

# **SANTIAGO, CHILE: YOGA URBAN RETREAT**

*Yoga and city amenities.*

## **INTRODUCTION**

Enjoy Santiago while you practice yoga everyday in a cozy and comfortable boutique hotel: Casa Madero. Located in the italian neighborhood, a very entertaining place and just a few minutes walking from the center of Santiago.

## **HIGHLIGHTS**

- 1 daily Yoga session.
- 2 nights accommodation in Casa Madero Hotel Boutique
- It will be possible to book a therapeutic massage experience with native products from southern Chile.

## **SKILL LEVEL**

- Beginner
- Intermediate
- Advanced

## **POSSIBLE YOGA STYLES**

- Hatha Yoga
- Nidra Yoga
- Vinyasa Yoga
- Jyotim Yoga
- Ashtanga Yoga
- Iyengar Yoga

*\*To be chosen by the participants.*

## GENERAL INFORMATION

An unforgettable retreat in the heart of Santiago and at the same time very close to the Andean foothill's landscapes.

We will start each day with a vitalizing practice of yoga (style chosen by the participants), in the hotel's terrace.

In addition, it will be possible to arrange a therapeutic massage experience with native products from southern Chile. An invitation to live a massage experience that seeks to relieve tensions of sport, long walks and long plane trips with focus on legs, feet, back and neck. Integration of products in the oil such as murta and maqui, fruits of southern Chile rich in antioxidants and detox effect. Duration of one hour and a half (not included in the price of the program).

## ITINERARY

### DAY 1

During the day, participants will be picked up by private transportation to be taken to Casa Madero Boutique Hotel. Check in.

Free time to relax.

**5.30 PM** Yoga session at the hotel's terrace (style to be chosen by the participants).

Free time to enjoy the Italian neighborhood or other areas of Santiago city. It will be possible to arrange a therapeutic massage experience in the hotel (not included in the price).

## **DAY 2**

**8:00 AM** Yoga session at the hotel's terrace (style to be chosen by the participants).

**9:30 AM** Breakfast with delicious and fresh seasonal products.

Free time to enjoy the Italian neighborhood or other areas of Santiago city. It will be possible to arrange a therapeutic massage experience in the hotel (not included in the price).

## **DAY 3**

**8:30 AM** Yoga session at the hotel's terrace (style to be chosen by the participants).

**10:00 AM** Delicious breakfast with fresh seasonal products.

**12:00 PM** Check out. Private transportation to chosen destination within Santiago or airport.

**\*\* END OF SERVICES \*\***

## **LOCATION INFORMATION**

A small and charming Boutique Hotel in Providencia rebuilt mainly with wood, just a few minutes walking from Barrio Italia. Located in one of the best areas of Santiago, a quiet neighborhood with the Andes mountains as a background, full of trees and close to the city, parks, shops and restaurants.

It offers an intimate and warm atmosphere with excellent service. The rooms have comfortable beds to relax. You can also enjoy flat screen TV with cable, air conditioning and a large bathroom with shower. The reception is open 24 hours a day for your convenience.

## **ORGANIZERS**

### **Javiera Marín Floegel**

Chilean Certified Instructor of Jyotim Yoga, with more than 10 years of experience teaching Jyotim, Vinyasa and Hatha Yoga.

She has trained with important professors such as Karen O'Bannon, Renato Turla, Sharat Arora, José María Vigar, Ramiro Calle, Emma Marín and Valeria Schneider (India, Spain and Chile).

In addition to yoga, Javiera has another great passion: nature and outdoor sports. She has vast experience as a trekking and mountain guide doing voyages through different scenarios of the Chilean Andes.

She lives half of the year in Chile where she participates in yoga, food & nature retreats as organizer, yoga Instructor and trekking guide. She dedicates the rest of the year to organizing and teaching yoga classes for retreats in Europe and other countries in Latin America.

### **Gemma Xicota**

Certified instructor of integral yoga, ashtanga progressive yoga, kundalini yoga and anusara yoga. With more than five years of experience teaching in various centres and spaces in Chile, Peru and Spain.

Formed by prominent professors such as Swamini Lakshmi Devi, Ricardo Ferrer, Sat Hari and Gaby Zermeño.

### **Marcia Alarcón**

Therapist with ten years of experience working in hotels and sports clinics. Diploma in alternative medicine and complementary therapies at the University of Viña del Mar, MTCH Student.

## **LANGUAGES**

English – Español

## **WHAT´S INCLUDED**

- Accommodation with breakfast in Casa Madero Boutique Hotel
- 3 Yoga sessions (includes yoga mat)
- Private transportation

## **WHAT´S NOT INCLUDED**

- Health Insurance (it is mandatory you to purchase appropriate insurance for this trip).
- Airfares
- Items not stipulated in the program

## **HOW TO GET THERE**

Passengers will be picked up by private transportation to be taken to Casa Madero Boutique Hotel.

Santiago is the capital of Chile, therefore offers multiple travel options. The main way to get there is by plane, to Arturo Merino Benitez International Airport.

## **OTHERS**

### **Type of food**

Breakfasts based on fresh local products.

### **Optional excursions**

- Full day trekking to El Pintor Summit
- Full day hike to El Arrayán Natural Reserve.
- Horse ride with outdoor yoga in Cajón del Maipo
- Full day trekking to El Morado Glacier in Cajón del Maipo, including natural hot springs.
- Full day trekking with outdoor yoga to La Campana National Park – V Region
- Full day trip to Valparaíso and Viña del Mar including wine tasting tour to organic vineyard in Casablanca Valley.
- Astronomical tour to an exclusive and private observatory in the Andes foothills.

### **Basic equipment required**

- Comfortable clothes for the yoga sessions.

### **CONDITIONS OF RESERVATION AND CANCELLATION**

- a. 50% of the total value of the retreat must be paid to confirm the reservation. The balance must be paid up to 15 days before the beginning of the retreat.
- b. Cancellations up to 40 days before the beginning of the retreat, will have a fine of 25% of the total value of the retreat.
- c. Cancellations between 39 and 15 days before the beginning of the program, will have a fine of 50% of the total value of the retreat.
- d. Cancellations from 14 days before, will have a fine of 100% of the total value of the retreat.