

YOGA™

MAGAZINE

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& BEAUTIFUL LIFE**

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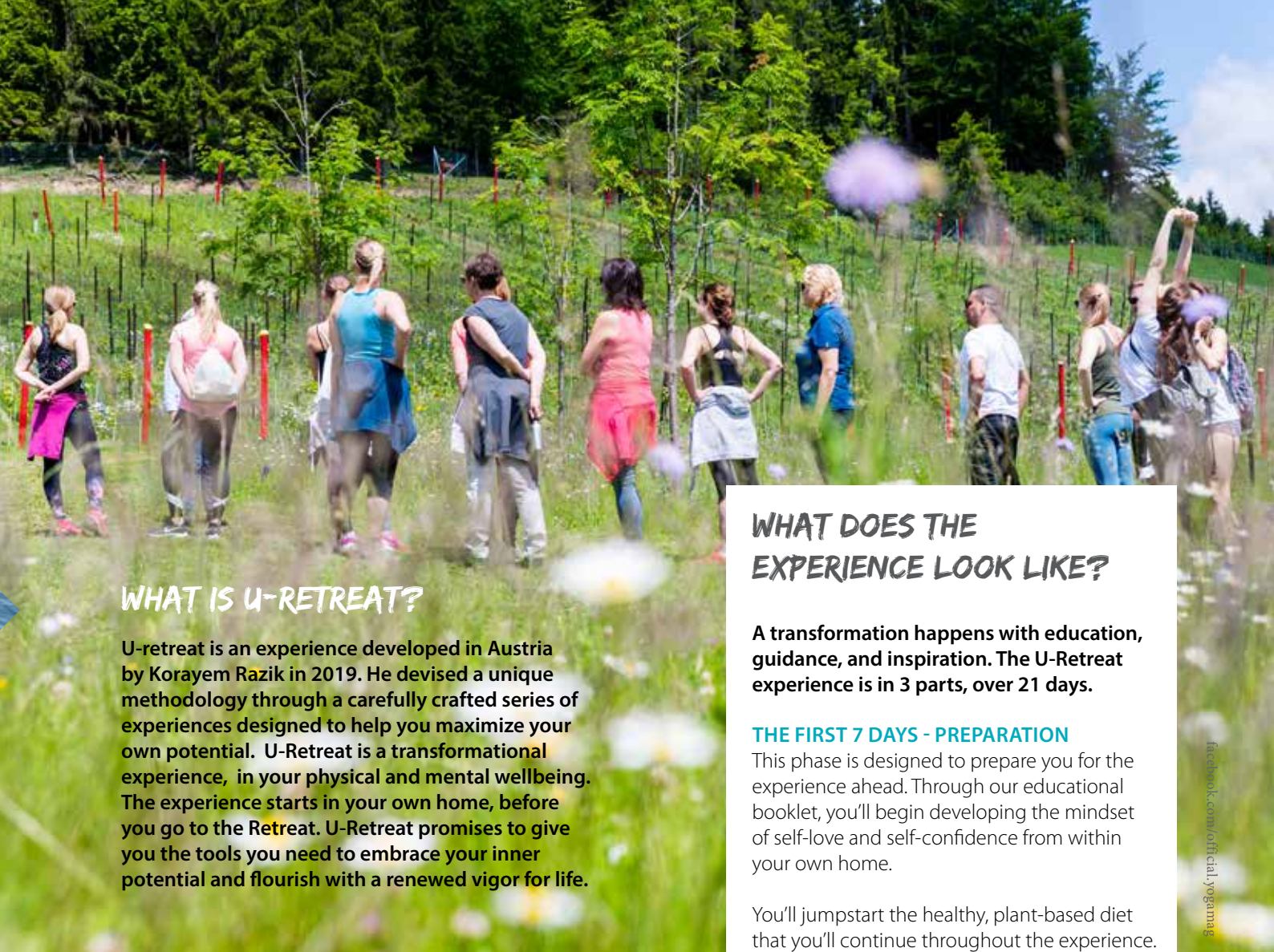
U-RETREAT

A TRANSFORMATIONAL EXPERIENCE DESIGNED FOR YOU

**A healthy body.
A nurtured spirit.
A shared community.
An inspired life.**

What would happen if you could access a higher frequency? One that opened the doors of your mind to effortless creativity - and profound relaxation?

**You could change your life.
What would happen if everyone else did the same?
We could change the world.**



WHAT IS U-RETREAT?

