

WHAT IS A SILENT RETREAT?



The transforming power of silence

How long have you lived waiting to find or get that something that will give you more peace, balance, and self-acceptance? So many experiences accumulated and still the feeling that something is missing.

Stop searching, you have arrived. The place of nourishment and rest you have been looking for is within you. Welcome.

Meditation can serve as a self-awareness tool that organically unveils the layers that prevent us from seeing ourselves. It can guide us to the magic of Being, to experience ourselves from freedom.

How do you live from the soul?

WHAT YOU WILL RECEIVE IN 5 DAYS:

IN THIS THREE-DAY SILENT RETREAT, YOU WILL EXPERIENCE A TASTE OF A MAGICAL UNIVERSE THAT INTEGRATES THE WISDOM OF ANCIENT CONTEMPLATIVE TRADITIONS WITH THE DEMANDS OF CONTEMPORARY LIFE

- > YOU WILL BE GUIDED BY MEDITATION TECHNIQUES FROM BUDDHISM, HINDUISM, SUFISM AND TAOISM.
- > YOU WILL LISTEN TO DAILY TALKS ON SPIRITUAL TOPICS.
- > YOU WILL EXPERIENCE THE BENEFITS OF PRACTICING HATHA YOGA AND CONNECTING WITH SUBTLE ENERGIES LOCATED IN THE BODY (CHAKRAS)
- > YOU WILL BE GUIDED IN HAVING A BODILY APPROACH TO SPIRITUALITY, HOW DOES SILENCE, SPACIOUSNESS AND LOVE ACTUALLY FEEL IN THE BODY
- > YOU WILL CONNECT WITH CACAO MEDICINE AND IT'S SUBTLE HEALING THAT OPENS THE HEART AND ALLOWS WHATEVER NEEDS TO BE RELEASED, TO BE RELEASED.
- > YOU WILL EXPERIENCE THE TRANSFORMATION OF REMAINING IN SILENCE FOR THREE WHOLE DAYS, ALLOWING THE SOUL TO UNFOLD
- > YOU WILL EXPERIENCE HEALING IN ALL THE DIMENSIONS OF YOUR BEING: BODY, SOUL AND MIND
- > YOU WILL BE INSPIRED BY BEAUTY ON ALL LEVELS, FROM THE POETRY THAT NOURISHES YOUR SOUL, TO THE EXUBERANT BEAUTY OF THE RETREAT SITE AND THE SOUL-SATISFYING FOOD THAT WILL GUIDE YOU ON YOUR PATH TO YOURSELF.

There are many other beings who have felt like you, and not only have they found in meditation and silence the door to the most holy thing that we are, but they have shared it from the purest art, the art that comes from silence.

BE AS

LOCATION

Refugio Terraza de la Tierra, in San Jose del Pacifico, is a magical place in the mountains of Oaxaca (Mexico).

2.5 hours drive from Huatulco or Oaxaca City airports.
PLEASE PLAN YOUR ARRIVAL ACCORDING TO THE
RETREAT SCHEDULE.

Refugio Terraza de la Tierra is an isolated place in Oaxacan mountains, literally above the clouds, with a lodging project that is coherent and respectful with the environment.

This place creates optimal conditions for silence. The mountains are a safe space, in balance with nature, creating a supportive container to root you for the inner journey.

There will be a maximum of 12 participants

YOU ARE



**5 day
silent
retreat**

Program

**Thursday
Arrival at El Refugio**

3pm -5.30pm Cacao Ceremony,
Introduction to the Retreat Guidelines &
Meditation Postures

7.30 pm Dinner & Rest

**Friday , Saturday, Sunday
three full days in mauna (noble silence)**

7-9 am Meditation

9-10.30 am Hatha Yoga Practice

10.30-11.30 am Breakfast

11.30 - 12.30 pm Talk

1-4 pm Lunch & Rest

4-6 pm Meditation & Hatha Yoga Practice

6-8 pm Q&A, Talk & Meditation

8 pm Dinner & Rest

Monday

7-9 am Meditation

9-10 am Cacao Ceremony & Closing Circle

10-11 pm Shared Breakfast

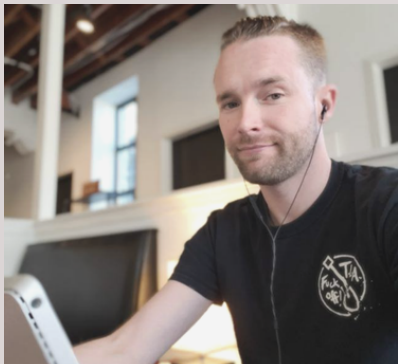
11-1 pm Forest Bath (optional)

(It is possible to stay at El Refugio all day)

learning to live from the soul

testimonials

How do you live from the soul?



