



SPIRITUAL ADVENTURE IN LA GOMERA

INNER SPARK



14 FEB 25 - 19 FEB 25

TRIP SUMMARY :

What is it?

It's a Spiritual Adventure in La Gomera island, Spain.

When?

From February 14th to 19th, 2025 - 6 days and 5 nights.

What will we do?

Hikes, meditation, breathwork, Yoga, shamanic drum journeys, walking meditation, swims, boat excursions to see dolphins and whales, shamanic astrology, tarot reading, night hikes, stargazing, visits to villages, power spots, laurel forests, volcanic beaches.

Transportation and Meeting Point?

Puerto de los Cristianos in Tenerife. You can easily fly to Tenerife directly from major airports.

Accommodation?

3-star accommodation in the heart of the island, surrounded by nature. There are options for double or single rooms.

Price?

€997 for a shared double room

€1450 for a single room



IS THIS YOU?

Are you up for a spiritual adventure, a chance to escape and spend a week immersed in nature?

How about on a small, peaceful island that's magical, mild, and full of incredible spots to explore?

Would you like to go on unique hikes through exotic forests and volcanic mountains with ocean views?

How does a boat trip to see dolphins and whales sound?

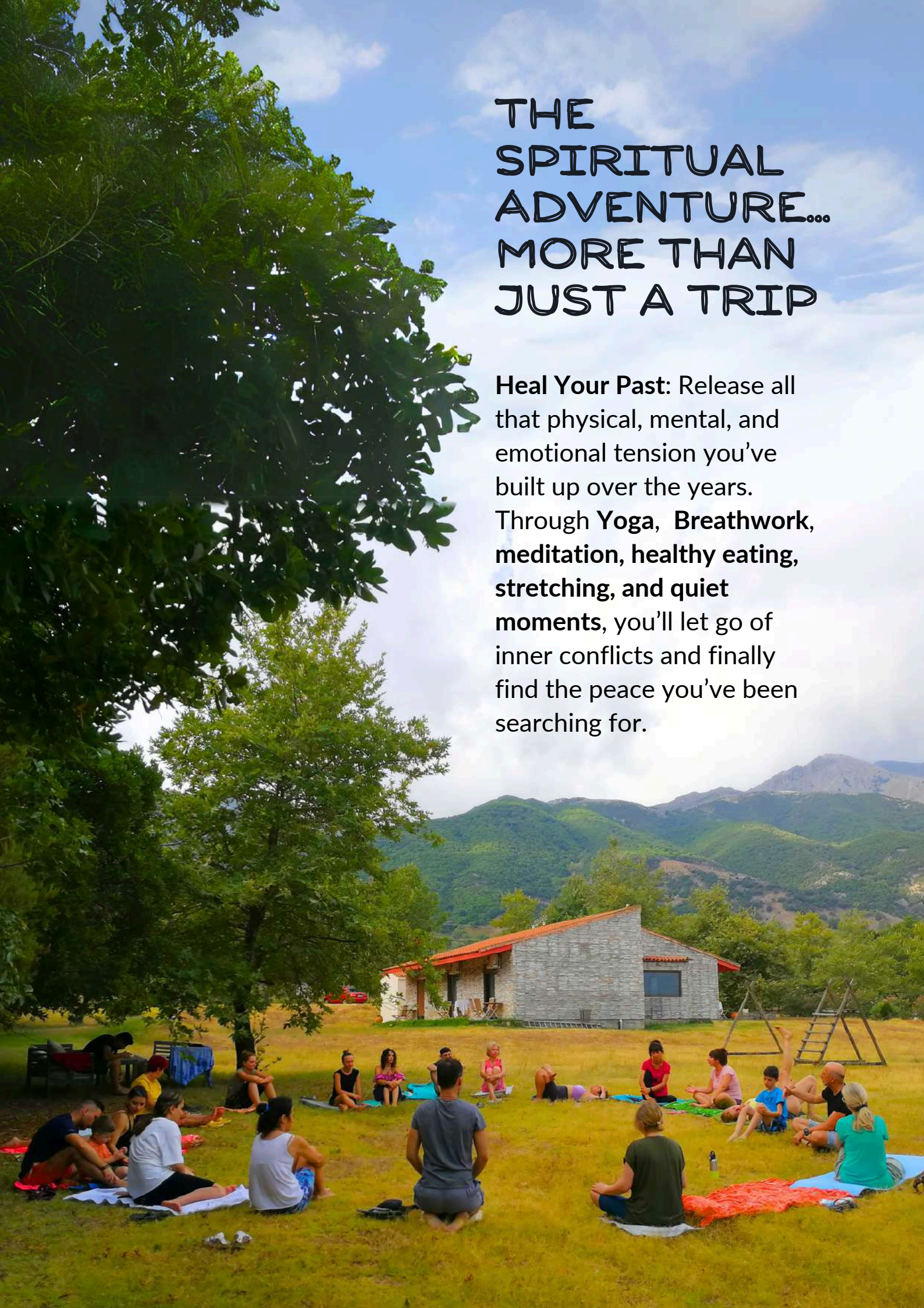
Would you love to visit the best stargazing spot in Europe?