U-retreat is an experience developed in Austria by Korayem Razik in 2019. He devised a unique methodology through a carefully crafted series of experiences designed to help you maximize your own potential. U-Retreat is a transformational experience, in your physical and mental wellbeing. The experience starts in your own home, before you go to the Retreat. U-Retreat promises to give you the tools you need to embrace your inner potential and flourish with a renewed vigor for life.

WHAT DOES THE EXPERIENCE LOOK LIKE?

A transformation happens with education, guidance, and inspiration. The U-Retreat experience is in 3 parts, over 21 days.

THE FIRST 7 DAYS - PREPARATION

This phase is designed to prepare you for the experience ahead. Through our educational booklet, you'll begin developing the mindset of self-love and self-confidence from within your own home.

You'll jumpstart the healthy, plant-based diet that you'll continue throughout the experience. You'll be a part of the community right from the beginning with the communication tool we give you to stay in touch with the rest of the group.

THE NEXT 7 DAYS - THE RETREAT

This is the core of your experience. You'll be swept away to a beautiful location - selected very carefully as the ideal environment to restore your heart and mind. This is where you maximize your potential for transformation as we guide you through the process of self-love, understanding and health.

THE LAST 7 DAYS - CONTINUED TRANSFORMATION

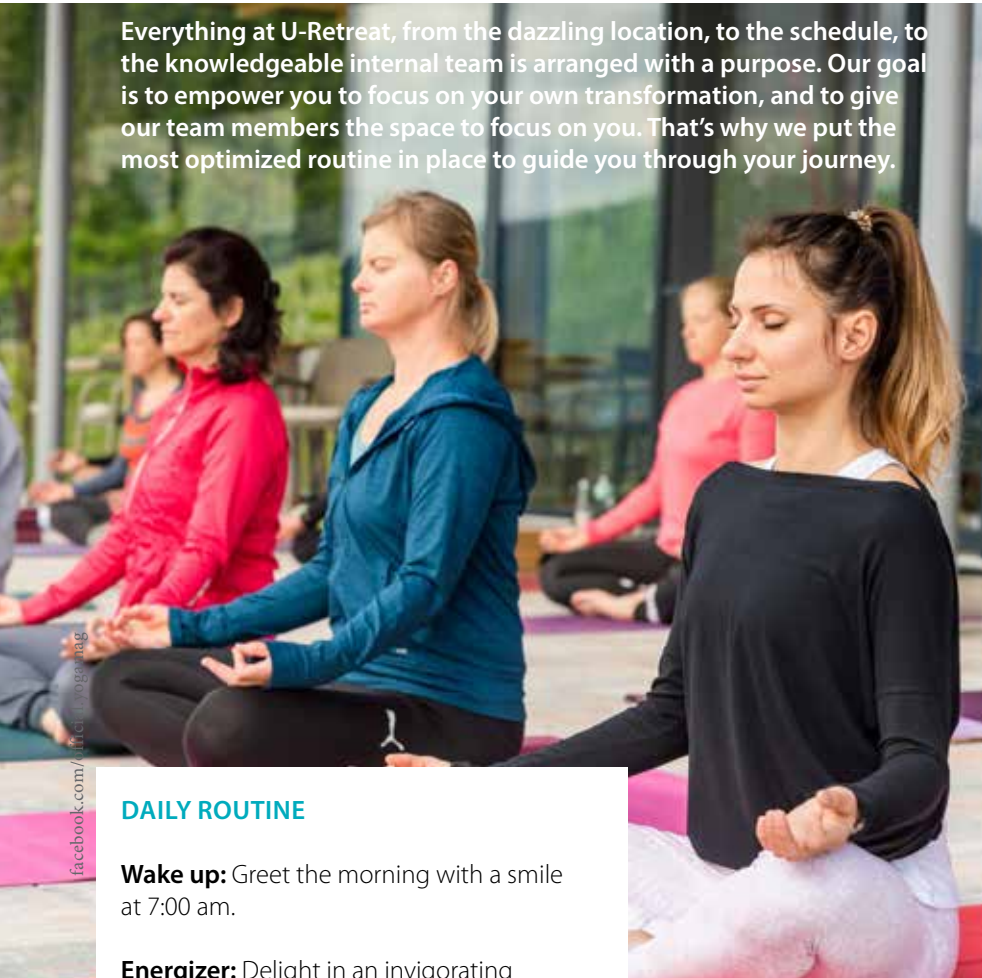
This is the most important part - and it's done by you, within your own life. The purpose of this phase is to absorb what you've gained throughout your experience, and practice using it in your everyday life.

