



Sophia Lush  
presents

10 - 13 OCT 2024

# ADVANCED

Metamorphosis  
&  
Revolutionary  
RETREAT



## ADVANCED ENERGETIC WORK

By attending the retreat, you have several advanced energetic work scheduled. The planning has been made for you to benefit the most accurate, bespoke and life changing healing.

Indeed, it is very important to understand the orientation of the process: the same way you can't sage your home if it's not first cleaned & cleansed, you can't receive the Golden Cellular Treatment @ if your body isn't prepared, cleared and purified.

The frequency of this technology is vibrating extremely high, and Sophia Lush is not allowed to go through unless your BODY | MIND | SOUL is 100% ready to receive the level of light required.

To do so, you are attending your first shamanic ceremony the day you will start the retreat; we will work by removing the fog, the "pain" cloud by clearing your auric field and bringing balance back to your chakras.

Everyday, we will experience a water ceremony to anchor the strong energetic work we are doing and to create a solid connection with the element water; the main goal of this experience is to get rid of the energetic debris that your body is bringing to the surface while ascending.

Also, everyday starts with a morning prayer.

Empowering yourself with a collective meditation is an essential part of the retreat. This is allowing your soul to integrate the changes that has occurred throughout the night and to prepare to receive new information.

This is a very calm yet powerful daily exercise that you will hopefully bring back home.

To balance the strong & physical energetic work, you can enjoy teachings & coaching that allows your mind to understand the process you are going through; this is a true space of sharing and building together.

It's your chance to reinforce your confidence, your strength and to build your mindset to achieve the success you deserve.

The uniqueness of this retreat resides in the quality of the knowledge you are receiving. Within 3 days, you will have the opportunity to get initiated with the principles of Ancient Wisdom: that'll change your path for eternity.





## ADVANCED Retreat

Alexia, Yoga instructor, Curator, Retreat Facilitator

Disciplined and inspired through the Sciences of Yoga for 10 years, my journey started in 2015 at the age of 21 with the meeting of Shashi Mhera, an Indian Raja Yoga Master who highly impacted the rest of my yogic path. Unlikely of most western Yoga practitioners and teachers, I have entered the Journey of Yoga without the practice of Asanas (postures). Yoga presented itself to me with the learning of scriptures, Kriya Yoga, meditation and dedication to Sanatana Dharma.

In 2018 I had the chance to discover the practice of Ashtanga and Hatha Yoga in France and at the feet of the Himalayas, in Nepal. Ever since, I have followed and still follow the teachings of several masters who have opened the doors to me to a broad and infinite search of balance, love and freedom. I practice Yoga seeing it as a healing instrument for purification, leaning towards a graceful, epic, divine union and liberation. My aim is to keep learning and sharing with others my research in the most sincere way that I can. The teachings I propose revolves today around the chanting of mantras, postural and physical alignment, breathing techniques, guided meditations coupled with mythological story telling.

### THURSDAY

2.30pm - Welcoming practice : Hatha and Kriya Yoga

Working towards liberation of tensions and memories located in the body through a deep work aiming to release the maximum of stored information (Karma) from the body.

### FRIDAY

7.30am - The Archetypes: Hatha Yoga and Mantras, The incarnation of Divine Nature

A dynamic sequence of postures built to experience mythological archetypes in the yogic way to benefit from the symbolic attributes proposed in Yoga Asanas.

