

# SOUL STATION

## Therapeutic & Spiritual Retreats

### 6 DAYS SPIRITUAL DEEPING RETREAT PROGRAM

DESIGNED FOR YOU

#### FEEL THE MAGIC OF RELAXATION

Calming nervous system  
Breathing & meditation  
Slow yoga  
Siesta & Joy  
Healthy food  
No /less phone  
Surrounded by silence

#### SPIRITUAL DEEPENING

Being in nature  
Connecting with higher self  
Slowing down  
Insights in self  
Working with quantum field  
Akashic records  
Messages from your soul

#### & HEAL (TRAUMA) WITH LOVE

Positive loving coaching  
Healing ceremony  
Processing feeling & emotions  
Heart to heart connection  
Deep understanding  
Unlocking the power of mind  
Support and trust

PPRICES BETWEEN €1299,- & €3245,-





# SOUL STATION RETREATS WITH MANEESHA

## WELCOME TO SPAIN

Thank you for your interest in a 6-day (5-night) retreat with me in southern Spain. Reading this brochure often means that something within you feels a gentle calling, a longing to step away from the daily grind and create space for yourself. Thank you for your trust. You are welcome here, just as you are now.

During this retreat, you will stay in my house, a place where peace, nature, and attention converge. There are three guest rooms with private bathrooms. Two rooms sleep two people. Two are located on the ground floor, one next to the yoga room, and one spacious double bedroom is upstairs.

My animals also live on the property: four hypoallergenic Oriental shorthair cats, my dog Kiano, and ten chickens. Jarno, the homeowner and a good friend, also lives in his own little house in the countryside. Sometimes support staff are present to contribute to the pleasant, relaxed atmosphere, and during retreats, a chef lovingly prepares vegetarian meals, adapted to your dietary needs if necessary.

During these days, you and I will work together. We'll take the time to delve deeply into your personal questions and themes. Whether you're seeking deep rest, recovery from stress or burnout, grief and loss, trauma, high sensitivity, spiritual deepening, or something unnamed yet, everything is welcome. The retreat is always carefully curated to ensure that the group or duo you stay with is a perfect and safe match. Soul Station isn't a place to become something. It's a place to be, to feel, and to land.

Málaga Airport is approximately 45 minutes away. I can arrange a taxi for you (costs €75 one way), or you can choose to rent a car yourself. Please take your time reading this brochure. If you have any questions or would like to discuss anything, I'd love to hear from you.

You are very welcome.

love



# SOUL STATION RETREATS WITH MANEESHA

## MY PERSONAL MISSION

Soul Station emerged from my own life and years of working with people. From moments of loss, pain, awakening, and deep love, the desire grew to create a place where you don't have to carry anything alone. In a retreat, we are together. We slow down. We rest. We share what has often been held back for too long. There is space for silence and for stories.

For pain that wants to be seen. For questions that haven't yet been answered. For the part of you that longs for direction, meaning, or simply peace.

I believe that healing doesn't come from working harder on yourself, but from being present with what is already there, with attention, gentleness, and truth.

At Soul Station, we work body-oriented and from self-exploration. We listen not only with our heads, but with our hearts and bodies. Here, everything is welcome: grief, fatigue, longing, confusion, love, hope. The journey we make is the journey of the heart. A path that brings you back to your essence, to what resonates with you, whether that's healing old pain or remembering your mission, your direction, your next step.

You don't have to become anything. You can come home.

I look forward to making this journey with you.

With love,

Maneesha and team from Soul Station

love



## Day program

### Moring and evening walks

The house is situated on a mountaintop, surrounded by magical views and numerous hiking trails. For early risers who enjoy a morning walk with the dog, there's a 45-minute silent walk around 8:00 a.m., with or without coaching, where you can experience the sunrise. This can be arranged in the evening before or after dinner. Optional.



