

Evomina

Retreats

Unwind, Recharge, Transform

Welcome to **EVOMINA RETREATS**

Welcome to Evomina Retreats!

I'm Lara, and I'm thrilled to invite you to experience a transformative journey with Evomina. At Evomina, we are dedicated to cultivating harmony for the mind, body, and spirit through our peaceful and transformative yoga retreats.



Our retreats are designed to offer you a sanctuary where you can reconnect with your inner self and embrace a balanced, mindful lifestyle. Whether you're joining us for sunrise yoga on the beach, exploring the synergy of aroma and yoga, or simply relaxing in our tranquil environment, we are dedicated to providing an experience that revitalizes and inspires.

Join us and discover how Evomina can guide you toward a deeper sense of peace and well-being. Let's embark on this journey together, finding harmony and renewal in every moment.

ABOUT THE INSTRUCTOR

GET TO KNOW ME



THE INSTRUCTOR

Lara von Evomina

I'm Lara, a 25-year-old entrepreneur and yoga enthusiast with a passion for helping others find balance and peace in their lives. Through my company, EVOMINA, I bring the essence of nature into everyday living with natural scents like essential oils, incense and much more. My vision is to share the calming, healing effects of nature with as many people as possible.

My personal yoga journey began over a decade ago, and 4 years ago, I completed my 200-hour yoga teacher training. Over the past years, I've been teaching group classes and now focus on private sessions, coaching and yoga retreats to offer a more personalized experience for each individual.

I believe that the combination of yoga and natural scents creates a powerful harmony between the body, mind, and spirit. It's my mission to help others discover this balance within themselves. I invite you to take the next step on your journey to inner peace, and I look forward to sharing my knowledge at my retreat.

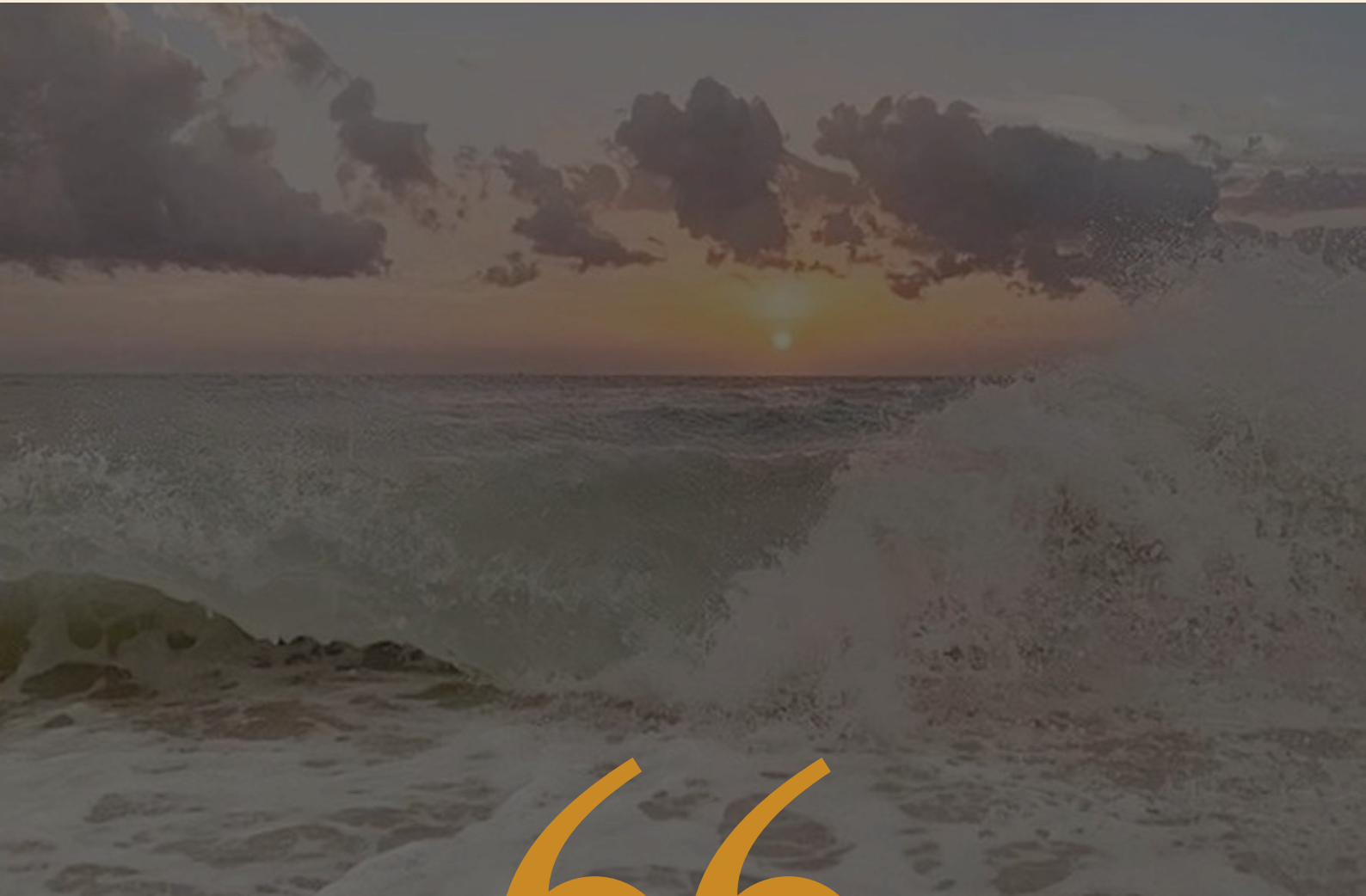
Let's grow and find harmony together.