### SATURDAY

10.30am – In search of the Center: Hatha Yoga and Guided Meditation

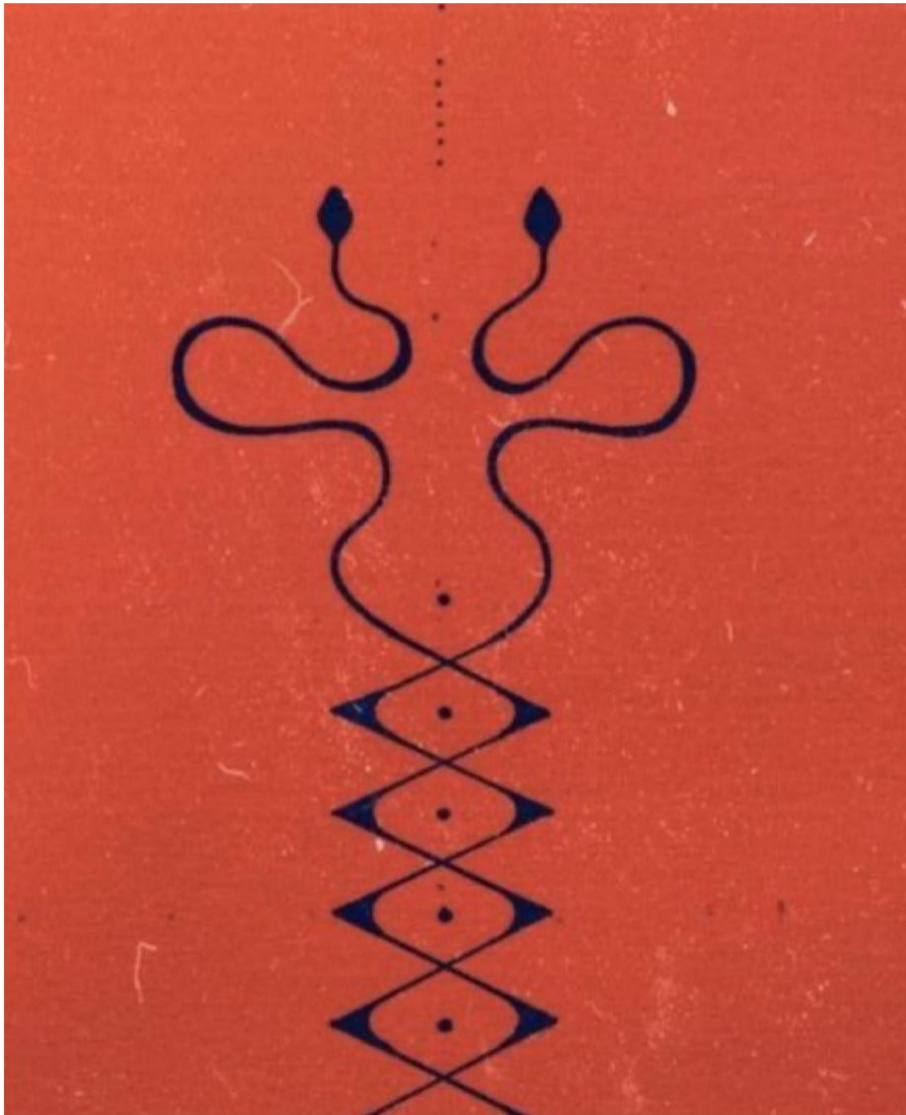
Where is, what is your center? Two hours of practice dedicated to the experience of Center and Balance before entering a meditative journey to the Self.

### FRIDAY

7.30am – Integration and Prana: Breathing exercises and Slow Hatha Yoga

A practice to store life force in the body's cells and integrate the experience of the  
A D V A N C E D retreat ready and recharged to progress to your next steps.

Om Shanti



#### ADVANCED Retreat

Simon, Chef

I am a sensory poet and artist of better nourishment, my contribution here is to generate the creative momentum by exploring the senses around unifying and unique experiences.

Culinary and musical practitioner, I work on the path of the influences of Ayurveda.

I also offer through Vedic Chirolgy

(HASTA SAMUDRIKA JYOTISA), a reading of the hand with a psycho-emotional approach.

And thus try through these tools rich in ancestral traditions to harmonize the body and mind.

Nutrition plays an important role in Ayurvedic living. Ayurveda places special emphasis on "Ahara"(diet) and "Anna"(food) as a means for good life, health and wellness. Healthy and wholesome food nourishing the mind, body and soul.

Ayurveda asserts that although the digestive capacities of each person being different, the quality and appropriate quantity are necessary for a healthy life.

Food taken in proper quantity provides strength, vigor, good complexion and nurtures of the tissues.

Ayurveda is a 6000-year-old health care system that asserts that science, philosophy and spirituality are necessary aspects for healthy living. Ayurveda is considered not only as comprehensive medical system but also a way of life.

The individual is inseparable from her or his surroundings and is a microcosm within the macrocosm.