### Yoga | Bodywork

9:00/9:30 AM marks the beginning of the integration of rest and bodywork through yoga, with the primary focus on calming the nervous system, supporting and connecting with your body. When the body is relaxed, you can draw in more positive emotions, heal at deeper levels, and feel greater understanding, acceptance, self-confidence, inner strength, and love.

### Breathwork / Meditation

I'll teach you four breathing exercises. In the yoga practice, we call breathing pranayama. These four techniques help you calm your body and mind. They open the door to your powerful life energy, vitality, emotional pleasure, and creativity. They unlock inner strength, the way to free your mind from your body and maintain a focused mind to connect with your inner, higher wisdom.





## Coaching / Satsang

Satsang means conversations in truth. So, during the group retreats, we delve deeply into your process through truth, honesty, love, respect, openness, and mindfulness. All your answers lie within you. Intuitively, I offer you knowledge, communication, exercises, conversations, mirrors, and messages so you can understand, integrate, and realize your truth. The group works like a family, using mirrors to reflect and be mindful.



## Siesta / Relaxation

The key ingredient of the retreat is the magic of relaxation and tranquility. In Spain, we take naps to rest and sleep in the afternoon. The program is designed to help you relax, so you can regulate your nervous system and your body and mind receive the positive energy they need. We all go to bed around 9:30 pm to retreat, relax, and integrate.



## Healthy food

Nourish your soul with healthy vegetarian food. We eat light and healthy food for the process work we do. The energy you receive from light food will heal, empower, embody, and allow your body and mind to rest. Meat, dairy, wheat, and alcohol are difficult to process and take a lot of energy. Now the focus will be on transformation and strength.





## Meditation / Positive Affirmations / Sound Healing

You'll receive various tools to achieve deep relaxation, connection, and insight into yourself and your life. Enjoy a Sound Bath or mantra chanting. Each day, we'll open with inspirational cards containing a message.



## Cacao Ceremony

A cacao ceremony is a positive, healing ceremony that connects you with your intuition and opens your heart. It helps you connect with your subconscious and inner strength. It has a meditative effect: it calms your mind and quiets racing thoughts. Cacao creates a sense of euphoria and stimulates your creativity. Bring white clothing! Optional.

## Fire Ceremony

A fire ceremony is a beautiful way to celebrate life and a special ceremony for special moments. We reflect on everything you want to release and welcome into your life. You write everything down on paper, and the fire, which also represents your inner fire, helps you transform what is necessary and possible at this moment. Welcome everything you desire, welcome to honor life. Please wear white!





## House Soul Station

The house is located in Colmenar on a hilltop with a complete view of the valley. It has three guest rooms and sleeps five. All rooms have a private bathroom. There is a spacious living room with a fireplace, a kitchen, a dining room, an outdoor lounge, a swimming pool, and an outdoor terrace. There's a hammock and plenty of places to relax. It's quiet. Getting to the beach requires a car or taxi, which takes 55 minutes.



## Animals

The villa is home to four oriental cats that are allergy-free, very curious, and sweet. They love to cuddle if you love them and they'll do their own thing. Kiano is the dog, and he's cheerful and funny. There are 10 chickens, and we eat our own organic eggs. If you don't like animals, think again, because here they'll show you nothing but unconditional love.

## About me

I've been living in Spain for four years now and am originally from the Netherlands. I'm a yoga teacher, therapist, and psychic. I love giving ceremonies, and I invite you into my home, my home, to live here for a week and connect with your true self. Spending time together is precious and valuable. I've written a book, "I Am Love." I've been working with people mentally, emotionally, physically, and energetically for 20 years.



**CONTACT ME**

Maneesha Sluyzer

**+31628841583**

[www.maneeshasluyzer.com](http://www.maneeshasluyzer.com)



## Extra: Massage

A good English friend, Su, is a wonderful masseur and acupuncturist. She comes to the house if you'd like to book a massage. €55 for one hour. You can book a session with oil or clothed. Highly recommended! We can book her several times a week. I also work with Jolien, and she's Dutch.



