

YOGA RETREAT AND ANCESTRAL CULTURES OF PATAGONIA

Casa Hotel Haín - Punta Arenas

February 2020

INTRODUCTION

More than two thousand kilometers away from Santiago, is located the southernmost city in Chilean Patagonia: Punta Arenas.

Founded in 1848, the capital of the Region of Magellan and Chilean Antarctica is today catalogued as one of the most beautiful cities in the country thanks to its outstanding architecture and privileged location on the northern shore of the Strait of Magellan.

We will be surprised with the history of the city and even more with the history of the first inhabitants of Patagonia: aónikenk, kawésqar, selk'nam and yámanas. All this while we stay in the cozy and magical Haín Hotel, inspired by the famous ritual of initiation of young Selk'nam people into adult life.

We will do four yoga practices in the Hatha Yoga and Vinyasa Yoga styles, guided by the certified instructor Paola Dalmazzo.

We will participate in a basketwork workshop in junquillo dictated by a kawésqar craftswoman, where we will learn the warp techniques of this culture and the sacred and ritual sense around this craft.

We will visit the Pali Aike National Park, famous for its archaeological evidence of human populations more than 11 thousand years old and for its more than five thousand hectares of forests, volcanoes, caves and pampas inhabited by guanacos, armadillos and ñandúes.

During our free time, we will be able to carry out optional activities such as Ayurvedic therapies in the Ayurveda Center and Yoga Chardi Kala, excursions to the Magellan National Reserve, trekking to Mount Tarn, kayaking through the Strait of Magellan, trips to Bulnes Fort or visits to

Magdalena Island to see its penguins (optional activities are not included in the price of the program and must be coordinated directly with the organizers).

HIGHLIGHTS

- Four yoga sessions in the Hatha Yoga and Vinyasa Yoga styles, led by a certified instructor.
- Three daily meals prepared with fresh products from the area (breakfast, lunch and dinner).
- Full day excursion to Pali Aike National Park.
- Basketwork workshop in junquillo made by a kawésqar craftswoman.
- Use of the facilities of Casa Hotel Haín.
- Optional Ayurvedic therapies (not included in the price of the program).
- Optional excursions such as trekking to Mount Tarn, kayaking in the Strait of Magellan, visit to the National Reserve of Magellan, trip to Bulnes Fort or Magdalena Island to see its penguins (optional activities not included in the price of the program).

DATES

February 13th to 16th, 2020

ACCOMMODATION

Casa Hotel Haín is in the port district of Punta Arenas, on the corner of José Nogueira and Paraguaya Streets. A privileged location with a beautiful view of the sea, in front of the old cemetery of Punta Arenas and the Hindu Temple, unique in Latin America.

Formerly, Casa Hotel Haín used to be a typical Magellan heritage house, a mixture of port still life and pioneering architecture, a faithful testimony of an era in which constructions responded only to the climate and the availability of materials.

After the death of its former owner and the abandonment of the property, arises the idea of unearthing this history and rescue the concept of a warm shelter from the "end of the world" and even to go back in time to the origins of wild Patagonia. It is for this reason that the hotel is baptized as "Haín", which in Selk'nam language means "Space and ceremony of initiation of young people into adult life".

Built in wood, Casa Hotel Haín was recovered by recycling and moving away from modernity to offer a warm and cozy atmosphere typical of these latitudes.

All the rooms have central heating and incorporate noble materials such as the centenary lenga wood that covers the floors. In addition, each room bears the name of a Hain spirit and has an explanation of what it represents.

The common spaces have windows from floor to ceiling, giving warmth and luminosity to the facilities. The living room has several documentaries about Selk'nam culture, a living room with maps, Wi-Fi to plan the travel route,

unique objects belonging to the Patagonian cultures and a library with books on history, anthropology and science.

SKILL LEVEL

- Beginner
- Intermediate
- Advanced

YOGA STYLES

Hatha Yoga

Vinyasa Yoga

ORGANIZERS

Paola Dalmazzo Henríquez - Akal Prem Kaur

Kundalini Yoga instructor certified by Kundalini Research Institute (USA), Hatha and Vinyasa Yoga instructor and Ayurveda Health Professional (A.H.P).

Paola began her training in Kundalini Yoga in 2009 with Maestro S.S. Jap Singh Khalsa, a direct disciple of Yogi Bhajan. In 2010, she opened the first Kundalini Yoga Center in Punta Arenas, being the first instructor of this discipline in the Region of Magallanes.

On the other hand, she has studied nutrition and cooking in a self-taught way, subjects that led her to discover Ayurveda. In 2015, she began her studies around the discipline and in 2018 she graduated as an Ayurveda Health Professional (A.H.P) from the California College of Ayurveda.

