

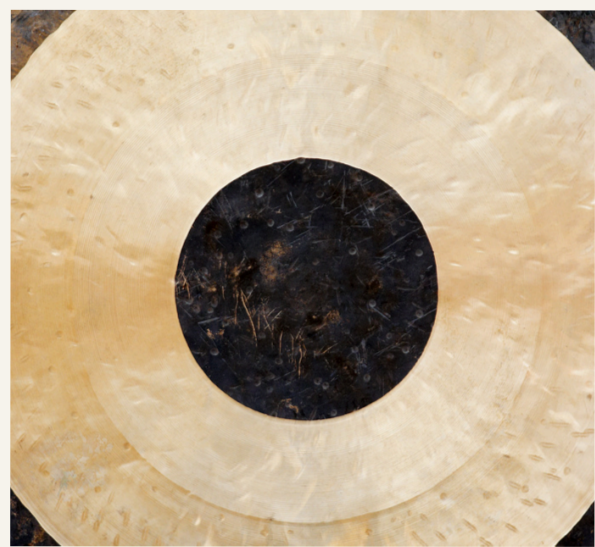


Sunidi Oliva Retreat Center

YOGA RETREAT

A JOURNEY OF TRUST AND FREEDOM

MAY 5-10, 2026





THE JOURNEY

**"IT'S ALL ABOUT FREEDOM.
FREE PEOPLE LIVE
EXTRAORDINARY LIVES."**





**THIS RETREAT IS AN INVITATION
TO SLOW DOWN, LISTEN,
AND RECONNECT WITH WHAT TRULY
MATTERS.**

**A FEW DAYS IMMERSED IN NATURE,
WHERE YOGA BECOMES A WAY
TO EXPLORE TRUST, FREEDOM, AND
INNER CLARITY.**



SCHEDULE



TUESDAY - ROOTING

4:30–6:30 PM

**Opening circle & grounding
practice**

7:00 PM Dinner

WEDNESDAY - LISTENING

8:30–10:30 AM Hatha Yoga Flow

10:30 AM Brunch

11:30 AM Free time

**4:30–6:30 PM Yin Yoga,
Pranayama & Journaling**

7:00 PM Dinner

THURSDAY - WELCOMING

8:30–10:30 AM Yoga practice

10:30 AM Brunch

11:30 AM Free time

4:30–6:30 PM Kundalini Yoga

7:00 PM Dinner

8:00 PM Cacao Ceremony

SCHEDULE



FRIDAY - FREEING

6:00–8:00 AM Sunrise beach practice, meditation & pranayama

Brunch

11:30 AM Free time

4:30–6:30 PM Yoga practice & closing ceremony

7:00 PM Dinner

8:00 PM Gong Bath

SATURDAY - TRUST

8:30–10:30 AM Hatha Yoga Flow

10:30 AM Brunch

11:30 AM Free time

4:30–6:30 PM Intuitive Painting

7:00 PM Dinner

8:00 PM Ecstatic Dance

SUNDAY - RETURNING

8:30–10:30 AM Integration practice & final meditation

10:30 AM Brunch

11:30 AM Departures

Thank you

Let yourself be guided.

Let yourself be supported.

Let yourself be.



Valentina