How about a meaningful journey to transform and reconnect with your true Self and purpose?



THE SPIRITUAL ADVENTURE... MORE THAN JUST A TRIP

Heal Your Past: Release all that physical, mental, and emotional tension you've built up over the years. Through **Yoga, Breathwork, meditation, healthy eating, stretching, and quiet moments**, you'll let go of inner conflicts and finally find the peace you've been searching for.



THE SPIRITUAL ADVENTURE... MORE THAN JUST A TRIP

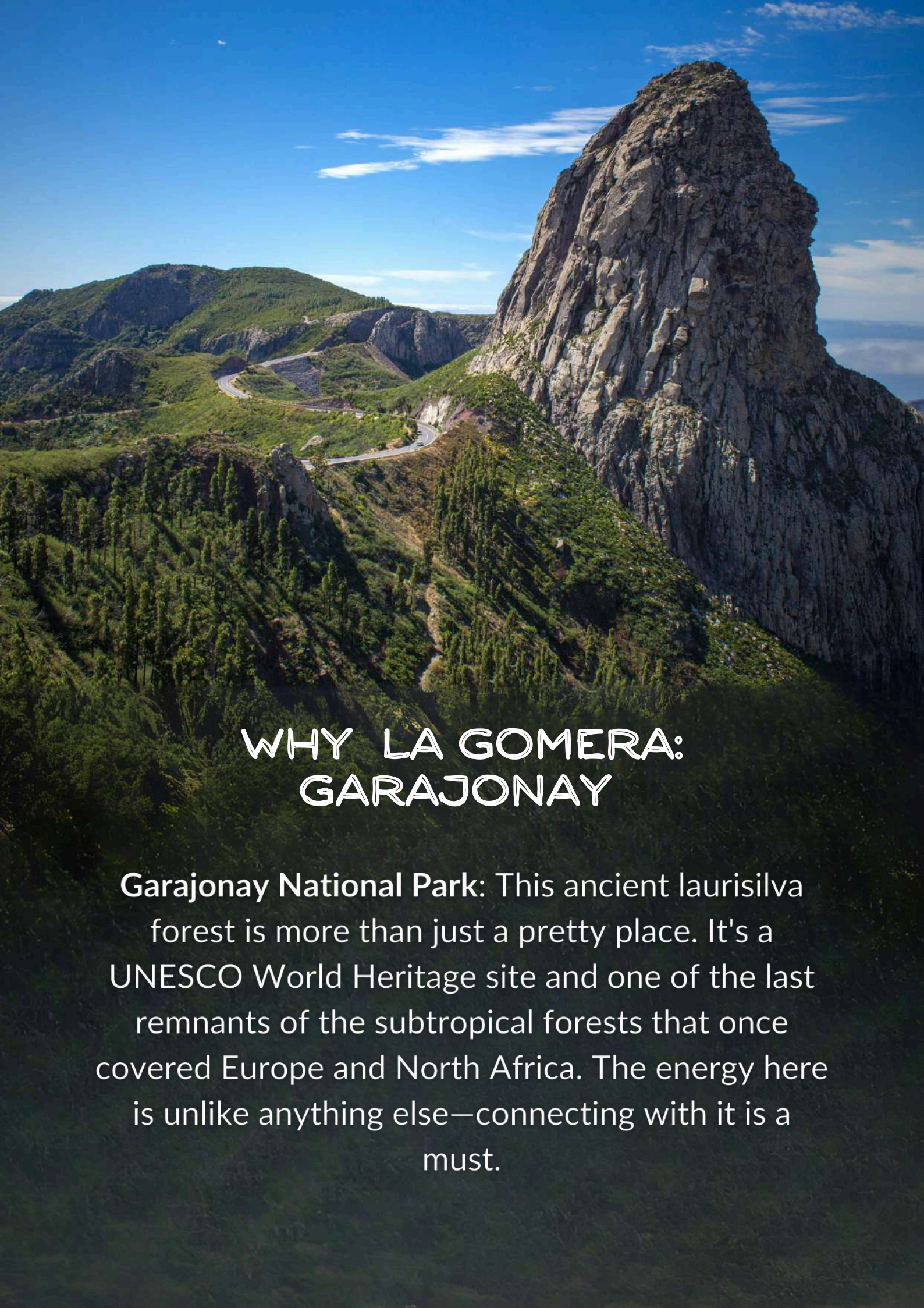
Ignite Your Inner Fire: We don't just want you to feel at peace; we want to see you leap with joy. With our **hikes, deep nature connection, revitalizing swims, and free expression exercises,** you'll awaken your inner flame. You'll feel **renewed, motivated, and empowered** to reach new heights. By the end, you'll be overflowing with life.



