



YOGINI ROSA

FOUNDATION



TOGETHER ON RETREAT AFTER BREAST CANCER

Breast cancer has touched too many
of our mothers, daughters, sisters, and friends.
That's why we created Yogini rosa Retreats.

Special yoga retreats on the Canary Island of Tenerife
designed to provide solace, rejuvenation, strength
and energy for women affected by breast cancer.

WWW.YOGINIROSA.COM



YOGINI ROSA RETREATS

Yogini rosa Retreats are special yoga retreats designed to support women who have been affected by breast cancer with the goal of giving them strength and energy during recovery from the effects of the disease and treatment.

PERSONAL RENEWAL

Through a special program of yoga, mindfulness and workshops you will be supported to better cope with fatigue, anxiety, and uncertainty (in other words your life) after your diagnosis. A full week of empowerment together with other women sharing the same journey. You don't have to explain anything.



Yogini rosa Retreats are being held at Mandala de Masca - a safe environment where you can be yourself. The experience is designed to foster personal renewal, facilitate a shared journey with other survivors, and forge bonds of encouragement among women traveling the same road. The retreats are being led by a team of female professionals and volunteers from different disciplines.

TOGETHER

You don't have to do this alone. Next to a wonderful team and a group of women with the same background, you are welcome to bring a 'sister'. A "sister" can be anyone, your mother, your daughter, your best friend, currently the beacon in your life. Of course you are also welcome as an individual.



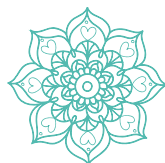
Do you want to join a Yogini rosa Retreat or do you know a woman who would benefit? Do you want to support or volunteer during a retreat?

Please find all the information at

WWW.YOGINIROSA.COM

YOGINI ROSA IS A NON-PROFIT FOUNDATION REGISTERED IN THE NETHERLANDS.

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0031 653 167 543





YOGA RETREAT
-TENERIFE-

MANDALA DE MASCA TENERIFE

Mandala de Masca is a dedicated yoga retreat center developed by yogis for yogis. Our unique and breath taking 6 hectares of private mountain terrain is situated in a beautiful valley on the Canary island of Tenerife.

With the love of yoga and the yogic way of life we have created an exclusive yoga accommodation to give you a wonderful yoga holiday experience. It's our intention that every yogi is leaving Mandala de Masca happy, satisfied, energized and with great memories.

KARMA FOR TEACHERS & STUDIOS

Mandala de Masca is the base and the retreat center of the Yogini rosa Foundation on Tenerife. In the weeks we don't organize Yogini rosa Retreats, we offer accommodations and all services to international teachers and yoga studios to bring their own group of students. By doing this we share the costs of running and maintaining this beautiful accommodation for investments in the Yogini rosa Retreat weeks.

Real KARMA and a win for all!

OUR RETREAT ACCOMMODATIONS OFFER:

- 10 suites -22p- with a private bathroom
- fully equipped yoga decks
- indoor Yoga living with fireplace
- fresh water pool
- sun terrace with sun lounges
- massage facilities
- gardens full of fruits and vegetables
- mountain water spring
- organic meals & healthy bites
- delicious homemade drinks
- dedicated team running the center
- full service and support



We organise trips to the beach, picnics at the foot of Mountain El Teide, SUP/surf lessons, yoga hikes through the valley to the sea or we can even bring you to another great spot on the island. At night we count the stars, sing mantras or watch a movie in our outdoor "cinema".





EXPLORE THE ELEMENTS

Surrounded by nature, birds singing in the valley, the clean oxygen, the freshness of the water direct from the spring, the shapes of the rocks, the light of the stars and the wide mountain views will help you to activate your senses to reconnect and find your love inside.

BE WELCOME

We invite you to come over, to surrender and let go of all the must do's. Practice yoga, be mindful, swim in our relaxed pool with valley view, join a workshop, go on a trip to the beach, find your own private meditation spot or just relax in one of the comfortable hammocks - there are enough hideaways. It's your time to enjoy and relax - close your eyes and receive a well-earned massage.



JOIN OR CREATE A RETREAT

If you are looking for a magical retreat location or if you want to join a retreat, please contact us or visit our website for more information and upcoming retreats.

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