

# The Harmony Retreat



Location **Scotland, Angus**  
<https://www.freeadsz.co.uk/x-515653-z>

The Harmony Retreat is offering a rejuvenating weekend retreat on the 29 June - 03 July 2017 at Dominio Mare Resort and SPA in Bergeggi in the amazing Italian riviera. The perfect sanctuary to focus on your health, body, mind and spirit. You will be able to harmonize and re-energize yourself during this unique retreat as you embark on a journey of inner exploration and self-healing. £580 per person – includes 4-nights accomodation (Appartment shared by 4 people). Full-board meal - breakfasts, lunches and dinners with a well-rounded Holistic activities. A full weekend of yoga nidra, silent meditation, visualization. sound meditation - Native American Drumming, ayurveda and nutrition, nature walks. Swimming Pool (outside). - 10% discount for the entrance of the SPA: large hot pool with cervical waterfalls, pool with Dead Sea salt, chroma therapy showers, access to the Techno-gym fitness room overlooking the sea, access to the panoramic relaxation area with herbal teas. All these for £27 or 31,5 Euros for 3 hours. Free Parking. All these delightful practices to assist you to refresh and relax. Retreat Schedule. 7 am to 8 am - Meditation and Yoga. 8 am to 8.45 am - Cleansing Organic Breakfast. 9 am to 1 pm - Nature and Native American Drumming. 1 pm - 1.45 pm Cleansing Organic Lunch. 2 pm - 4 pm Free Time to Relax. 4 pm - 6 pm Ayurveda. 6 pm - 7 pm Restorative Yoga and Yoga Nidra. 7 pm - 7.45 pm Cleansing Organic Dinner. 8 pm - 9 pm Sound Meditation. During the retreat you will have free periods each day to relax, reflect and rejuvenate. Daily yoga, meditation and sound meditation. Experience silence the language of the soul. Daily chakra restoring with healing visualization. Experience the power of sounds through the healing vibrations from the Native American Drumming. Experience balance of Yoga Nidra. Gain an insight of the benefits of Ayurveda and Nutrition. Enjoy delicious home-cooked vegetarian food and nutritional juices aiding to your detox. Coastal walking along the most stunning part

of the Italian Riviera coast. Re-connect with nature to ground yourself and materialized your desires. Enjoy the beautiful nature, sea and sun near the swimming pool. This lovely view. For more information and booking visit our website: <http://www.harmonyretreat.com> or call us on 07507 23072 (text to reply will be free).



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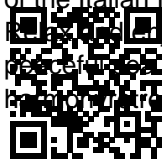
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