THE SPIRITUAL ADVENTURE... MORE THAN JUST A TRIP

After reigniting your fire, the next step is to **realign with where you want to go**. In the final part of our experience, we'll help you **reconnect with your true purpose** and find the clarity you need to **move forward**. By the end, you'll have a renewed sense of direction and know exactly where to channel your **energy and passion**.





WHY LA GOMERA: GARAJONAY

Garajonay National Park: This ancient laurisilva forest is more than just a pretty place. It's a UNESCO World Heritage site and one of the last remnants of the subtropical forests that once covered Europe and North Africa. The energy here is unlike anything else—connecting with it is a must.



WHY LA GOMERA: THE GUANCHES

The Power of the Guanches: The indigenous Guanches, the island's original inhabitants, were deeply connected to the natural world and practiced powerful rituals in the lookout points, forests, and caves that dot the landscape. These ancient people believed in the spiritual essence of every element of nature, from the stones to the stars. Their traditions and wisdom, passed down through generations, are woven into the very fabric of La Gomera.

WHY LA GOMERA: THE OCEAN

Mild Climate and the Ocean: La Gomera welcomes you with a gentle climate and dreamy beaches. But here's the real treat: the waters around the island are home to dolphins and whales. Spotting them, or even swimming alongside them, is a spiritual experience in itself.





WHY LA GOMERA: THE START

The Best Night Sky: Did you know that the Europe's best astrophysical observatories are in the Canary Islands? That's because the night skies here are crystal clear, with zero light pollution. La Gomera is the perfect spot to connect with the cosmos and feel a deep sense of belonging in the universe.

AGENDA

Day 1: February 14, 2025

Welcoming Ceremony and Island Connection

Our journey begins with a heartfelt welcome to the island of La Gomera, setting the intention for our retreat. Today, we connect deeply with the island's energy and our inner truth. The sacred mirador of Abrante will be our gateway to this connection, where we will align with the spirit of Onome and open ourselves to the transformative journey ahead.

13:00 - Group meeting at Puerto de los Cristianos, Tenerife

14:30 - Ferry to La Gomera

15:20 - Arrival at San Sebastián de La Gomera

18:00 - 19:30 - Excursion to Mirador de Abrante. Welcome and intention-setting ceremony

19:30 - 21:30 - Dinner in Agulo

22:00 - Return to our accommodation and relax





Day 2: February 15, 2025

Reconnecting with Your Nagual

Today is about reconnecting with the Nagual, your power spirit. In the sacred Garajonay forest, we will dive deep into shamanic meditation, explore the teachings of totem animals, and learn how to harness the forces of nature. Our connection with the spirits of Guara and Jonay will guide us as we align with our wild, inner energy.