Your

Lara

@evomina.spirit

@evomina.scent



*You must be the change you wish to see in the world.
- Mahatma Gandhi*



2-Days/ 3-Nights YOGA RETREAT 2025

Schedule Overview

Mornings:

- 7:30 AM: Guided Meditation and Yoga Session (3 times)
 - Option for 4th session: Morning Beach Yoga in the South
- 8:30 AM Family-Style Breakfast (Buffet with vegetarian/ vegan options)

2 Workshops

Yoga and Non-Violence

Explore the principles of Ahimsa (non-violence) and their application in yoga and daily life.

Surprise Workshop

Evenings:

- 5:00 PM Evening Yoga Session (3 times)
 - Option for 4th session: Sunset Hike followed by a Mountain Meditation
- 7:00 PM Dinner



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Arrival Day

- Arrival from 3:00 PM

3:00 - 5:00 PM Leisure time

Arriving and getting comfortable

- 5:00 PM Welcome Circle
- 7:00 PM Dinner



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Day 1

Morning:

- 7:30 AM: Guided Meditation and Yoga Session
- 8:30 AM Family-Style Breakfast (Buffet with vegetarian/ vegan options)

Workshop 1

Time: 11:00 AM

Yoga and Non-Violence

Explore the principles of Ahimsa (non-violence) and their application in yoga and daily life.

1:00 - 5:00 PM Leisure time

Evening:

- 5:00 PM Early Dinner
- 6:30 PM Leaving for Sunset Hike followed by a Mountain Meditation



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Day 2

Morning:

- 7:30 AM: Guided Meditation and Yoga Session
- 8:30 AM Family-Style Breakfast (Buffet with vegetarian/ vegan options)

Workshop 2

**Surprise
Workshop**

Time: 11:00 AM

1:00 - 5:00 PM Leisure time

Evening:

- 5:00 PM Evening Yoga Session
- 7:00 PM Dinner



2-Days/ 3-Nights
YOGA RETREAT 2025

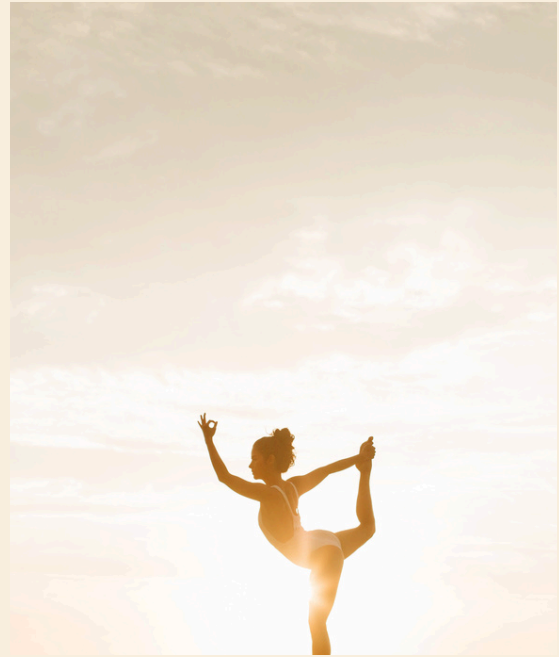
Departure Day

Morning:

- 7:30 AM: Guided Meditation and Yoga Session
- 8:30 AM Family-Style Breakfast (Buffet with vegetarian/ vegan options)

Time to enjoy the hotel premisses.

Departure when needed.



Leisure Time

Free activities:

- Relax and unwind with access to the spa facilities
- Read a book
- Work on your own practice

Extra add-ons:

- Massages: Book a relaxing massage at the hotel
- Various activities offered by the hotel

For any request I am happy to advice and help you to make this retreat an unforgettable experience for you.

Any Questions?

Feel free to reach out to me any time.

My contact details:

WhatsApp: +43 676 32 44 801

E-Mail: info@evomina.com

All the best for your journey!

I are excited to see you grow!

Follow [@evomina.spirit](#) & [@evomina.scent](#)

Share your journey with us.

Namaste, Lara