

*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 26-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.

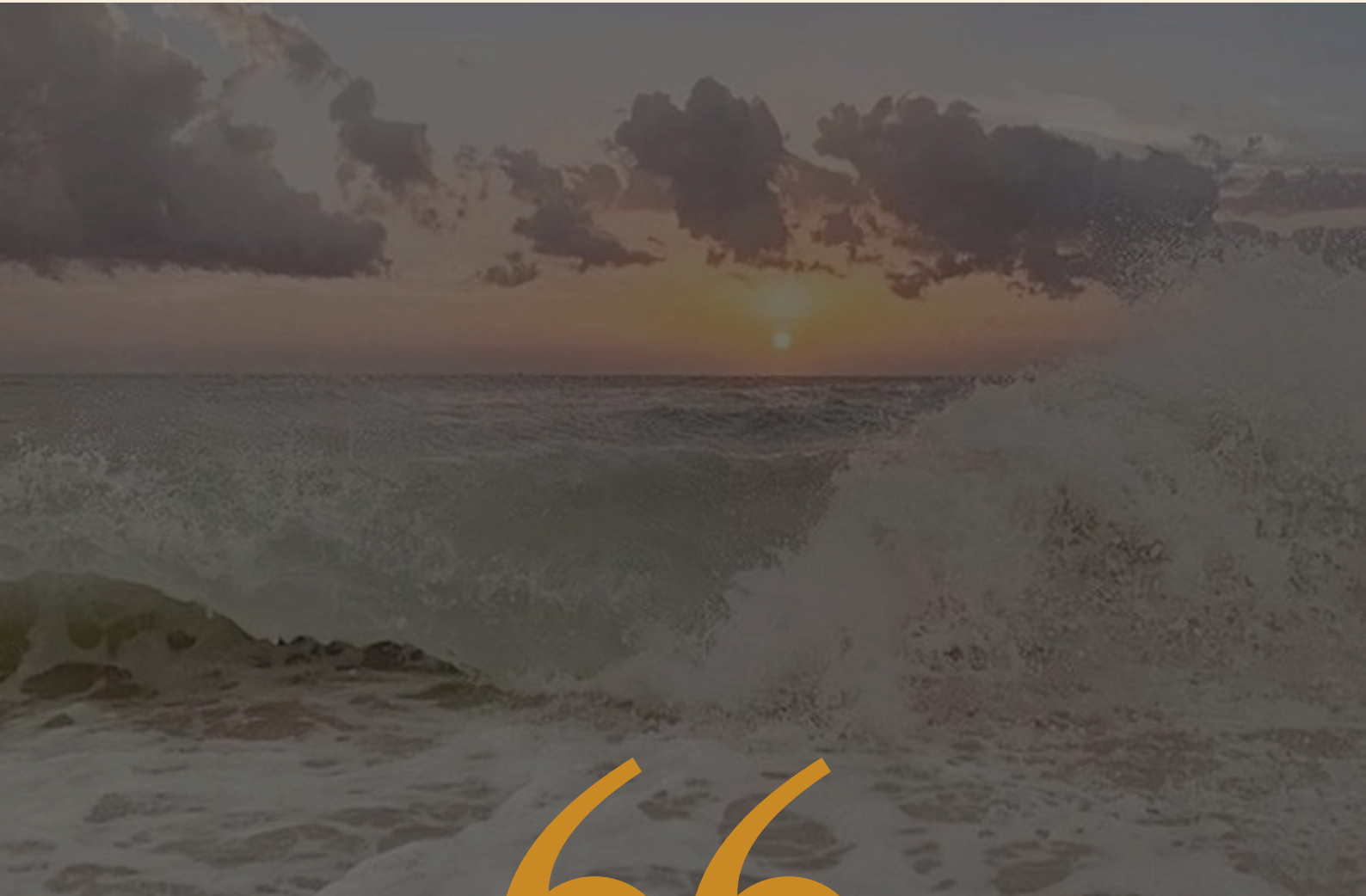
Your

*Lara*

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



# *What to expect from this yoga retreat*

## **A Luxury Experience for Your Body, Mind, and Soul**

Immerse yourself in a retreat designed to nurture every aspect of your being. This is more than just a getaway – it's an opportunity to relax, unwind, and transform.

