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# YOGA AND IMAGINATION IN CATALONIA



JUNE 21-24, 2024

SOUL FARM MAS ELS IGOLS, SPAIN

Transform your body with yoga and healthy, delicious meals.  
Cultivate inner wisdom with guided meditations and self exploration  
exercises. Enjoy the beautiful Catalonia scenery  
along with locally produced art and wines.





Join a small group of individuals with the intention of stepping out of your busy everyday life and reconnecting with your center. Participants will be offered a variety of optional guided activities along with time on their own to relax.

Level 3 IFS practitioner Kara Edge will lead meditations and prompts for reflection on our hearts' deepest desires.

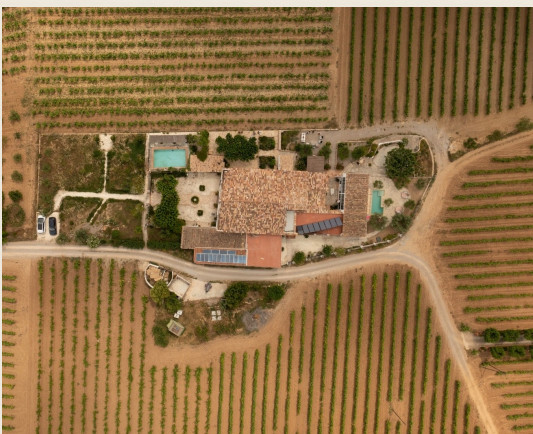
Expert movement instructor Matt Lueders will lead taoist Yoga Narada® classes to unlock our bodies' true nature and grace.

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.

Yoga Narada is the creation of Royal Ballet soloist and Ballet Mistress Hilary Cartwright. Hilary has taught yoga influenced by dance since her time as co-owner of the original White Cloud Gyrotonic studio in New York. Yoga Narada classes incorporate qi gong, taoist breathing techniques and imagery to guide the body and mind towards beautiful movement and harmony with the natural world.

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## THE SOUL FARM



In the Penedes wine growing region of Barcelona, Soul Farm Mas els Igols is a sublimely joyful place. Originally opened as an artists' colony and perfected by owners Iris Tonies and Arnout Krediet, the exquisite lodgings are filled with stunning and inspiring work from Iris' art collection. Within an hour you can find Montserrat, Sitges, the city of Barcelona and many picturesque Catalan villages. Each beautifully appointed guest room has two beds and an en suite bathroom. [www.elsigols.com](http://www.elsigols.com)



## SCHEDULE:

Friday

Arrive after 17:30

20:00-22:00 Dinner

Saturday

8:00 - 8:30 Guided Meditation

8:30 - 10:00 Breakfast

10:30 - 12:00 Yoga

13:00 - 14:00 Lunch

14:30 - 16:00 IFS Exercise (inner exploration, journal, art, discussion)

16:00 - 20:00 Wine Tasting and Free Time (walk to the village, sit by the pool, explore the area)

20:00 - 22:00 Dinner

Sunday

8:00 - 8:30 Guided Meditation

8:30 - 10:00 Breakfast

10:30 - 12:00 Yoga

13:00 - 14:00 Lunch

15:30 - 17:00. Yoga Workshop ( exploration, breathing, variations)

17:00 - 20:00 Free Time and IFS discussion

20:00 - 22:00 Dinner

Monday

8:00 - 8:30 Guided Meditation

8:30 - 9:30 Breakfast

9:30 - 10:30 Yoga

11:30 Check out



## COST (DOUBLE OCCUPANCY): € 690

Includes lodging, yoga, IFS, 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

- Art purchases from Iris Tonies' Gallery
- Individual Breathwork Session with Matt
- Individual IFS Session with Kara
- Mountain Biking





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](http://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](http://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](http://www.iristonies.com)

To register or for more information, contact Matt:

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