



ISLAND BROTHERS

● **A Week of Relaxation, Beach Time, and Spiritual Warrior Training.**

- **Healing and Freedom from The Stress that has been stored in our Bodies and Minds, Relationships and Work.**
- **Rejuvenation and Re-Energising Exercises, Tantra and Empowering the Lover and your Potency in the World.**
- **Experience how to deeply commune with Nature and open to how you can become an effective agent of Change in your Life, Family, and The World.**

Lara will be running wonderful event at The same time, called Luna Freya. So this is ideal for couples to come along and experience fantastic Holidays, and take themselves to a new Level of Living! This is of course open to singles too, a great opportunity to meet some very good people, enjoy the beauty and magic of the Island and Be Free and Empowered.

The Program (Flexible) will Be

Arrive on The Island of Brac Saturday 10th or Sunday the 11th of September

Sunday 11th

15.00 - 18.00 Opening Ceremony and Meet and Greet, and Intention setting. Maybe a Beer or 2

Monday 12th

8.00 - 9.00 Yoga, Balance and strengthening exercises and meditation (Voluntary)

9.00 - 10.00 Breakfast

10.00-13.00 Energetic, Physical and Mental teachings and Exercises to De-stress your systems and Prepare for rejuvenation.

13.00 — — — Lunch and Then Free-time for Beach, Swimming or what you like....

Tuesday 13th

8.00-9.00 Physical Training Flexibility and Meditation (Voluntary)

Free Morning

15.00-18.00 What is A Spirit Warrior? Activation of Higher Abilities and Meet Your POWER

Free Evening

Wednesday 14th

8.00-9.00 Physical Training Flexibility and Meditation

10.00 — — — Full Day Program, Mission to the Dragon Cave and work with The Ladies, Receive a Great Gift and Blessing. Also Great Beach and Sunset

Thursday 15th

Full Free Day for beach, shopping.. going on adventures with Partners or Brothers or a Day of Peace and Full Rest.

Friday 16th

8.00-9.00 Physical Training Flexibility and Meditation

11.00 — — — Brothers Mission into Special place in Nature, Sleeping under the Stars, Fire, Medicine Journeys, Commune with Land and Nature Spirit, Vision Quest.

Saturday 17th

Come back to Civilisation...

Cocoa Ceremony on The Beach with the Ladies followed by BBQ and Music, Swimming, Chill...etc

Costs: 400 euro for the Whole week.

Accommodation is organised by You. Transport to Brac is organised by You. Please see PDF Food Also, apart from BBQ, we will buy food and drinks together for the Nature Mission.