

# ALIGN YOUR CHAKRAS RETREAT

WITH  
SAMANTA DUGGAL

AT DRAGONFLY HOUSE  
MALAGA SPAIN

APRIL 13-19 2024



# ABOUT THE RETREAT

This retreat is very special to me and has been years of conceptualising and collating the retreat material together.

Over these 7 days we will be recharging, balancing and aligning these powerful energy centres through dynamic movement flows, asana alignment, mantras, bodywork, somatic practices, mudras, sounds, breath, the food we eat every day and the activities I have planned for you in this very special place called Dragonfly House.





# ABOUT DRAGONFLY HOUSE



**CHECK OUT THIS BEAUTIFUL SPACE  
1 HOUR DRIVE FROM MALAGA AIRPORT**

**[Watch a video of the venue](#)**

**Visit [www.dragonflyhousespain.com](http://www.dragonflyhousespain.com)**

**NEED I SAY MORE?**





# ABOUT SAMANTA DUGGAL



MORE THAN 20 YEARS OF MY  
WELLNESS JOURNEY HAS BEEN  
ENCOMPASSED ON MY WEBSITE  
[WWW.SAMANTADUGGAL.COM](http://WWW.SAMANTADUGGAL.COM)



# EARLY BIRD PRICES\*

Double sharing room: 1120 Euros

Single room: 1650 Euros

Single Glamping Tent with beautiful open air shower and  
wonderful compost toilet: 1485 Euros

Sharing Glamping tent: 1040 Euros

\*Valid until 31 January 2024





# INCLUSIONS

Accommodation, homegrown plant-based food, brunch, afternoon tea and snack, dinner, refreshing drinks, Yoga Practices, handouts, Trek to El Torcal World Heritage Nature Reserve with transport, taxes.



# EXCLUSIONS

Transfers (details on the website), Treatments by Dragonfly House Therapists and myself, Alcohol or Flights.



# TO RESERVE YOUR PLACE

# 1

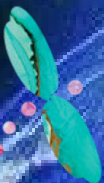
COMPLETE THE BOOKING FORM

<https://forms.gle/bjE4gyPKAM5egReC8>

# 2

PAYMENT IN FULL

[Payment Page Link](#)





# CONTACTS:

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