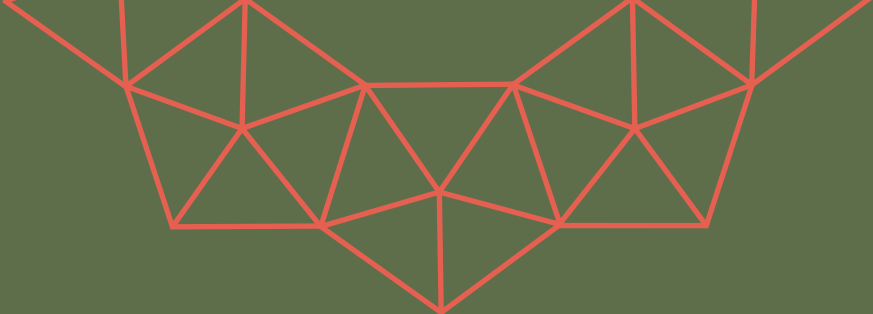
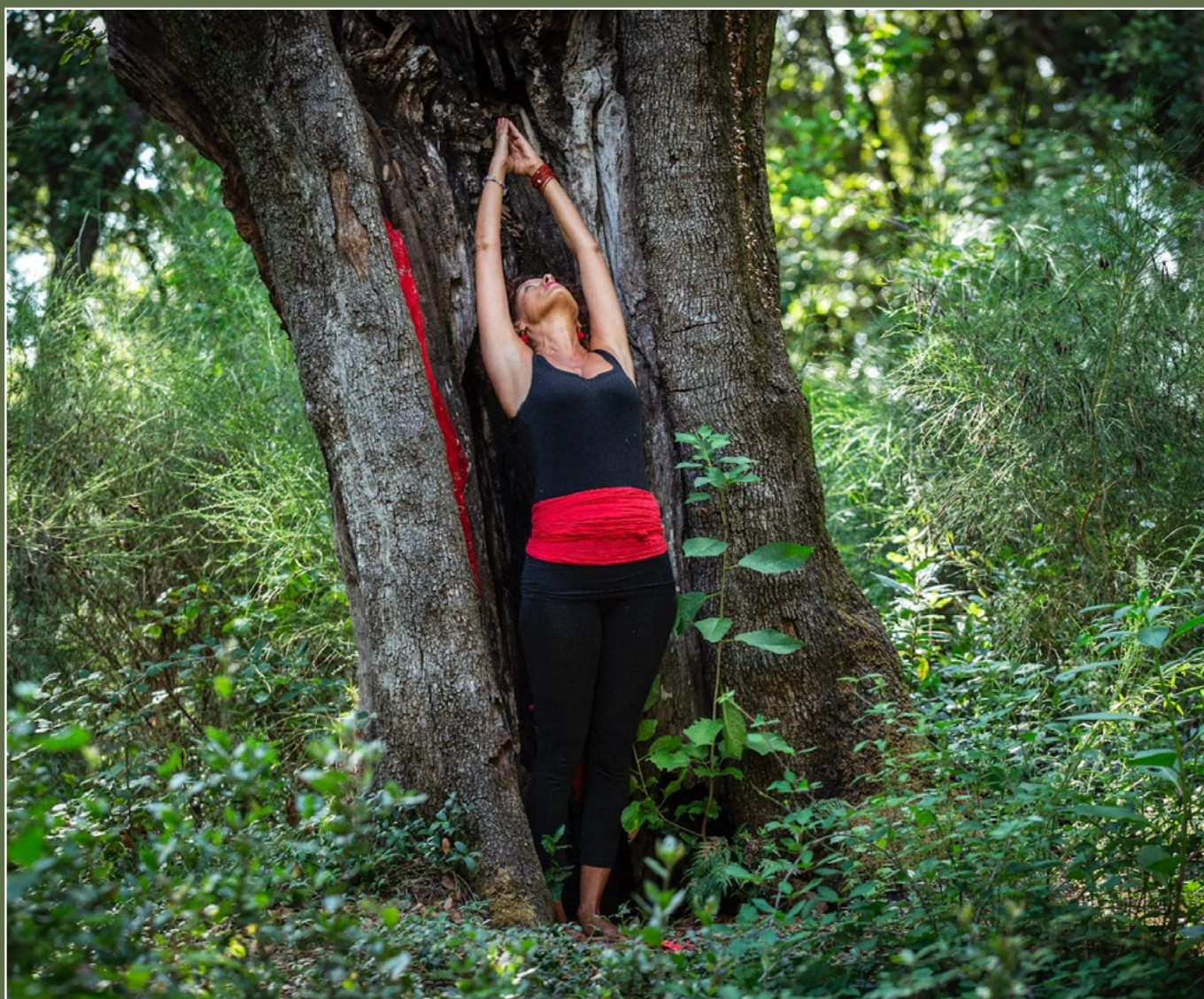




PURA PRANA WILD RETREAT 2026

WOMEN

June 25th - 28th, 2026 · SIERRA DE GREDOS





“

*“She has a burning soul that cannot be tamed.
She has a free spirit that cannot be broken.
She moves with the wind and flows with the river.
She howls at the moon and smiles at the sun.
Just when you think she is finished, she declares:
‘I’m only just beginning.’*

*Like wildflowers, she grows wherever she chooses to break through barren land.
Like wildfire, she expands with a force that cannot be contained.
She carries mystery in her blood, magic in her touch, and no matter her form,
she can be too much: wild woman.*

*She is neither predictable, nor controllable, nor complacent.
That’s why they call her a wild woman... because she will never be defined.”*

— Mishi McCoy



WHAT DO WE DO?

