

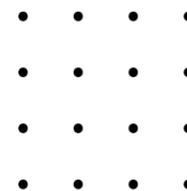
# (RE)CONNECT

MUSIC MAKING, YOGA AND  
BREATHWORK RETREAT



**4TH - 10TH SEPTEMBER**  
PORTUGAL, ALGARVE,  
**CASA VALE DA LAMA**

**CONTACT DETAILS:**  
[WWW.YOUNISON.NET](http://WWW.YOUNISON.NET)



# MUSIC MAKING, YOGA AND BREATHWORK RETREAT

Step into your creativity and (Re)connect to yourself and the world around you.



**Join us for a six-day Retreat in Portugal full of Music Making, Yoga and Breathwork!**

(Re)connect gives you the space and time to deepen the connection with yourself and the world around you in a conscious and playful way. We will focus on creating new music together, and use yoga and breathwork as a vehicle for tapping into our creativity.

For this retreat you don't need to be a rockstar, a guru, or an athlete. We don't need you to put your legs behind your neck, or show off on an instrument. What you need is a heartbeat, a moving body, an open mind and ready to share some smiles.

This retreat is aiming to bring together people with different ages and backgrounds, so we can celebrate differences through music making.

## Music Making

**Composing music may sound scary and complicated.** We want to show you the opposite: music is everywhere, music is playful, and through playfulness the music evolves.

We believe we can find inspiration everywhere, and so we will guide you through a creative collaborative group process in which you will create music from different starting points.



We believe everyone has something unique and valuable to bring. We create the space for you to explore authenticity, to collaborate, and to welcome any idea that is present.

You might discover some new qualities and talents within yourself! In the creative processes we invite you to delay your judgments, step into the unknown, and be surprised by what comes out.

We guarantee a unique musical outcome that is meaningful, and to which everyone feels connected.



## Yoga

**Come onto your mat and find out who you are: physically, mentally and energetically.**

Yoga is much more than the Asanas on your mat. Yoga is a journey to yourself.

We create that space for your own exploration about your body, mind and beyond. Through the daily Yoga practice you will experience deep relaxation, the (re)connection to your body, yourself and that space of all possibilities within you. Whether you are a beginner or advanced Yogi, this course is designed for all levels, including Asanas, Meditation and Breathwork.

## Breathwork

**Through breathwork we aim to cultivate a strong connection to yourself and others, and easier access to our creativity.**

We are using different breathing techniques and approaches as a tool to increase self-awareness, group awareness and to move ourselves through different states.

We will do breathwork sessions guided by live music, as well as integrate the breathwork into the yoga practice.



**“Let’s explore the world through sound and movement together!”**

# LOCATION



## Eco-Resort Casa Vale da Lama

Wherever we are in the world, we find it important to connect to the context in which we work. We consciously chose to collaborate with Eco-Resort Casa Vale da Lama because we aim to contribute and connect to Portuguese society and nature.

We don't want to disconnect ourselves, but to be aware and mindful of the land and its people, and to build an open connection to everyone who's around.

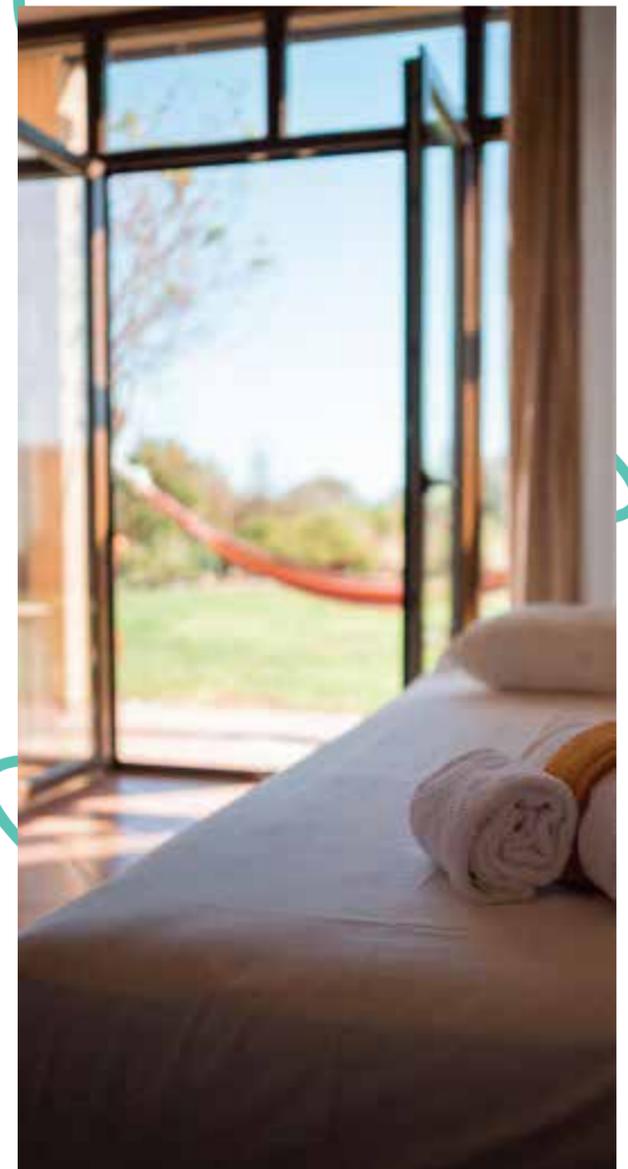
Casa Vale da Lama is located in the municipality of Lagos. They are passionate about nature, sustainability, regeneration of the land and soil and about sharing their knowledge with everyone. Therefore the Casa combines comfort and leisure with sustainability and consciousness, making it a unique experience when you stay here. You will be surrounded by nature with the possibility to hang out in the gardens or even jump into the pool.