## DETOX Sapvasten



## Detox day

During the Detox week, we'll be drinking juices, smoothies, and soups. Want to delve deeper and experience a detox day including a coffee enema for deep cleansing and relaxation? We can schedule it for you on one of the retreat days or on multiple days. You can also easily order a foot bath detox for €5.

## Swimming

From April to October, you can swim in the pool. You can swim nude or in your swimsuit. Beach towels and sarongs are provided at the house. Please note: don't wear sunscreen in the pool. If you're not, take a shower in the outdoor shower. During the summer months, temperatures reach up to 35 degrees Celsius. In winter, it's 12 degrees Celsius.



**CONTACT US**

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**+31628841583**

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# SOUL STATION RETREATS WITH MANEESHA

# TIME TABLE

## **WINTER PROGRAM TIMETABLE**

8:00 AM MORNING WALK (silent or walking coaching)  
9:15 AM TEA AND INTENTION  
9:30 AM BREATHWORK / MEDITATION  
10:00 AM YOGA  
11:15 AM BREAKFAST  
12:00 PM COACHING - SATSANG  
2.00 PM LUNCH  
2:30 PM SELF-EMPLOYED TIME  
4:30 PM Dog walk optional  
6:00 PM DINNER  
6:45 PM Optional meditation / sound healing  
9:00 PM CLOSING OF THE EVENING  
9:30 PM REST

## **SUMMER PROGRAM TIMETABLE**

7:30 AM MORNING WALK (silent or walking coaching)  
8:45 AM TEA AND INTENTION  
9:00 AM BREATHWORK / MEDITATION  
9:30 AM YOGA  
11.00 AM BREAKFAST  
12.00 AM COACHING - SATSANG  
2:30 PM LUNCH  
3:00 PM SELF-EMPLOYED (bookable options include massage and more)  
6:00 PM DINNER  
7:00 PM Optional dog walk  
8:00 PM Optional meditation / sound healing / relaxation  
9:00 PM CLOSING OF THE EVENING  
9:30 PM REST

love



# SOUL STATION RETREATS WITH MANEESHA

## PRESENT IN THE HOUSE

### **You will receive:**

Towels  
Bed linens  
Hairdryer  
Bath towel  
Toothpaste  
Shampoo  
Breakfast  
Lunch  
Dinner  
Snacks  
Water  
Tea  
Coffee on request  
Yoga mats  
Yoga equipment  
Fleece blankets  
Air conditioning in every room

### **Bring:**

Notebook and pen  
Comfortable layers of warm and airy clothing  
Warm cardigan  
Warm socks or slippers  
Swimsuit  
Sunscreen  
Flip-flops and comfortable (walking) shoes  
Something to read or listen to by yourself  
Earplugs  
Water bottle

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# SOUL STATION HOUSE RULES

"TOGETHER WE STAND STRONG AND MAKE IT EASIER"



No smoking in the house  
Outside the gate is possible



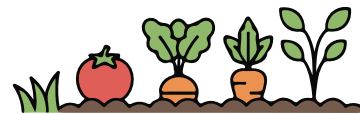
No alcohol and less or no  
normal coffee



Friendly dog to play with, cuddle  
and walk in the mountains



4 Friendly oriental cats who come to  
you and cuddle you and purr



Keeping an eye on our own  
vegetable garden



Searching for the eggs and  
enjoying there sound and energy



Help with serving food or making the  
table



Keep the house and your room clean  
and organized

# SOUL STATION HOUSE RULES

## "THE RELATIONSHIP WITH YOURSELF IS MOST IMPORTANT"



Come with an open mind



It can be confronting to feel different emotions



But you will structure your thoughts and feel calmness



Learn to observe yourself



Learn to play and don't take everything personal



Understand and empower yourself



Learn to connect to your higher self and see with your heart



Fill your mind with positive empowering thoughts and be you