

ROOT & RISE

5 Elements Yoga & Wellbeing
Retreat

With Becci & Larissa



13 - 18/03/2026
Gran Canaria

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5 Elements Yoga & Wellbeing Retreat

WHERE?

Sana Dharma - Finca Las Orillas
Maspalomas, Gran Canaria



WHEN?

Friday, March 13th until Wednesday, March 18th, 2026

WHO?

375h Yoga Teacher Larissa & Wellbeing Coach Becci

WHAT?

6-days and 5-nights Yoga & Wellbeing Retreat

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5 Elements Yoga & Wellbeing Retreat

WHAT'S INCLUDED?

- Daily Elemental Vinyasa Krama & Restorative Yoga classes
- Daily Mindfulness & Wellbeing Workshops
- Daily meditation
- 3 vegan/vegetarian meals per day and 2 in-between snacks
- Secret Sunset Event
- Heated Swimming Pool
- ...and so much love!



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WHAT'S NOT INCLUDED?

- Flights
- Transfer to/from the retreat location
- Meals outside of Finca Las Orillas
- Add-ons such as 1:1 coaching, massages & therapies

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ACCOMMODATION

7 big glamping tents (max. 4 pers./tent) surrounded by greenery and palm trees, with rest and eating areas, a yoga studio and heated swimming pool at Finca Las Orillas in the South of Gran Canaria.



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PRICING

- Super Early Bird X-Mas Special until December 24th: €800
- Early Bird until January 31st, 2026: €825
- Regular price: €875

A non-refundable deposit of €200 is required upon registration to secure your spot. This deposit will only be refunded if the retreat cannot take place as planned due to circumstances beyond participants' control.

PAYMENT

Payment can be made via Revolut, Bizum, or bank transfer to the following details:

Bizum: +34613044994
Rebecca Bradford-Green
GB78 REVO 0099 7091 1515 12

Please note that payment of the full price will have to be made by February 15th, 2026, and cannot be refunded in case of cancellation by the participant.

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YOUR FACILITATORS

Larissa



Larissa's yoga journey began in 2017, initially drawn to the physical benefits of the practice. What started as a way to strengthen and heal the body quickly evolved into a deeper exploration of yoga philosophy, inspiring a life guided by compassion and giving. Yoga is a pathway to greater awareness, connection, and positive impact in the world.

Completing her 75h Jivamukti Spiritual Warrior Teacher Training (2023), 200h Elemental Vinyasa Krama Yoga Teacher Training (2024), and 100h Elemental Vinyasa Krama Yoga Advanced Teacher Training (2025), Larissa brings both traditional wisdom and contemporary understanding to her teaching. She creates inclusive spaces where students can explore their own transformative journey.

Becci



Becci is a Career Wellbeing Coach and a certified Strengthscope® and Emotional Culture Deck practitioner. Her work draws on positive psychology, emotional awareness, and strengths exploration to support you in reconnecting with what brings you energy, clarity, and purpose in your life - so you can flourish and thrive in a way that feels true to you.

Her journey into coaching began from a place of personal struggle - navigating burnout and misalignment in her own professional life. In learning how to support and heal herself, she discovered tools and approaches that now shape her mission to share this work with others.

Becci offers reflective, restorative spaces where you can slow down, gain insight, and feel deeply supported as you move forward with greater ease and self-trust.

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ABOUT ELEMENTAL VINYASA KRAMA

Elemental draws from Ayurveda's five elements, each with distinct movement patterns that cultivate specific energetic flows (vayus):

- Earth: downward grounding (apana vayu)
- Water: expansive flow (vyana vayu)
- Fire: centered integration (samana vayu)
- Air: heart-opening (prana vayu)
- Space: upward lifting (udana vayu)

These movement patterns and energy flows work together to regulate the nervous system naturally - this is yoga as medicine.

Krama means step-by-step progression. Each pose is taught with multiple levels of depth, allowing you to advance at your own pace. Through this compassionate approach - moving from simple to complex - awareness naturally refines and expands.

This method honors both the ancient wisdom of yoga and modern understanding of how mindful movement supports wellbeing.

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ABOUT THE 5 ELEMENTS of WELLBEING

The retreat aims to align the Ayurveda's 5 elements with the PERMA model of wellbeing - a positive psychology framework aimed at supporting you to understand and cultivate wellbeing that goes beyond just "feeling happy." It identifies five core elements that contribute to a flourishing life:

- Positive emotion
- Engagement
- Relationships
- Meaning
- Accomplishment

These approaches invite deeper self-awareness and greater alignment in how you live, connect, and lead a life you can thrive in.

Each workshop will be a gently held space to pause, reflect, and reconnect with what energises and sustains you. While rooted in evidence-based tools, Becci's facilitation will be responsive and intuitive - shaped by the group's energy, needs, and themes as they unfold in each session.

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ACTIVITIES

During the daily free time, you may wish to book Sana Dharma's following add-ons:

RITUAL ESSENCE 65€

- Hot Stone Massage
- Sahumeries
- Essential Oils
- Reiki Kundalini
- Instruments



RITUAL HEALING 100€

- Kundalini Energy Activation
- Sound Healing
- Sahumeries
- Essential Oils
- Instruments

LNT® QUANTUM HEALING THERAPY 65€

- The New LNT® Therapy is a method of healing at the energetic and spiritual level. It is able to bring the person to the HEALING of different types of ailments: physical, emotional and spiritual. For this, the trained LNT® therapist uses different energetic techniques that during the time that lasts the session works for the person to regain his health.

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CONTACT DETAILS

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