

# S.O.N.R.I.E.

GALAPAGOS ISLAND YOGA RETREAT  
NOVEMBER 2024



# A little scoop

## Come as you are

SONRIE (Spanish) means SMILE. This signature program works in the fundamentals of:

- S - Structure
- O - Offering
- N - Nucleus
- R - Responsibility
- I - Integration
- E - Expansion

Embark on a transformative journey through the six stages of self-discovery during our upcoming retreat. Through immersive practices tailored to each stage, you'll uncover the authentic essence of yourself, forge a deep connection with nature, facilitate personal transformation, and amplify self-love, spontaneity, and the recognition of your inherent wisdom.

Nestled on Santa Cruz Island, your retreat experience goes beyond self-discovery as you witness the enchanting spectacle of giant tortoises freely roaming this UNESCO World Heritage site. Prepare to be captivated by the sight of sea lions, blue-footed boobies, sharks, marine iguanas, and more, creating a tapestry of awe-inspiring encounters. Designed for exploration and adventure, each day promises moments of wonder amidst the untamed beauty and boundless natural energy of the Enchanted Galápagos Islands.





# Agenda

## General Day

- 07:00** Meditation
- 07:30** Yoga Practice
- 08:30** Breakfast
- 09:00** Guided Activity
- 14:00** Free Time
- 17:00** Yoga Practice
- 19:00** Dinner
- 20:00** Closing Circle/Ceremony

This is only a sample agenda for most of the days during the retreat. The final agenda will be shared with 24hrs notice.





## Your Host...

Compassionate, healing-oriented, story-lover, rhythm; an eternal believer, balancing the want and the need.

Wendy's offerings are a direct language to the heart; intuitive, ever-expanding, and above all safe in nature. Her teachings have taken her to many beautiful places within Canada; around North, South, and Central America; and the Caribbean introducing her to many fabulous human beings along the way.

Wendy started her Yoga journey in 2010 in Ecuador, where she was born and raised in the midst of a women-led family. Her mother (doctor) and her grandmother (shaman and healer by heart), were the perfect combination to ignite her passion to discover her gifts and skills in the self-care world. She considers herself an "eternal student".

While studying Breathwork, Meditation, Energy Healing, Therapeutic Yoga, Chakra Alignment, Shadow Work, and Bodywork, she began to create her own craft and teaching style. That is how Energy Breathwork and Kinematic Yoga were born. It has been an amazing 10 years of teaching and the rewards of being able to share her experiences and knowledge while helping others is the greatest gift this career has given her.

Her style of teaching/coaching is a direct reflection of who she is. Directness with a brush of humour and a lot of empathy make her offerings a safe place to start peeling away the layers that are no longer needed and discover our true nature.

**"It is not always what you want but ALWAYS what you NEED."**

Wendy



# Testimonials



" The 2018 Yoga Retreat was exactly what I needed. It was a time in my life when I was going through a number of self-imposed and necessary changes and the retreat helped me figure out how to get through it all without losing sight of my mission to be true to myself. If challenges lead to growth, the physical, emotional, and spiritual journey I experienced over that week was invaluable in that respect. Issues I didn't want to face, questions I didn't want to answer, and even yoga poses I didn't want to hold. Wendy guided me through all the tough stuff. I gradually felt the benefits afterward, and they are long-lasting, even today.

It wasn't all pain and torture though; we had fun and simple moments like the crafting of a vision board or meditating by the beautiful lagoon near the resort, to unique, once-in-a-lifetime moments like Acro Yoga at Tortuga Bay and jumping off the cliffs of Las Grietas. The retreat had a well-crafted balance of "work" and "play". Oh, and the food!! Amazing!! Honestly, I have so many great things to say about this retreat. I wish this experience for everyone."

**- ERIKA TAR**

Participant on the 2018 Galápagos Retreat





# S.ON.R.I.E.

GALAPAGOS ISLAND RETREAT  
DECEMBER 10 - 17, 2022

This 7-day retreat has been crafted in so many beautiful and wonderful ways for you to end every day with a smile on your face.

## Highlights

- Flight from Guayaquil to Baltra, Galápagos
- VIP Lounge and Private Van transportation
- VIP transfers to and from the airport (on arrival and departure days only)
- SICGAL inspection and migration card
- Galápagos National Park entrance fee
- Fancy dinner on arrival and departure days
- 8-night accommodation in a double occupancy room
- Daily Yoga and Meditation
- 2 Energy Breathwork practices
- A dedicated Certified Galápagos Tour Guide during activities
- Snorkeling Experience on an all-day adventure to Bartolomé Island
- Guided Walk and Free Diving Experience to Las Grietas
- Full-day excursion to Tortuga Bay (kayaking and snorkeling - optional)
- All meals included (Nov 9-16)
- Cacao Ceremony
- Biking adventures (optional during free time)
- A private photographer for the duration of the retreat

\*Airport transfer included Jose Joaquin de Olmedo airport (Guayaquil).



## Price and payment

The price is based on double room occupancy.

\$4,500.00 - USD

To secure your spot a \$500 deposit\*\* is required. The balance is payable in full or in installments no later than Sep 15, 2024.

## What is not included?

- Flights to Guayaquil, Ecuador
- Gratuities (at your discretion)
- Alcohol
- Travel Insurance (recommended)

\*\* non-refundable if cancellation happens after August 1, 2024



# S.O.N.R.I.E.

GALAPAGOS ISLAND RETREAT  
NOVEMBER 8 - 16, 2024

During this retreat, we will embrace practices that will allow us to unfold the true nature of ourselves and magnify self-love, spontaneity, and recognition of our own wisdom.

## What to expect during and after the retreat?

Indulge in a holistic experience, treating yourself to delectable cuisine, grounding meditations, invigorating yoga sessions, and tailored self-care practices. Cherish moments of solitude, allow the creation of personal spaces while sharing unforgettable experiences each day with those around you. Forge connections with explorers like yourself, fostering bonds that harmonize various aspects of your life. Partake in a grounding and authentic Cacao Ceremony, a transformative experience designed to revitalize your vibration and deepen your connection with the surroundings.

As the retreat concludes, you'll depart equipped with transformational tools, ensuring the preservation of your newfound connection to nature amidst the demands of your everyday life. Carry with you a profound sense of adventure and freedom, crystallized through enduring memories that will accompany you for years to come.

*Come as you are*