Chase
Silent Retreat May 2023

I could not have asked for a better experience with my first silent retreat; Sara was a masterful facilitator and the experience was genuinely transformative. Sara's passion for silence ignited a curiosity in me that has led me to continue to explore it beyond the boundaries of the retreat. She blended insights from various wisdom traditions, which helped to create a space where all felt welcome and safe. Under her guidance, we embarked on a deep exploration of silence, and the retreat helped me to understand how silence can be the most articulate response to life's most profound questions. Once ourselves from freedom.



Evelyne
Silent Retreat November 2023

Sara's Silence-Yoga retreat in the mountain was such an experience. Amazing organic tasty food and being in the peaceful mountain was the perfect combination.

Sara conducted with care our intimate group for the silent retreat and I felt at the right place being with myself. She has just the right words and caring like an Angel, I truly mean, she is speaking with words of the heart. Arantxa assisted technically in order all went smooth. I would recommend the experience for an inner purifying and nourishing journey with yourself. Thank you for allowing and reminding that everything comes from LOVE.



Caren
Silent Retreat May 2023

First time this summer that I did a silent retreat and Sara was the facilitator. I could not have asked for a better guide. Sara was patient, very giving, had an incredible calm presence and supported our group through silent meditation and yoga. For me, this was the first time I ever experienced being quiet, and I really learned to meditate. One of the breathing techniques I learned to use, I still practice to help me calm down or focus. I am grateful for the opportunity to try something new and to have been super supported and not judged to do things at my pace. I was afraid I would not be able to sit still for more than a few minutes and at first it challenged me, but I got better with time.

I recommend teacher Sara if you want to have someone guide you and accompany you in this amazing journey of growth and love and acceptance

Pricings

14.990 PESOS

PRIVATE CABIN
FOR ONE PERSON

10.990 PESOS

SHARED CABIN
2 PEOPLE



Pricings listed INCLUDE:

> RETREAT GUIDE :

- > 4 DAILY MEDITATION SESSIONS
- > 1 DAILY HATHA YOGA PRACTICE
- > 2 DAILY SPIRITUAL TALKS THAT SERVE AS A PORTAL FOR YOUR PROCESS
- > 1 DAILY Q&A section where all doubts about the process can be answered by me (questions written by participants on paper)

> ENERGETIC AND EMOTIONAL SUPPORT DURING ALL THE PROCESS

> CACAO CEREMONY with ARQUETIPAL WORK on arrival day

> 4 NIGHTS ACCOMMODATION

**> THREE DAILY MEALS
(+ DINNER ON ARRIVAL DAY AND
BREAKFAST ON LAST DAY)**

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About The Subtle Embrace

The beauty of finding and recognizing oneself at the the essential level, the miracle of living without layers.



Joan Pons said that the artist's work is to find a balance between the inner and outer worlds.

The Subtle Embrace is born from this longing to live from inner coherence and from the need to experience life with an open heart.

After ten years as a professional photographer documenting beauty around the world, a health crisis forced Sara to stop completely in 2019. Faced with chronic pain and fatigue, dealing with deep-rooted self-destructive and depressive tendencies, she began the journey of rediscovering herself out of silence.

Meditation and holistic practices, combined with physical training and nutrition, opened up the most beautiful universe that could have ever been imagined, along with the awakening of the purest creative capacity.

For the past four years, there has been a deep immersion in silence with countless hours of retreat, including a 49-day retreat camping among cocoa trees.

Having grown up in a suburban environment, Sara understands the challenges of living in society, especially in this world of mass consumption and mass media.

The Subtle Embrace is an organic platform that redefines the concept of spirituality. Sara shares personal and transpersonal tools at the service of the Soul's potential.

Sara is a Hatha Yoga and Meditation Teacher, formed in Hridaya (600 hr) and certified by RYS and YACEP, an ayurvedic nutritionist, and a practitioner of the organic yoga technique initiated by Tere Puig. She also has a solid professional career in the art field, both in visual creation and management.

Spirituality does not imply isolation or escapism. Retreats are an opportunity to create a foundation that will nourish our daily lives in whatever environment we find ourselves.