08:30 – Vital Body Activation: The Deer Dance

09:30 – Breakfast

12:00 - 19:00 – Hike in Garajonay Natural Park. Forest meditation with drum ceremony and spiritual connection with the forest

20:00 – Dinner and rest in Vallehermoso



Day 3: February 16, 2025

Healing and Passionate Awakening

We will connect with the ocean and its sacred creatures, dolphins and whales, to experience profound healing. In the afternoon, we visit the ancient power place of Chipude for a sacred ritual. This day will focus on awakening and elevating the Kundalini energy, allowing us to channel passion into our higher chakras.

08:00 - Breakfast

10:30 - 13:30 - Whale watching excursion. Ocean connection and meditation with cetaceans

14:00 - 16:00 - Lunch and beach time at Puerto del Gran Rey

17:00 - 19:30 - Visit and sacred ritual at Fortaleza de Chipude, connection with ancestral spirits

20:00 - Dinner at Restaurante Laguna Grande

22:00 - Return to our accommodation and relax



Day 4: February 17, 2025

Connecting with Your Higher Purpose

Today is a profound journey of alignment with the ancient spirits of the Guanches. Our full-day hike through the Barrancos de Guarimiar will be an opportunity to seek clarity and discernment as we connect with spiritual guides that help us realign with our life's purpose. Throughout the day, we will engage in self-expression practices, breathwork, drumming, and conscious walking. We will also delve into teachings about the Spirit Guides, the Ayami, and the concept of the spiritual lover.

08:00 - Stretching and breathing exercises in nature

08:30 - Breakfast

11:00 - 20:00 - Full-day hike: Barrancos de Guarimiar and Benchijigua circular route

20:00 - Dinner and evening walk in Tecina

22:00 - Return to our accommodation and relax



Day 5: February 18, 2025

Theme: Shamanic Astrology and Planetary Energies

Explore the influence of planetary energies on your daily life through shamanic astrology. We'll dive into the duality of the Sun and Moon during a walk in the magical forest of Cedro. The day concludes with a night under the stars, where we'll connect with the cosmos and journey with the drum into the universe.

08:30 - Special Yoga Practice: The Dance of the Planets

09:30 - Breakfast

11:00 - 13:30 - Walk in the magical forest of Cedro. Forest connection meditation

14:00 - 18:00 - Lunch and visit to Hermigua

21:00 - Night excursion for stargazing and meditation on the influence of planets



Day 6: February 19, 2025

Theme: Grounding and Vision Setting

On our final day, we ground the experiences of the retreat, finding clear direction and setting a concrete vision for the months ahead. Through a final drum ritual and shamanic Tarot reading, we will project our energy into the future, crystallizing our intentions and vision.

08:30 - Conscious Massage Practice and Relaxation

09:30 - 11:00 - Breakfast and packing

11:00 - 13:00 - Final drum ritual. Tarot reading and vision setting for the coming weeks