## Rooms

With tall large windows facing nature and the sea, the rooms have more than enough space for relaxation. You will stay in a 4-bed shared room with two floors, including a bathroom and direct access to the lawn and a little patio with a hammock.

## Meals - from the farm to the table

The kitchen is vegetarian and vegan, inspired by the Mediterranean diet and prepared with their own organic produce as well as local, seasonal and organic ingredients. They believe nutrition is the pathway to wellbeing, and the meals are planned to provide you a healthy and balanced diet.



# BENEFITS

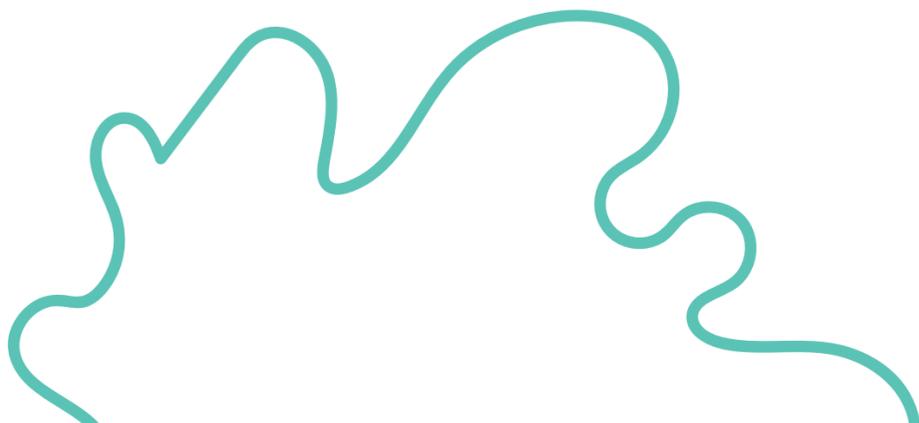
From your yoga mat into a relaxed and receptive body.  
From your body into conscious breathing.  
From your breath into a calm and open mind.  
From your open mind into playfulness.  
From your playfulness into creating music.

## What you may experience?

- discover new sides and qualities of yourself creatively
- (re)connection to yourself, your body and others
- being inspired by others and by nature
- giving expression to your own authentic ideas and voice
- FUN
- feeling relaxed and recharged
- increased awareness and connection to local environment

## What to expect?

- six days in a beautiful, green environment
- playing and creating music every day. We finish the retreat with a performance and/or recording of the music we created all together.
- daily yoga and breathwork practice
- time and space to recharge and enjoy nature
- delicious healthy Portuguese food (locally grown, organic and vegetarian)
- three experienced facilitators



# TRAINERS

Maite, Hashem and Lisa are first of all good friends, who connect on a deep level. They share the love for music and people. By travelling together, and in previous collaborations they discovered many shared values from which this retreat evolved. They are spiritual people with both feet on the ground, always looking for ways to contribute to society. They aim to integrate fun and playfulness in delivering work with meaning.

## Maite van der Marel

An energetic, curious and warm-hearted person, who loves to collect and connect people and creative ideas. As a musician, artistic director and trainer Maite uses the philosophy of 'creative collaborative music making' as an approach for engagement with the arts, people and society. Over the last ten years she has worked in many different countries - besides her home country the Netherlands - and in different contexts, using music as a tool to break barriers between people, to explore different perspectives and amplify authenticity. Through running, the breath became one of her new ascinations. After following advanced breathwork training sessions, she recently started to integrate breathwork into her projects.



([www.collectingbeats.com](http://www.collectingbeats.com))

## Hashem Kabreet

Hashem Kabreet is an open, positive and energetic percussionist, music workshop leader, trainer, theatre practitioner and father of a one year old son. His roots are placed deep in the Syrian coast and with newly made roots in the Netherlands, the branches of his tree reach everywhere in the world. Hashem feels at home connecting and making music with groups of different ages and backgrounds for the magical fun of it and also as a powerful tool for connection, self expression, personal and social change. He believes that everyone is creative by nature, and everyone can play music.



