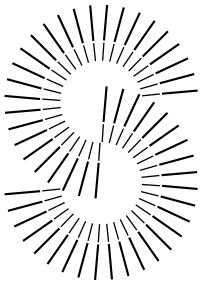


SOLARIS ACADEMY
mediterráneo

/002
2024



The Monk The Scientist The Shaman & the ones with a Tender Heart

INVITE YOU ON AN EXTRAORDINARY JOURNEY

2024

SOLARIS ACADEMY *mediterráneo*

We have traveled the world to bring the best minds of multiple disciplines to **Solaris**, for a holistic, comprehensive journey, re-connecting your mind, body and soul - a highly curated experience for bespoke living in magical surrounding.

A 5-day, research-based retreat, at the crossroad of science & consciousness, covering mindfulness, neuroscience, zen philosophy, nutrition, longevity - this edition organised on the magical island of Mallorca, 22 – 26 April, 2024.

Solaris is a place for an intimate group of people, exploring these topics with Masters whether through guided practice & lectures, in conversation under the olive trees, or while gathering around the table.

Solaris Spheres:
*mindfulness & breath
neuroscience & longevity
practice & zen philosophy
plants & psychedelics*

Solaris Masters:
*a truly internationally renown set of
teachers and masters; most of them
extensively published and recognised in
their respective fields of expertise.*

Solaris offers:
*guided practice
focus-lectures
thought-provoking conversations
personalised guidance*

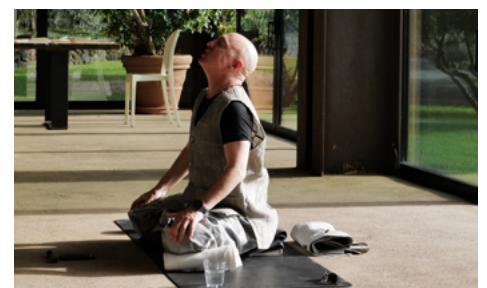
Solaris Deluxe:
*personally assigned
coach & nutritionist
deluxe surroundings
farm-to-table dinners*



SICILY 2023 / MONACI DELLE TERRE NERE, ETNA



SICILY 2023 / AT THE TABLE



SICILY 2023 / HYON GAK SUNIM / ZEN

Radical *mind* open mindedness

MIND

Daily changing **Focus Lectures**,
Immersive Deep-Dive and **Conversations**
with the **Masters**

Powerful Exercises
to break free from dogma and habits

Learning and Skill Development
to manage stress & rewire sleep

Neuroscientific ToolKit
to improve resilience

Zen Meditation
the beginner's mind. Only don't know.

Immersive transformational experience

BODY

Daily Practice

incl. yoga, pilates, qigong, swimming,
hiking, horse riding, and meditation

Individual accompaniment by a fully
certified **Coach and a Nutritionist**,
supporting you in setting your goals and
guiding you through the retreat

Body Work & Breath Work

immerse yourself in daily treatment
sessions offered through the whole
program

Advanced Epigenetic Diagnostics
used to make an unrivalled analysis of
every client's rate of ageing

Personalized Metabolic Health
featuring your bespoke nutritional plan

Unlocking the secrets of Genetic Coding
learn about the profound impact of
epigenetic modifications

body

SOUL

Spiritual Wisdom
Understand how mindset and purpose
lead to fulfilled life

Recalibration
Solaris opens the door to a deeper
understanding of yourself—and to a new
way of being in the world

Community & Connection
Meet new and like-minded people

Your mind on Plants
The non-duality of consciousness

Advanced personal development

soul

LOCATION

SOLARIS / Es Racó d'Artà

Es Racó d'Artà is not a hotel but a destination for transformation. A place to be inspired by genuine Mallorquin life. A place to allow for the real and authentic to shine through. Visiting Es Racó is not a tale about 'checking out'. It is about 'checking in' with self and with others; leaning in, deepening, returning to the body, to our senses, to our humanness, fully embodying life here on earth.

The healing power of the place is equally important. Nestled adjacent to the Llevant Natural Park in a serene valley, protected by the mountains and only a stone's throw from the picturesque village of Artà and the turquoise Mediterranean Sea, Es Racó d'Artà provides a peaceful nest for the exploration of our interconnectedness with nature and conscious living.



IMAGE BY ES RACÓ D'ARTÀ

LOCATION

SOLARIS / Alternative Accomodations nearby



Juz de Yartan Arthotel

A beautiful, recently refurbished building in Artà's historic quarter. You will find an idyllic place, stepping into a spacious and light space with high ceilings, an indoor lounge area with a bar. It has a beautiful inner courtyard, an outdoor pool with Balinese beds and exclusive corners of the house such as the Spa, Winery and a fabulous Rooftop with a chill out area for summer evenings and the best views of the Sierra de Levante mountains.

Carrer de Rafel Blanes, 27, 07570 Artà, Illes Balears, Spain

Hotel Jardí d'Artà

The Hotel Jardí d'Artà: cosy boutique hotel in a perfect location in Artà, one of the most beautiful places on Mallorca in the north-east of the island, about 60 km from Palma. Green oasis, place of enjoyment and relaxation. Eleven individually furnished rooms and suites in the historic ambience of a charming house from the early 19th century. Located on the edge of the historic centre of Artà, directly below the imposing churches of Sant Salvador and Santa Maria.

Carrer de s'Abeurador, 21, 07570 Artà, Illes Balears, Spain



Yartan Boutique Hotel

Step into a space of peace and calm, with white walls, the fragrance of rosemary, hidden corners and unique rooms. The a la carte breakfasts will delight you, without rushing, on the wonderful terrace surrounded by vegetation accompanied by the sound of water, enjoy a soothing swim in the outdoor pool or a moment to relax in the Hammam.

Carrer Trespolet, 8, 07570 Artà, Illes Balears, Spain

2024

SOLARIS

key facts

DATE

April 27 – May 02, 2024

LOCATION

Mediterraneo
Mallorca, Spain
Es Racó d'Artà

COURSE FEE

Individual Participants: EUR 3500*
Shared Experience: EUR 5900*

Tuition, lectures & conversations, practice & one-on-one sessions with Masters, as well as individual coaching by our **Solaris** coach and nutritionist are included in the course fee.

INCLUDED

Daily changing **Focus Lectures**, **Immersive Deep-Dive** and **Conversations** with the **Masters**

Daily Practice incl. yoga, pilates, qigong, swimming, hiking, horse riding, and meditation

Individual accompaniment by a fully certified **Coach and a Nutritionist**, supporting you in setting your goals and guiding you through the retreat

Possibility to book up to **two sessions of Bodywork** with **Tula Yoga Master** or **Meditation in Touch**

3 months of individual and group **check-ins after the programme** with your coach and selected masters.

2024

SOLARIS FACULTY

masters



Faculty of Zen
Meditation
Hyon Gak Sunim



Faculty of
Neuroscience
Dr Joel & Michelle
Levey



Faculty of
Epigenetics &
Longevity
Prof. Dr. Ferdinand
von Meyenn



Faculty of
BodyWork
Louka Leppard



Faculty of
Leadership
Dr Anna Eckardt



Faculty of
Nutrition
Lulwa Al Khalifa

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