and Saturday

8am
Morning breathwork and meditation

8.30am
Breakfast

10.30am
Ceremony, chants and yoga practice

1pm
Lunch

Time to relax at Aya house or explore Gran Canaria

5pm

Gentle yoga with either transformative breathwork or shamanic journeying or some other transpersonal practice of self discovery.

7pm
Dinner

Sunday

8am
Morning breathwork and meditation

8.30am
Breakfast

10.30am
Closing Ceremony



CRAIG NADASHAKTI NORRIS MSC



Teaching for over 20 years, Craig has dedicated his life to studying various forms of yoga, meditation and chanting, as well as yoga therapy. He has great love for the traditional in yoga and has studied Sanskrit and Vedic chanting in London and India. Craig is one of the founders of Renaissance yoga and wellbeing, a studio in south east London and teaches men only classes at Brewer Street Yoga in Soho. He also holds an MSc in Consciousness, Spirituality and Transpersonal Psychology.

Craig teaches a practice that challenges, uplifts and heals by allowing us to explore the playing field that is our own body and mind. Being able to see ourselves in a light and humorous way and flirt with our edge is an opportunity to grow from the relationship we have with ourselves.

Before coming to yoga Craig suffered from depression and lack of direction. Yoga and meditation have given him great stability and opened up a journey of growth, insight and joy. His intention is for everyone to experience the healing effects of yoga and transpersonal practices and to create an opportunity for change so that we can all live a life that feels empowered and confident.

FOR BOOKINGS
CONTACT CRAIG

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