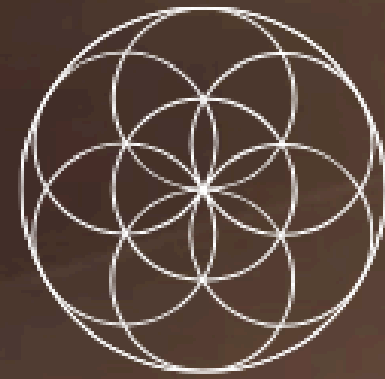




INFINITE FLOW

WELLNESS

Step away from the noise and into a day of yoga, breath, sound, and sacred rituals



www.myinfiniteflow.com

Take the first step to inner peace and Infinite Growth ~

Embark on a transformative infinite journey of self-discovery and renewal with our yoga and meditation weekend retreat. Designed to harmonize your mind, body, and soul, this retreat offers serene practices, mindful meditations, and immersive wellness activities.

~Recharge, reflect, and rejuvenate, find infinite possibilities within Infinite Flow Wellness.



INFINITE FLOW

WELLNESS





INFINITE FLOW
WELLNESS

Morning: Awakening

9:00AM

ARRIVAL & WELCOME TEA

9:30AM

GROUP INTENTION CIRCLE

10:00AM

SUNRISE FLOW

10:50AM

GUIDED MEDITATION



INFINITE FLOW
WELLNESS

Midday: Embodiment & Nourishment

11:30AM

PRANAYAMA & INNER STILLNESS

12:30AM

MINDFUL LUNCH

1:30PM

NUTRITION WORKSHOP BY NUTRILI



INFINITE FLOW
WELLNESS

Afternoon: Healing & Deep Rest

3:30PM

HATHA & YIN BLEND

4:30PM

REFLECTION BREAK & JOURNALING

5:00PM

SOUND HEALING JOURNEY



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Evening: Integration & Closure

6:30PM

THETA HEALING MANIFESTATION

7:00PM

CLOSING CIRCLE & RELEASING RITUAL

7:30PM

FAREWELL NOURISHMENT



Nourishment & Wellness 🌿

At Infinite Flow Retreats, we believe nutrition plays a fundamental role in holistic wellness. Our thoughtfully curated vegan meals, inspired by Ayurvedic principles, nourish the body, balance the mind, and support renewal and healing.

Plant-based, locally sourced, and prepared with intention.

Social and Environmental Impact

By joining our retreats, you not only invest in your personal growth but also contribute to a greener planet. For each participant, we plant a tree, symbolizing renewal and collective well-being.

Together, we create ripples of positive change. 🌱





Our Values & Goals

Stillness

We believe that the most profound transformations happen in moments of quiet presence.

Truth

Everything we do leads you back to presence, to truth, to the infinite flow within.

Wholeness

Remember that you are already complete and unfolding.



INFINITE FLOW

WELLNESS

What's included?



HATHA & VINIYASA FLOW

Both classes are designed for beginners and advanced students



YIN YOGA & PRANAYAMA

Balance your nervous system with Pranayama & Yin Yoga techniques.



THETA HEALING MANIFESTATION

Achieve physical, emotional, and spiritual healing.



MEDITATION & SOUNDHEALING

Calm your mind and soul while we guide you through infinity.



INFINITE FLOW

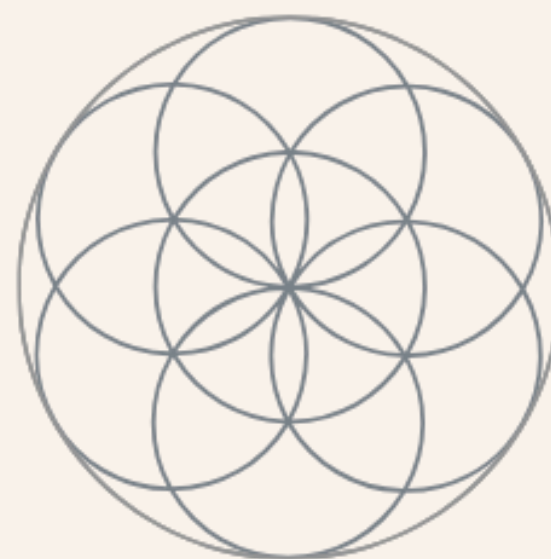
WELLNESS

What's included?



GOODY BAGS

A curated gift of wellness treasures to carry the retreat experience home.



HEALTHY MEALS & NUTRITION WORKSHOP

Revitalize your body and mind, start your detox journey.

Who is this retreat for?

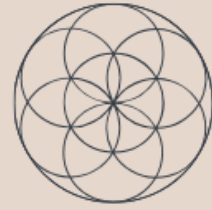
✓ Need a break from daily stress?
Recharge. Realign. Rejuvenate.

✓ Seeking inner peace?
Deepen your yoga & meditation practice.

✓ Looking for mental clarity?
Reduce anxiety and cultivate mindfulness.

✓ Desire a full-body detox?
Restore balance through movement and nourishment.





INFINITE FLOW

WELLNESS

www.myinfiniteflow.com

✉ Email: hello.infiniteflow@gmail.com

☎ WhatsApp: +971 58 613 0308

Are you ready to begin your journey of infinite possibilities?

