
YOGA, IFS & ART IN CATALONIA



JUNE 17-24, 2024

SOUL FARM MAS ELS IGOLS, SPAIN

Transform your body with yoga and healthy, delicious meals.
Tap into inner wisdom with guided meditations and art lessons.
Explore the wonders of Catalonia.





Join a small group of individuals with the intention of stepping out of your busy everyday life and reconnecting with your center. Our intention is to rejuvenate caregivers: bodyworkers, parents, therapists, medical providers etc. Participants will be offered a variety of guided activities along with time on their own to relax and explore the beauty of the surrounding area.

Level 3 IFS practitioner Kara Edge will lead meditations and prompts for reflection on our hearts' deepest desires. Acclaimed multimedia artist Iris Tonies will teach art exercises to help us visualize and manifest our dreams. Expert movement instructor Matt Lueders will lead taoist Yoga Narada® classes to unlock our bodies' true nature and grace.

Internal Family Systems (IFS) Therapy embraces the multiplicity of the mind. In IFS, it is believed that we naturally have a variety of parts or subpersonalities that may take on protective roles in order to avoid the pain carried by the more vulnerable parts of ourselves. At our core is our Self, the essence of who we are. IFS therapy provides a way to help access the Self, befriend our parts, and help them heal from the impact of painful experiences.



SAMPLE DAY SCHEDULE:

8:00 - 8:30 Guided Meditation

8:30 - 10:00 Breakfast

10:30 - 12:00 Yoga

1:00 - 2:00 Lunch

2:30 - 4:00 IFS Exercise (inner exploration, journal, art, discussion)

4:00 - 7:30 Free Time (walk to the village, sit by the pool, explore the area)

7:30 - 9:00 Dinner



COST (DOUBLE OCCUPANCY): \$2,400

Includes lodging, yoga, IFS and art sessions, all meals (dinner 6/17 through breakfast 6/24) and wine. Does not include airfare or transfer from Barcelona; affordable group transfer can be organized by request.



ADDITIONAL SERVICES

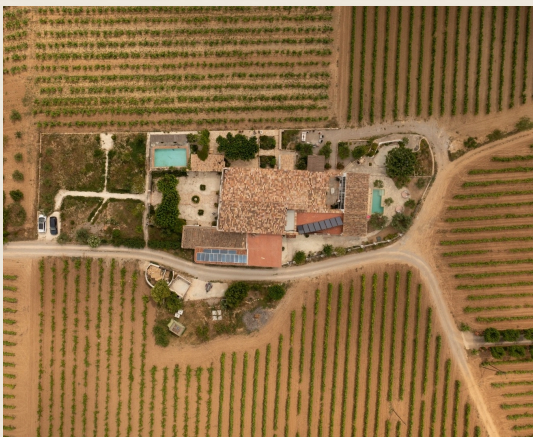
Individual Breathwork Session

Individual IFS Session

Wine Tasting

Mountain Biking

THE SOUL FARM



In the Penedes wine growing region of Barcelona, Soul Farm Mas els Igols is a sublimely joyful place. Perfected by owners Iris Tonies and Arnout Krediet, the exquisite lodgings create an uplifting space to recharge, with access to the Catalan countryside and the excitement of Barcelona. Within an hour you can find Montserrat, Sitges, and many picturesque Catalan villages. Each beautifully appointed guest room has an en suite bathroom.

www.elsigols.com



Kara Edge is a licensed clinical social worker and Level 3 IFS therapist. She has more than 20 years of experience serving in non-profit settings as a mental health clinician. She is passionate about creating community to aid in emotional and spiritual growth, valuing creativity, playfulness, and inner exploration.

www.universe-inside.com



Matt Lueders has been teaching mindful exercise and breathing since 2006. From 2009-2021 he co-owned reFORM Pilates and Movement in Portland, Oregon, where he worked with hundreds of clients, many of whom were inspired to become teachers themselves.

www.mwlueders.com



Iris Tonies is the spiritual mother of a renowned brand in handcrafted ritual design and art. She creates a visually unique and opulent universe in which she shares her love for life with the world, not just to beautify but to enlighten and help her collectors and buyers to symbolize and ritualize their milestones in life.

www.iristonies.com

To register or for more information, contact Matt:

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