



**Friday 30th
May to 2nd
June 2025**

A WAY TO HEAL



INCLUDED

- HATHA YOGA
- MEDITATIONS
- PRANAYAMA
- TALKS ON HEALING RELATIONSHIPS (SATSANGS)
- SILENT DISCO (MOVE & GROOVE!)
- DEEP RELAXATION (YOGA NIDRA)
- WATER THERAPIES
- MANTRA CHANTING
- SUNDAY MORNING TO SOTOGRANDE MARKET (FREE TIME)



4 DAYS & 3 NIGHTS IN THE NEW CALMING RETREAT SPACE ~ *TEMPLO, SOTOGRANDE*
ALL FOOD AND HEALTHY SNACKS INCLUDED
ECO FRIENDLY, NUTRICIOUS FOOD





ACCOMODATION AT TEMPLO

Templo Sotogrande is a newly renovated, luxurious accommodation with 11 bedrooms and 11 bathrooms across 4 single story houses, set around a private courtyard with an elevated saltwater swimming pool with direct sea and port views. The 400m² of rooftop terraces offer a stunning 360 degree view of the mountains, beach, port and sea.

In addition to all the above, Templo also offers:

- Wifi.
- Off street parking.
- Private and shared indoor and outdoor spaces.
- Roof terrace with panoramic views of Sotogrande and the Mediterranean Sea.
- Front line sotogrande port and beach view from every villa.
- Large interior patio featuring an elevated pool with direct sea views of Sotogrande beach and port.



To book your place please contact Les Anand Roberts by email lesanand279@gmail.com or by *Whatsapp* on +34 634 777 037.

For further details about Templo please visit www.templosotogrande.com

Nalanie Harilela Chellaram

Audrey Spearing



Anita Kleijn



Calle de la
Iglesia 7,
Sotogrande
11312

650€

(inc accomodation, meals &
retreat fee)

During your time spent with us, you will experience:

- ~ Talks on healing relationships by renowned spiritual teacher and soul doctor, Nalanie Harilela Chellaram
- ~ Hatha Yoga and deep relaxation sessions (Yoga Nidra) led by Integral Yoga teacher and mindfulness coach, Anita Kleijn
- ~ Water therapies and silent disco (move & groove!) sessions led by fitness coach and personal trainer, Audrey Spearing
- ~ Guided meditations, pranayama (breath control) sessions to help you relax, and mantra chanting
- ~ You will even have free time to visit Sotogrande Market!

And all for the amazing price of **650€** including accommodation, all meals and the retreat fee!

Spaces are very limited so early booking is highly recommended.

MEET THE TEAM

Nalanie Harilela Chellaram is a modern spiritual teacher, a true Soul Doctor dedicated to selfless service. Nalanie travels the world to spread a message of wisdom, compassion, and love, based on the philosophy of Yoga. She is the founder of the Integral Yoga Centre Gibraltar and George Harilela Yoga Centre in Sotogrande and gives Satsangs both there and internationally.

In March 2008, Nalanie received an Honour in Her Majesty Queen Elizabeth II New Year's Honours List. She was recognised for her 'Services to Humanity'.

In October that year she also received a "Humanitarian Award" from the Satchidananda Ashram in Virginia, USA.

In 2009 Nalanie set up an association called "Service in Satchidananda" (SIS) a non-profit international collective of charities established in honour of Sri Swami Satchidananda and based on his core teaching of selfless service.

In April 2022 she received the Mayor of Gibraltar's Award for humanitarian services and for services to the local community.



Audrey Spearing began her Yoga journey 15 years ago when she met Nalanie and she says her life changed with the teachings of the Science of Yoga of Swami Satchidananda. Audrey worked for 7 years running a Sports Curriculum as a teacher trainer with CYQ delivering courses in schools and colleges on Anatomy, Physiology, Personal Training, Nutrition, Massage, Health and Wellness. She was an accomplished sportswoman representing her country the Republic of Ireland in netball, as an Ireland Gymnastics Champion and chosen leader of the Irish team in the Barcelona Olympics.

She also works as a Breathwork Facilitator, Yoga Teacher, Fitness Instructor, Massage, Therapist, Reflexologist and has a huge passion to guide others to find peace and joy, love energy in retreats.



Anita Kleijn

UK born and raised, Anita began her professional journey as a health & fitness presenter and teacher training facilitator for the YMCA's training programmes. Her passion for wellbeing led her to study positive psychology and become a certified Mindfulness Coach, Chopra Health Educator and Integral Yoga Teacher.

Additionally, she is a qualified school teacher and has 11 years' experience as the Wellbeing Coordinator and High School Counselor at Benjamin Franklin International School (Barcelona).

Anita currently creates and implements school wellbeing curriculums and leads wellbeing workshops for young people, adults, leadership teams and parents. She is a dedicated Wellbeing pioneer within education bringing simple and effective tools and strategies that prepare people to navigate our current world. Her aim is always to provide people with simple practices that connect them with each other, nature, and their own true nature.



Shari

Having lived in this wonderful community for 18 years, Shari noticed a huge gap in the local market and chose to bring luxury retreats to this beautiful area. When first moving here with her 1 year old son she felt lonely and isolated and decided to make it her mission for ex-pats and holiday makers to have a more positive experience. Since Shari's arrival the wellness industry has spiralled out of control making connection, discovery, kindness and mental awareness at the forefront of her mission. Templo is the hub of all of this; a community within itself and she is so excited to share this space and experience with everyone!

Join us for this very special Retreat focusing on healing relationships (including with oneself), to boost your energy levels and balance your Mind, Body and your Whole Self. Reserve your place now. To start your journey email or contact us for further details.

lesanand279@gmail.com or Whatsapp **+34 634777037**