- We trek 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 a mat and sleeping bag.
- We awaken with sunrise yoga.
- We honour periods of silence to open our senses and merge our awareness with the elements.
- Expertly guided practices of breathwork, meditation, contemplation, and movement.
- Invigorating bathing in the cold, crystalline river.
- Semi-fasting for detox.
- You will be accompanied by Harmony, as well as the group's energy in your silence, contemplation, and process of renewal.

THIS EXPERIENCE IS FOR YOU IF:

You are a woman who feels the **call of nature** and wants to **reconnect with your wild essence**. If your body allows you to hike in the mountains with a 10kg backpack and you enjoy sleeping under the stars, this journey invites you to immerse yourself in the intimacy of the **natural surroundings** with confidence and presence.

It is also for you if you have never experienced anything like this before, but something inside you longs to try. If you want to **explore silence, authenticity**, and the **strength** that arises when you **surrender to the elements**, this retreat offers you the space to discover and **reclaim your feminine power** in deep connection with the Earth.

Maximum number of spots: 10 women



Gift

A PRE-RECORDED YOGA SESSION WITH HARMONY,
FILMED IN THE BEAUTIFUL SIERRA DE GREDOS.

PROGRAM:

Thursday, June 25th

Arrival at our center in Arenas de San Pedro.

Opening circle at Sala Kailash – we connect with our intentions and meditate to transform any doubts before the experience.

Light dinner and backpack preparation.

Sleep in our Glamping (luxury tents).

Friday, June 26th

Early wake-up, breakfast, and car ride to the starting point of the hike.

We will sleep under the stars on the nights of July 26th and 27th.

The daily schedule remains undisclosed to maintain an element of surprise. However, you can expect river baths, deep self-inquiry, inspiration from the beauty of nature, and a reconnection with your most organic essence.

Sunday, June 28th

After breakfast, we descend the mountain and return to RAMA, our retreat center.

Closing integration circle at Sala Kailash and a vegetarian paella by the pool before our farewell.

WHAT'S INCLUDED IN THE PRICE?

- 1-night accommodation at La Morada Gredos, Arenas de San Pedro, Ávila.
- Guidance and personal support by Harmony Hannigan: yoga, meditation, pranayama & breathwork, Thai massage, hiking + rewilding, philosophy.
- 3 days of deep immersion in the Sierra de Gredos.
- 3 meals (dinner on June 25th, breakfast on June 26th, lunch on June 28th).

VIDEO OF THE CENTER



WHAT IS “REWILDING”?

Rewilding is a concept that refers to **breaking free from social conditioning** regarding behaviors and movements that disconnect us from our most primal nature.

Being in nature—without mirrors, sanitary facilities, walls, or doors—offers us an opportunity to **awaken our senses** and our most basic instincts, returning us to an experience of freedom and an innocence that many of us once lost.

WHAT DO WE EAT?

When we are in the mountains, we nourish ourselves with **more prana** [vital energy]. Prana is the life force contained in pure air, water, plants, and sunlight. Being exposed to the elements naturally reduces the desire to eat.

Since we also **eliminate traditional meal rituals** [no set times, tables, or chairs], we can truly soothe hunger with minimal food. A bite of an apple here, some nuts there... Eating alone, sitting on a rock by the river, allows us to chew consciously and savor every bite, which quickly satisfies hunger and gives the digestive system a well-deserved rest.

Everyone brings what they feel is necessary for the days in the mountains.

Recommended foods:

Fruits / carrots / cucumber / seeds + nuts (*consume in moderation, as they may cause constipation*).

If you need to bring other foods, you are welcome to, and we are open to discussing your needs privately.

Please avoid foods with excessive packaging and **don't bring too much** [our experience shows that there is always leftover food!].



WHAT DO I NEED TO BRING?

Here's the list of what to bring for the retreat:

- A comfortable backpack
- Sleeping bag
- Sleeping mat (which can also be used for yoga)
- Hiking shoes (+ optional trekking sandals)
- Rain jacket
- Towel or sarong
- Water bottle
- Hat/cap/sunglasses
- Sunscreen (optional)
- Minimal and suitable clothing for hiking and practice
- A flashlight
- Notebook and pen
- Asana, mala, or other objects for your personal sadhana (we can clarify this when you book)
- Food for 3 days (depending on your fasting level and the weight you want to carry)
- Toiletries (only eco-friendly products)
- Tissues/toilet paper (optional)

SAFETY:

Everyone is fully responsible for their own health and physical integrity, although we will always ensure that unnecessary risks are avoided.

Please bring your health insurance card or a photo of it in the WhatsApp group we create for communication, in case of emergency.

WHAT'S THE COST?

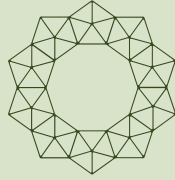
For organizing this retreat and the guided practices: **€220**
€75 deposit + €145 balance in cash upon arrival on June 25th.

HOW TO BOOK YOUR SPOT?

If we haven't met before, an **online interview** is required to clarify doubts and evaluate if this retreat is right for you.

To book your spot, please send a **€75 non-refundable deposit** (unless we cancel the retreat) with the reference **"Pura Prana"** via **Bizum** to Jorge at **Tlf. 658863502** or click here: [\[Make Payment\]](#)

Once you have made your reservation, please **contact us**.



Thank you, and may you dream of mountains.
Harmony

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