

# Awaken Your Spirit

## A Long Weekend of Yoga & Spiritual Discovery 26–30 March 2026 | The Palms, Málaga, Spain

There are moments in life when something inside us asks for space. Space to breathe. To soften.  
To remember who we are beneath the noise.

**Awaken Your Spirit** is an intimate four-night retreat held in the sun-washed countryside of southern Spain — a nurturing pause designed to reconnect you with your body, your intuition, and your deeper sense of self. Set within the tranquil gardens of **The Palms**, this long weekend invites you to slow down, feel supported, and gently explore what is ready to unfold.

### **What this retreat offers**

- Daily heart-centred yoga — grounding, accessible, and deeply nourishing
- Spiritual discovery workshops — reflective, expansive, and experiential
- Time and space — for rest, reflection, connection, and renewal
- A small, held group — limited to just 20 participants

Whether you are new to yoga or well established in your practice, curious about spiritual development, or simply seeking rest with meaning, this retreat is designed to meet you where you

### **The setting**

The Palms is a peaceful sanctuary surrounded by tropical gardens, offering:

- Mild, sun-filled spring days
- A heated saltwater pool and Jacuzzi
- Quiet corners to read, journal, or simply be
- Fresh, nourishing food prepared daily

### **What's included**

- 4 nights' accommodation at The Palms
- Daily yoga sessions
- Spiritual discovery workshops
- All meals (brunch, snacks, and dinner)
- Full access to the retreat facilities

### **Facilitators**

**Naomi** — 16+ years teaching inclusive, heart-led yoga

**Minister Bill Thomson** — 40+ years as a Spiritualist, 30+ as a practicing medium, and former tutor at Arthur Findlay College

Together, they create a safe, grounded space for personal and spiritual growth.

### **Pricing**

€780 / £680 per person (shared room)

€1,040 / £900 per person (single room)

### **Reserve your place today**

Places are limited to preserve the retreat's intimacy. Step into this transformative long weekend of presence, nourishment, and quiet discovery by contacting: [Christinemedium.com](https://www.Christinemedium.com).

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