We will give you the tools to stay connected with other team members from the retreat, and continue to support each other through your journeys of continuing self-transformation.



WHAT DOES A DAY ON-LOCATION LOOK LIKE AT U-RETREAT?

Everything at U-Retreat, from the dazzling location, to the schedule, to the knowledgeable internal team is arranged with a purpose. Our goal is to empower you to focus on your own transformation, and to give our team members the space to focus on you. That's why we put the most optimized routine in place to guide you through your journey.



DAILY ROUTINE

Wake up: Greet the morning with a smile at 7:00 am.

Energizer: Delight in an invigorating energizer smoothie made of orange, lemon, ginger, cayenne and black pepper - crafted to give you an ambitious boost to your day.

Yoga: Nurture your body and restore your mind with a yoga session led by one of our international teachers. We give them full support and freedom within the retreat to give you unbounded, personalised attention.

Breakfast: After yoga, get ready to savor an exciting new food experience. Our team of chefs craft a plant-based breakfast made to maximize the health of your body and mind.

Workshop: Next, you'll join one of many workshops to discuss the topics laid out in the educational booklets, and have the opportunity to dig deep into their contents and unearth new revelations.

Personal Time: Self-reflect with a walk on the beach, melt into a restorative massage (included in your package), or take a diving class or a nutrition lesson (optional booking during sign up process).

Activity: Cherish this memorable time within your day to nurture deep, lasting friendships. Join the group for a circle, a gong meditation, a cooking workshop, or a 2nd meditation.

Yoga: Continue the connective flow with yet another chance to harmonize your body and mind through a deep, soulful yoga practice.

Dinner: Round out your day with a nourishing, plant-based signature dinner that is crafted to optimize your health and mind, and carry your vitality into the next day.

Relax: After dinner, absorb the moonlight with a long, starlit walk. Watch a movie on spiritual transformation, or engage in life-transformational games with the group.

You'll have amazing days and nights to remember forever, and the tools and support to enjoy your life more than you ever imagined possible.



WHO WILL I BE INTERACTING WITH?

Yoga Teachers: We treat our international yoga teachers like guests, too. We believe this mindset allows your instructors to give you their undivided attention, and help you reach your full potential.

Katrin Frank, a yoga teacher within U-Retreat, says: *"Working together with U-retreat is a very efficient way to organize a yoga retreat. They literally do everything for you, and I just have to focus on my students"*.

Chefs: Petra and Sonia are the chefs behind the savory nourishment throughout your journey. Crafted as close to nature as possible, their food is infused with well-being, and inspired by a passion for plant-based, minimalist cooking. Petra expresses her passion for natural food: "We believe in beauty and freshness of food, we celebrate seasonal produce and whole gluten-free grains. We offer simple, light, nutritious and delicious meals to support you on your transformational journey and, in the future, on your daily activities."

And Sonia feels the same: *"All our food is made by us from scratch. Starting the days with super shots, continued by delicious smoothies, plant-based milks, granolas, desserts, snacks, fermented vegetables, crackers, and ending with beautiful dinners. We aim for magical gatherings throughout the day in where to reconnect with your senses."*

Mind Coaches: Our team of mindfulness coaches is set to guide you through a grounded discovery of yourself. You will learn the art of mindfulness, and how to carry the knowledge home with you far beyond the boundaries of the retreat.



U-RETREAT

Activational Team: Every one of the memorable activities within our stunning locations will be revealed by the locals themselves. We make sure no stone is left unturned - by choosing the most knowledgeable team for every retreat location.

As Dora, one of our trusted local team members says: *"We know the retreat locations and surroundings inside out. We are locals so we are familiar with the best hiking trails, hidden spots and beaches."*

Other Retreat Members: On top of all that, your fellow retreat members will develop the same open heart and transformational experience as you. You will make deep, genuine connections, and friendships that will last a lifetime.



**THIS IS YOUR PURPOSE.
THIS IS YOUR CHANCE.
DON'T LET IT GET AWAY.**

KORAYEM RAZIK, the founder of U-Retreat, believes that: *"you deserve to live in a relaxed and healthy world. U-Retreat is meticulously designed for you to reach a more advanced well-being. We are devoted to you, and eager to support you on your path to transformation. Do not lose this opportunity to make an investment in yourself"*.

Book your spot today, and start the journey to a lifelong transformation and a happier, healthy life.

<http://www.u-retreat.com/retreats-places/>

And follow us on instagram @uretreat_eu