ADVANCED Retreat

CASA AMATISTA, LANZAROTE

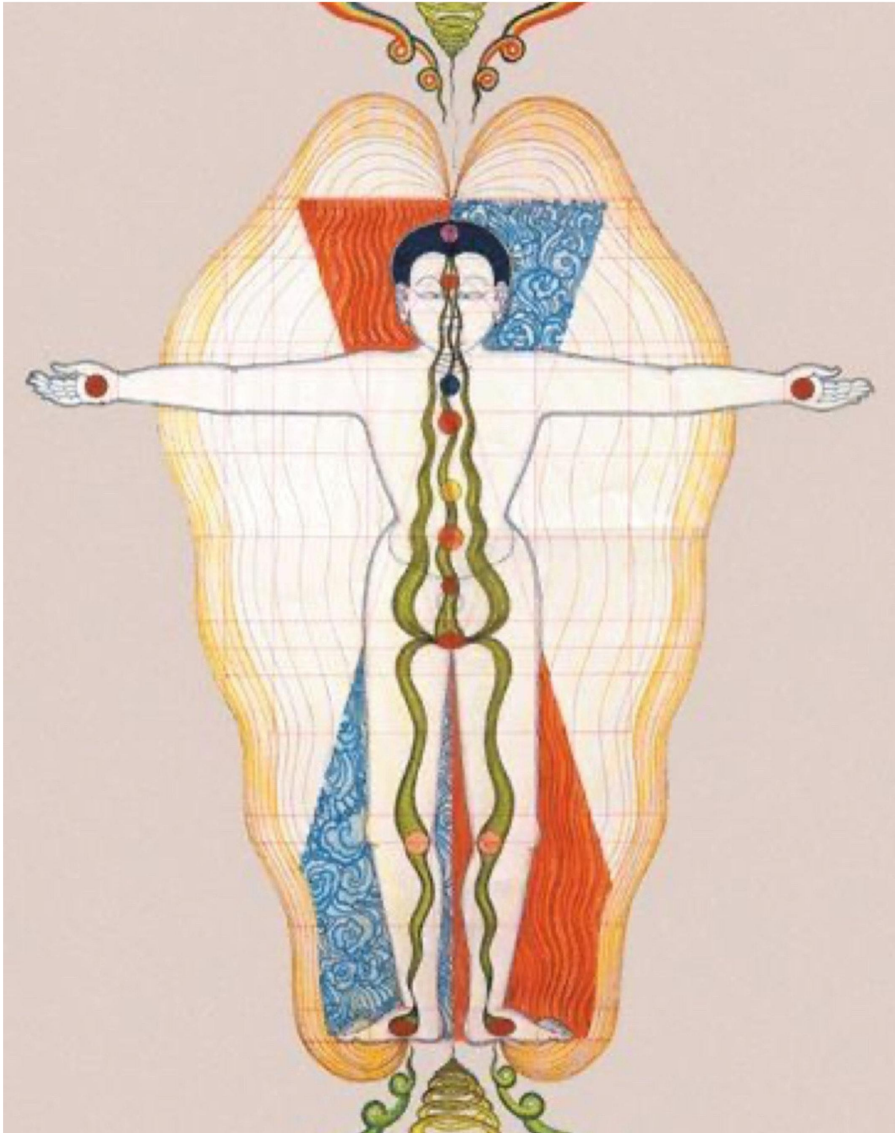
Nested in between the valleys of a peaceful state of divine harmony and meditation, Amatista is found amongst the vineyards and volcanoes amidst the heart of Lanzarote where it is easily accessible drivable from everywhere on the Island.

A sustainable eco stay, a tranquil venue of a deeply meditative oasis of light. This land is a place that promotes holistic relaxation, tranquility, rejuvenation and regeneration that holds space for your healing, growth, development and wholeness. Come discover a sacred land of magical possibilities with limitless energy, a truly blessed and sacred land. Villa Amatista has been blessed by Ascended Master Saint Germain and the Violet flame, making also this place a bliss to take any healing journey to the next level.

# PLANNING



Thursday	Friday	Saturday	Sunday
11 Opening ceremony	7 Collective Prayer	6 Collective Prayer	7 Collective Prayer
12 Lunch	7:30 - 9 Yoga	7 Breakfast	7:30 Yoga
1:30 - 3 Shamanic Ceremony	9 Breakfast	8 - 10 Shamanic Ceremony	9 Breakfast
3 - 4:30 Yoga	10:30 - 12 Shamanic Ceremony	10:30 - 12 Yoga	10 - 12 Group discussion
5:30 - 6:30 Water Ceremony	12 Brunch	12 Brunch	12 Brunch
7:30 Dinner	1:30 - 3 Shamanic Ceremony	1:30 - 3 Shamanic Ceremony	1:30 - 2 Closing Ceremony
A D V A N C E D	4 - 5 Ancient Wisdom 5:30 - 6:30 Water Ceremony 7:30 Dinner	4 - 5 Ancient Wisdom 5:30 - 6:30 Water Ceremony 7:30 Dinner	R E T R E A T



# Prices

For 3 days & 3 nights

RETREAT: €789

ACCOMODATION: €337,05 (single) or €240,75 (shared)

AYURVEDIC KITCHEN: €150