13:00 - 14:00 - Travel to the port of San Sebastián de La Gomera

14:00 - 16:30 - Farewell lunch, car return, and walk around the port

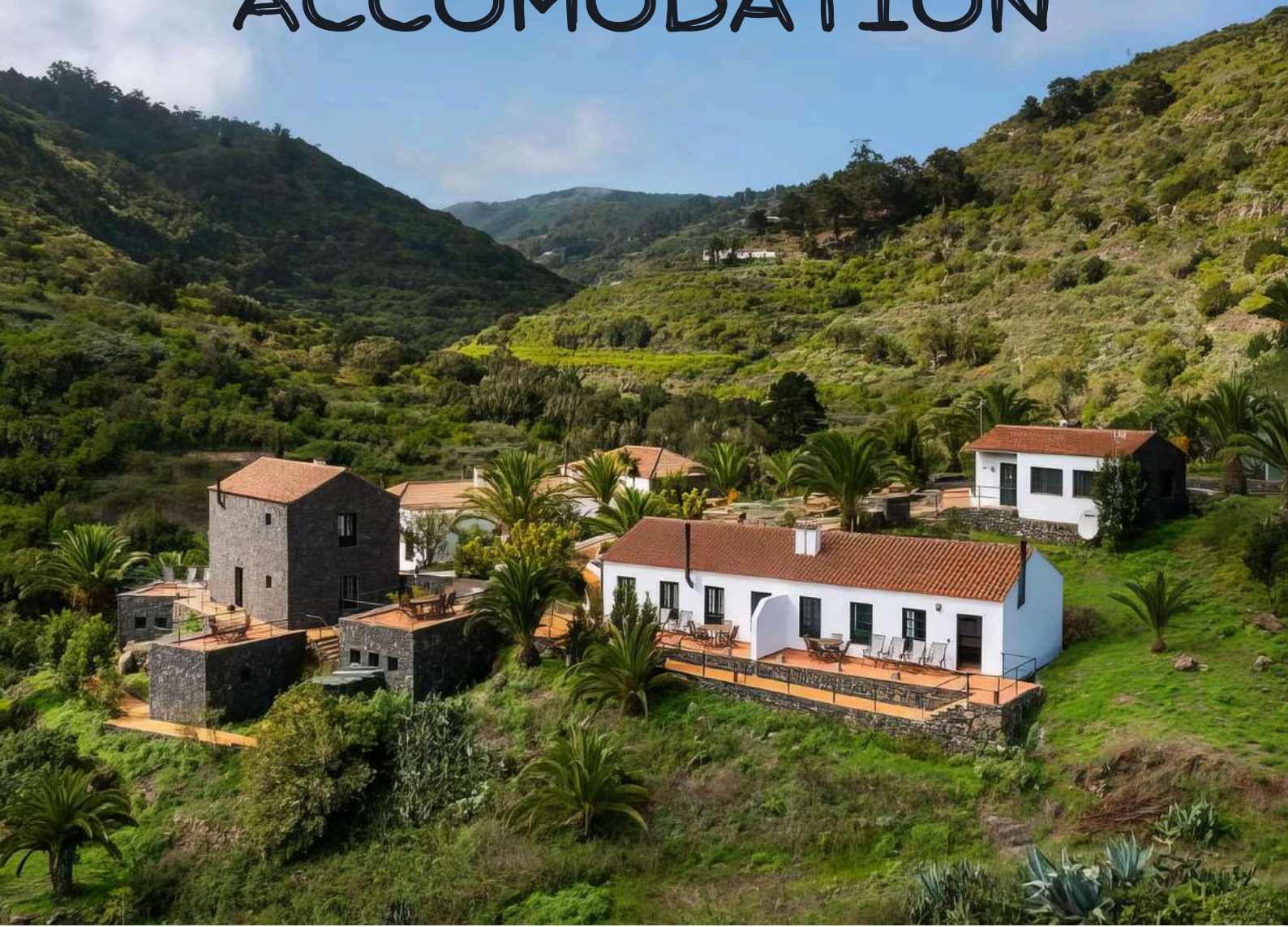
17:00 - Departure by ferry



SPECIFICS

- The journey begins on **Friday, February 14, 2025**.
The meeting point is the **port of Los Cristianos on the island of Tenerife, at noon**. From the port, we will all take the ferry together to La Gomera.
- The journey will end at the same place, **the port of Los Cristianos, on Wednesday, February 19, 2025, around 6:00 PM**.
- The island of **Tenerife has direct flight connections with major airports in Europe**.
- Once we're on the island, we'll get around in **our own rental vehicle**.
- The place we're staying at has a private kitchen, so **we'll make our own breakfasts**, which will be a great chance for us to connect as a community. For **other meals, we'll head to local taverns** where we've picked spots offering a variety of options, including vegetarian.
- We've got some awesome hikes planned, between 10 and 15 km, with elevation gains of 200 to 500 meters. **The main focus is for you to enjoy nature and connect with yourself** (not to rush).
- Expect **daytime temps around 20°C**.
- We'll go on a **boat trip to see whales** and take a swim!
- The agenda may be adjusted to accommodate the **circumstances or needs of the attendees**.

ACCOMODATION



WELCOME TO CASAS DEL CHORRO

We've handpicked a truly special place for our stay, right in the heart of the island, surrounded by nature, tranquility, and breathtaking views.