Carolina Quintul

Kawésqar craftswoman and one of the last descendants of this ethnic group in Punta Arenas. She inherited this trade from her ancestors and today her specialty is basketwork in junquillo to make hoops, baskets, pendants, earrings and bracelets, among others.

It also offers basketry workshops to teach the warp technique of the kawésqar and to transmit the sacred sense around this trade. From the harvesting of the junquillo by the Patagonian peat to the treatment of the fiber before weaving, everything is a sacred and ritual process.

ITINERARY

DAY 1 Thursday 13 February

2 PM: From this time on, passengers will be able to check in at Casa Hotel Haín.

7 PM: Hatha yoga session, guided by a certified instructor.

8.30 PM: Delicious dinner at Casa Hotel Haín, prepared with local and fresh products. Vegetarian and vegan options available (request in advance).

Rest

DAY 2 Friday, 14 February

8 AM: Breakfast at Casa Hotel Haín.

9 AM: Departure to Pali Aike National Park, located 196 kilometers' northeast of Punta Arenas.

11.30 AM: Arrival at the park where we will visit the Pali Aike Cave, one of the most recognized landmarks of the place for housing archaeological evidence of human populations with more than 11 thousand years old. Pali Aike National Park was created in 1970 and covers 5,030 hectares of forests, volcanoes, caves and pampas inhabited by guanacos, armadillos and ñandúes.

1.30 PM: Lunch box in the place with beautiful views of the lunar and volcanic landscapes offered by the park.

2 PM: Continue the Pali Aike tour.

5 PM: Stop in Primera Angostura village to enjoy a traditional Magellan snack (optional and not included in the price of the program).

6 PM: Return to Punta Arenas.

8.30 PM: Arrival to Casa Hotel Haín.

9 PM: Delicious dinner at Casa Hotel Haín, prepared with local and fresh products. Vegetarian and vegan options available (request in advance).

Rest

DAY 3 Saturday, 15 February

8 AM: Session of Vinyasa Yoga, guided by a certified instructor.

9.30 AM: Breakfast at Casa Hotel Haín.

10 AM: Free time for optional activities or Ayurvedic therapies at the Chardi Kala Ayurveda and Yoga Center.

1.30 PM: Delicious lunch at Casa Hotel Haín, prepared with local and fresh produce. Vegetarian and vegan options available (request in advance).

3 PM - 7 PM: Kawésqar Basketwork Workshop at Casa Hotel Haín, guided by Carolina Quintul. During the workshop, participants will learn the kawésqar warp technique for making small pieces such as rings, pendants and bracelets.

7.30 PM: Hatha yoga session, guided by a certified instructor.

9 PM: Delicious dinner at Casa Hotel Haín, prepared with local and fresh products. Vegetarian and vegan options available (request in advance).

Rest

DAY 4 Sunday, February 16

8 AM: Session of Vinyasa Yoga, guided by a certified instructor.

9.30 AM: Breakfast at Casa Hotel Haín.

11 AM: Check out at Casa Hotel Haín.

***END OF SERVICES.**

LANGUAGES

Spanish and English

PRICES

650 USD P/P in shared rooms for two or three people.

WHAT'S INCLUDED

4 yoga sessions guided by a certified instructor.

3 nights accommodation in shared rooms at Casa Hotel Haín.

Full day excursion to Pali Aike National Park.

Entrances to Pali Aike National Park

Basketwork workshop in junquillo led by a kawésqar craftswoman.

All meals mentioned in the program.

Use of Casa Hotel Haín facilities.

WHAT'S NOT INCLUDED

Transportation to Punta Arenas

Transfers to Casa Hotel Haín

Snack in Primera Angostura

Drinks or alcoholic beverages

Optional excursions

Ayurvedic Therapies

Meals not mentioned in the program

Health insurance

Items not stipulated in the program

HOW TO GET THERE

The retreat will take place in the city of Punta Arenas, capital of the XII Region of Magellan and Chilean Antarctica. The distance from Santiago is 2191 kilometers, so the best way to get there is by airplane.

The flight takes about three and a half hours to Presidente Carlos Ibáñez del Campo International Airport (PUQ), located 20 kilometers north of the city. At the same airport, you can request a shuttle service to Casa Hotel Haín, located at 1600 José Nogueira Street. The average fare is \$5,000 CLP per person in transfer and \$11,000 CLP in taxi.

BASIC EQUIPMENT

- Yoga mat
- Comfortable clothes for the yoga classes
- Sunscreen
- Bottle of water (you can refill it at the hotel).
- Sunglasses
- Hat for the cold
- Scarf for the cold
- Gloves for the cold
- Mosquito repellent
- Warm clothes
- Comfortable shoes for the excursions
- Small backpack for the excursions
- Windbreaker jacket

- Waterproof clothes
- Personal medicines