([linkedin.com/in/hashem-kabreet](https://www.linkedin.com/in/hashem-kabreet))

## Lisa Ruether

Yogateacher with all her heart. In Germany and the Algarve at home. Traveller. Explorer. Passionate about all kinds of movement, yoga and music. Optimistic soul. Always with an idealistic view on the world, aiming for connection, unity and social justice. Lisa teaches traditional Hatha Yoga, combining Asanas (the poses), breathwork and meditation. For her, Yoga and music always belonged together. Both are about self-experience, movement and creating unity. To foster these qualities, she involves sound and music into her yoga sessions. Lisa is also specialised in Antastha Yoga, a blindfolded Yoga practice which is about connecting to the body from within.



([www.younison.net](http://www.younison.net))

# RETREAT INFORMATION

## Dates

4-10 September 2022

Check in on Sunday 4th of September from 15:00 - 17:30 pm

Check out on Saturday 10th of September at noon, 12:00 pm

It is possible to extend your stay, or arrive earlier if you like. Please contact Casa Vale da Lama directly to arrange your extended stay. Contact details: [ecoresort@valedalama.net](mailto:ecoresort@valedalama.net), Tel: [+351 913 485 568](tel:+351913485568)

## Retreat Costs

Early bird: 900 EUR (until May 19th 2022)

Regular price: 990 EUR (until August 19th 2022)

These costs consist of: rent for workshop hall, instruments, yoga equipment, facilitators fees.

Available spots: 15

On top of this we reserved 5 spots exclusively for people with a small budget who are located in Portugal. With your payment you contribute to a fair pricing system.

## Accommodation Costs

Shared 4-bed room: 50 EUR per night per person.

Total price 300 EUR for 6 nights.

## Food Costs

3 vegetarian and organic meals a day (breakfast, lunch, dinner). On the arrival day dinner is included, on the closing day breakfast is included. Filtered water and herbal tea is always available. Total price 188 EUR.

## What to bring?

Yoga equipment is available, but you might like to bring your own mat.

We will bring instruments to use, but if you have your own instrument, please bring it!

## How to register?

Please register by sending an email to [younison@posteo.de](mailto:younison@posteo.de). You will receive a confirmation email from us, with further details about payment and practicalities.

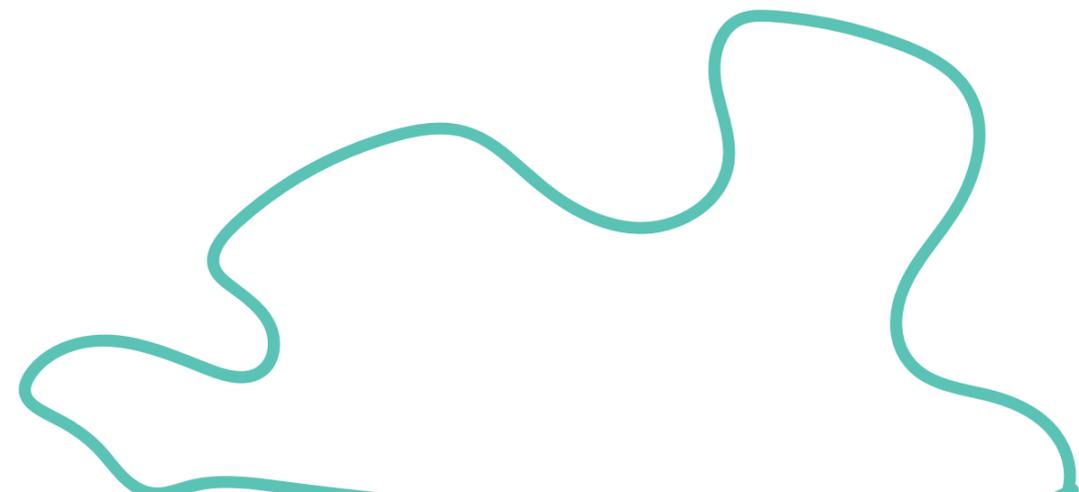
## Registration policy

A reservation requires a deposit of 50% of the price for the retreat. You will receive an invoice for this.

The deposit is non-refundable, if the booking is cancelled by the customer. The rest of the payment for the retreat has to be paid before 19th of August 2022. You will receive a separate invoice for this. The payment for the food (188 EUR) and accommodation (300 EUR) can be paid directly to Casa Vale da Lama when you are there.

## Questions?

If you have any other questions in regards to the program, please reach out to us via [www.younison.net](http://www.younison.net) or via e-mail: [younison@posteo.de](mailto:younison@posteo.de)



"Through Yoga, Breathwork and Music Making you step into your own creative space and discover who you are: On the yoga mat, while breathing or while playing an instrument".

## EXAMPLE OF THE DAILY SCHEDULE

08.30 - 09.30	Session I: Breathwork / yoga
09.30 - 10.30	Breakfast
10.30 - 13.30	Session II: Music making
13.30 - 15.00	Lunch
15.00 - 17.00	Session III: Music making
17.00 - 17.30	Break
17.30 - 18.30	Reflection / yoga / breathwork to transfer into evening
18.30 - 19.30	Free space
19.30	Dinner

Please notice this is just an example of the schedule. The program may change due to the flow of the sessions. It's important to have everyone's commitment to participate in all sessions. We will also adapt to the needs of the group.