We'll be staying in four cozy apartments, each with two bedrooms. You can choose between a double or single room, and every apartment comes with its own private bathroom.

Casas del Chorro Location, Images and Reviews:
<https://maps.app.goo.gl/w3SUq3vBjqw9eGPKA>
<https://www.casasdelchorrobeachmate.com/>



The houses are fully equipped with everything you need—Wi-Fi, modern kitchens, and plenty of space to unwind.



It's the perfect spot to relax, recharge, and connect with the beauty of the island. You're going to love it!



WHAT WILL YOU GET

- Round-trip ferry from Tenerife to La Gomera.
- 6 days, 5 nights in a peaceful, fully-equipped two-bedroom apartment in the heart of La Gomera.
- Easy travel around the island in a private car with our awesome driver (aka Pablo 😊).
- Guided visit to Garajonay National Park, including a hike to the island's highest peak.
- Stunning hikes through forests, ravines, and beaches.
- Yoga, meditation, and breathwork sessions.
- Healing drum rituals at the island's power spots.
- A shamanic astrology seminar on the influence of the planets in our lives.
- Planetary Dance Practice to connect with the qualities of the planets.
- Stargazing in the serene natural environment.
- A boat excursion to connect with cetaceans and swim.
- Spontaneous seminars and talks during our hikes and visits.
- Personalized attention throughout the trip from Pablo and Monika.
- Visits to the island's most iconic villages.
- Pablo as your interpreter to help you connect with locals.
- Memories captured in 4K photos and drone videos of our spiritual adventure in La Gomera.

All this, worth over ~~€2500~~....

**for just €997 (double room option)
or €1450 (single room option).**

WHAT IS INCLUDED IN THE PRICE:

Price:

- €997 - Accommodation in a shared double room.
- €1450 - Accommodation in a single room.

The Price includes:

- Accommodation (6 days, 5 nights)
- Ferry from Tenerife to La Gomera and back
- Transportation around the island
- Boat excursion to see dolphins and whales

The Price does NOT include:

- Food (We estimate about €300 for the 6 days)
- Travel insurance (We recommend you bring your own)

****THIS JOURNEY IS LIMITED TO A SMALL GROUP TO ENSURE AN INTIMATE AND PERSONALIZED EXPERIENCE. THERE ARE ONLY 10 SPOTS AVAILABLE**

****THE CURRENT PRICE IS A SPECIAL EARLY BIRD OFFER THAT'S ONLY AVAILABLE UNTIL 30 NOV 2024. DON'T MISS OUT ON THIS UNIQUE OPPORTUNITY!**



HOW TO RESERVE YOUR SPOT:

To secure your spot, just make a deposit. You can do it right here.

BOOK HERE

If we haven't met yet, or if you have any questions about the trip, feel free to schedule a free call:

FREE CALL

Final Payment: After making the deposit, the final payment must be completed at least 30 days before the trip begins to confirm your spot.

Cancellations, and Refund Policy:

- **Cancellations up to 60 days before the start date:** Full refund.
- **Cancellations between 30 and 60 days before the start date:**
The deposit is non-refundable, but any additional payments will be refunded.
- **Cancellations between 15 and 30 days before the start date:**
50% refund of the total trip cost.
- **Cancellations within 15 days of the start date:** No refund.

For more information, check our [event policy](#).

MEET YOUR FACILITATORS

We are Monika and Pablo, the people behind Inner Spark. A long time ago, in a galaxy far, far away, we were two individuals dedicated to our careers (Law and Engineering) spinning in the daily grind...

Until we saw that this pre-cooked happiness didn't work... that we were missing something... we were missing the magic!

We wanted to explore the unknown, overcome our fears, and manifest our deepest desires.

Life led us to meet each other, and to meet a Shaman and Yogi Master. We spent years following him, belonging to his inner circle in intense practices of healing, empowerment, and reconnection with the Self and life's purpose. This journey simply changed everything for us...

And now, yes... we have magic!

Are you up for an adventure of healing and reconnecting with the deep Truth resonating within you?

This is, no more and no less, the journey we propose to you 🧘



FROM PREVIOUS INNER SPARK PROGRAMS, TRIPS & RETREATS