- **Relax:** Let go of the stresses of everyday life as you are surrounded by serene, natural beauty and luxurious accommodations. Each day is thoughtfully curated to provide a sense of peace and ease, from gentle yoga sessions to soothing moments of stillness.
- **Unwind:** Feel tension melt away with restorative practices, guided meditations, and holistic therapies. Whether it's a calming morning flow or a deeply relaxing massage, this retreat is your time to recharge and reconnect with yourself.
- **Transform:** Discover a deeper connection to yourself and your intentions through powerful yoga practices, inspiring workshops, and nourishing meals. You'll leave feeling lighter, revitalized, and equipped to carry this renewed energy into your daily life.

From the moment you arrive, every detail is taken care of, allowing you to fully embrace this journey of self-discovery and renewal. Treat yourself to a luxurious experience that will leave your body, mind, and soul feeling truly transformed.



# *4-Days/3-Nights* **YOGA RETREAT 2025**

## *Schedule Overview*

### Mornings:

- 7:00 AM: Guided Meditation and Vinyasa Yoga Session (3 times)
- 8:30 AM 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 Yin Yoga Session (3 times)
- 7:00 PM Dinner





*4-Days/3-Nights*  
**YOGA RETREAT 2025**

*Day 1/ 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



# *4 Days / 3 Nights* YOGA RETREAT 2025

## *Day 2*

Morning:

- 7:00 AM: Guided Meditation and Vinyasa Yoga Session
- 8:30 AM 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 Yin Yoga Session
- 7:00 PM Dinner





*4 Days / 3 Nights*  
**YOGA RETREAT 2025**

*Day 3*

Morning:

- 7:00 AM: Guided Meditation and Yoga Session
- 8:30 AM Breakfast (Buffet with vegetarian/ vegan options)

*Workshop 2*

**Surprise  
Workshop**

Time: 11:00 AM

*1:00 - 4:00 PM Leisure time*

Evening:

- 4:00 PM Closing Circle and Yin Yoga
- 7:00 PM Dinner



*4 Days / 3 Nights*  
**YOGA RETREAT 2025**

*Day 4 / Departure Day*

Morning:

- 7:00 AM: Guided Meditation and Vinyasa Yoga Session
- 8:30 AM Breakfast (Buffet with vegetarian/ vegan options)

*Time to enjoy the hotel premisses.*

Departure when needed.



# *Seaside Hotel*

Located at the beautiful island of Crete,  
just 30 minutes away from the airport (Heraklion).

The seaside hotel is a luxury hotel located on a cliff right  
next to the ocean with a beautiful yoga shala.

For more information, feel free to look at their website.

<https://www.seaside-hotel.gr/>

Any further questions, feel free to reach out to me, and I am  
happy to assist you in any way possible.





# Price

## Single Occupancy

all Inclusive

Price: €1.450

Early Bird: €1.350

\*early bird until 15th February

## Double Occupancy

all Inclusive

Price: €2.050

Early Bird: €1.950

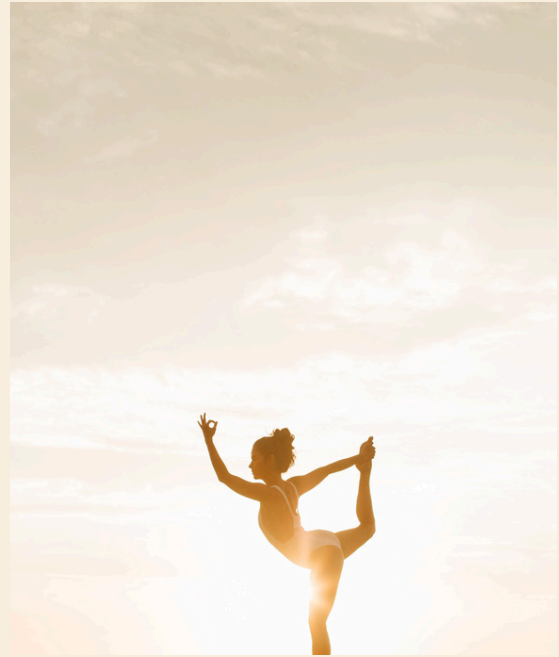
\*early bird until 15th February

Extra add-ons:

- Massages: Book a relaxing massage at the hotel
- Various activities offered by the hotel
- Individual life-coaching session with me

\*minimum participants: 6 people

\*maximum participants: 12 people



## *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:**

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E-Mail: [info@evomina.com](mailto:info@evomina.com)

*Looking forward to welcoming you.*

I are excited to see you grow!

Follow [@lara.schaffler](#) & [@evomina.scent](#)

Share your journey with us.

Namaste, Lara