



PURA PRANA WILD RETREAT 2026

NINTH EDITION

September 3rd - 6th, 2026 · SIERRA DE GREDOS

[VIDEO OF THE CENTER](#)



“

*Now more than ever: The Mountain
Now more than ever: The Prana
The breath that is energy, that is pure air,
That is everything.*

*Pura Prana
Pure Breath
Pure Energy*

*Now more than ever:
A physical retreat,
A retreat with the elements,
A surrender to the elemental.
Breathing, and nothing more.*

*In the most essential nature,
And in return, receiving
Nothing,
Which is everything.*

*Stone – Water – Sun – Sky – Night – Silence
Pura Prana.
Now more than ever: The Mountain.*

-Jorge



WHAT DO WE DO?

- We hike to a **surprise location** in the Sierra de Gredos.
- We **set intentions** with symbols and an opening and closing ritual.
- We **sleep under the stars**, with just a mat and a sleeping bag.
- We practice **yoga at sunrise**.
- We observe **periods of silence** to awaken the senses and merge our awareness with the elements.
- We engage in **breathwork, meditation, contemplation, and movement practices**.
- We **bathe in the cold, crystal-clear river**.
- We practice **semi-fasting**.
- You will be guided by **Jorge and Harmony**, along with the energy of the group, in your silence, contemplation, and personal rebirth.

WHO IS THIS RETREAT FOR?

This experience is for people in good physical condition, able to hike in the mountains while carrying a backpack of approximately 10 kg and comfortable being in nature.

It's also for you if:

- You have never faced a similar experience, but something inside you feels called to try.
- You want to **experience silence**.
- You long for **nature, stillness, and deep connection with the elements**.

Maximum group size: 10 participants

PROGRAM:

Thursday, September 3rd

- Arrival at RAMA, our retreat center in **Arenas de San Pedro, Ávila**.
- **Opening circle at Sala Kailash** – connecting with our intentions, meditating to transform any doubts before the experience.
- Light dinner and **preparing backpacks**.
- Sleeping in our **luxury glamping tents**.

Friday, September 4th

- Early wake-up, breakfast, and car ride to the starting point of our journey.
- We will sleep outdoors on the **4th and 5th**, and during the days, we will follow a program that we prefer to **keep a surprise**.

Expect **bathing in nature, deep self-inquiry, and inspiration from the raw beauty of the natural world**.

Sunday, September 6th

- After breakfast, we **descend the mountain** and return to our center.



- **Integration circle** at Sala Kailash and a **vegetarian paella by the pool** before we say goodbye.

WHAT DOES THE PRICE INCLUDE?

- **1 night's accommodation** at La Morada Gredos in Arenas de San Pedro, Ávila.
- **Guidance and personal support** from Harmony Hannigan and Jorge Álvarez (yoga, meditation, pranayama & breathwork, Thai massage, hiking & rewilding, philosophy).
- **3 full days of deep immersion in the Sierra de Gredos.**
- **3 meals** (dinner on the 3rd, breakfast on the 4th, and lunch on the 6th).

For more details about food during the retreat, see the section below.

WHAT IS "REWILDING"?

Rewilding is a term that refers to **freeing oneself from social conditioning**, especially behaviors and movement patterns that separate us from our most natural, instinctual selves.

When we are in nature—**without mirrors, walls, doors, or modern facilities**—we have a unique opportunity to **awaken the senses and reconnect with our primal instincts**, leading to a deep experience of **freedom and innocence** that many of us have lost along the way.

WHAT DO WE EAT?

When we are in the mountains, we nourish ourselves with **Prana**, the vital energy contained in pure air, water, plants, and sunlight.

Being exposed to the elements, we naturally feel **less need to eat**. Since we also eliminate structured mealtimes (no dining tables, chairs, or schedules), we **learn to eat only when truly necessary**.

You may find yourself **eating simply**, such as a piece of fruit or a handful of nuts, while sitting alone on a rock by the river—fully **mindful of every bite**. This conscious approach **satisfies hunger quickly** and gives the digestive system a welcome break.

What to bring for food:

- Fruit (apples, pears, bananas)
- Carrots, cucumbers
- Nuts and seeds (not too many, as they can cause constipation)

If you need to bring additional food, we are open to discussing your needs privately.

We **recommend avoiding excess packaging** and **not bringing too much**—experience shows that there is always food left over!



WHAT DO I NEED TO BRING?

- A **comfortable backpack**
- Sleeping bag
- Sleeping mat (which can also be used for yoga)
- **Hiking shoes** (optional: sandals)
- Rain jacket
- Towel or pareo
- Water bottle
- Hat/cap/sunglasses
- Sunscreen (optional)
- **Minimal clothing** for hiking and yoga
- Flashlight
- Notebook and pen
- Any personal items for your spiritual practice (asana, mala, etc.)
- Food for 3 days (depending on the level of fasting you wish to practice)
- **Eco-friendly toiletries** (nothing that pollutes the environment)
- Tissues/toilet paper (optional)

SAFETY

Each participant is **fully responsible** for their own health and physical well-being. However, we will take great care to avoid any unnecessary risks.

We ask you to bring **your health insurance card** (or a photo of it) and share it in the **WhatsApp group** we create for communication, in case of emergency.

PRICE

€220 total

- **€75 deposit** (non-refundable unless the retreat is canceled).
- **€145 remaining balance** to be paid in **cash** upon arrival on September 3rd.

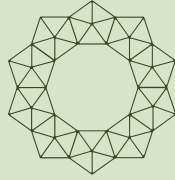
HOW TO RESERVE YOUR SPOT

If we haven't met before, we require a short online interview to clarify doubts and ensure the retreat is suitable for you.

To book your spot:

- Send a **€75 deposit via Bizum** to **Jorge** at **+34 658 863 502**
- OR **click here** to make the payment: [\[payment link\]](#)

Once your deposit is sent, please **contact us** to confirm your booking.



Thank you, and may you dream of mountains.
Jorge & Harmony

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