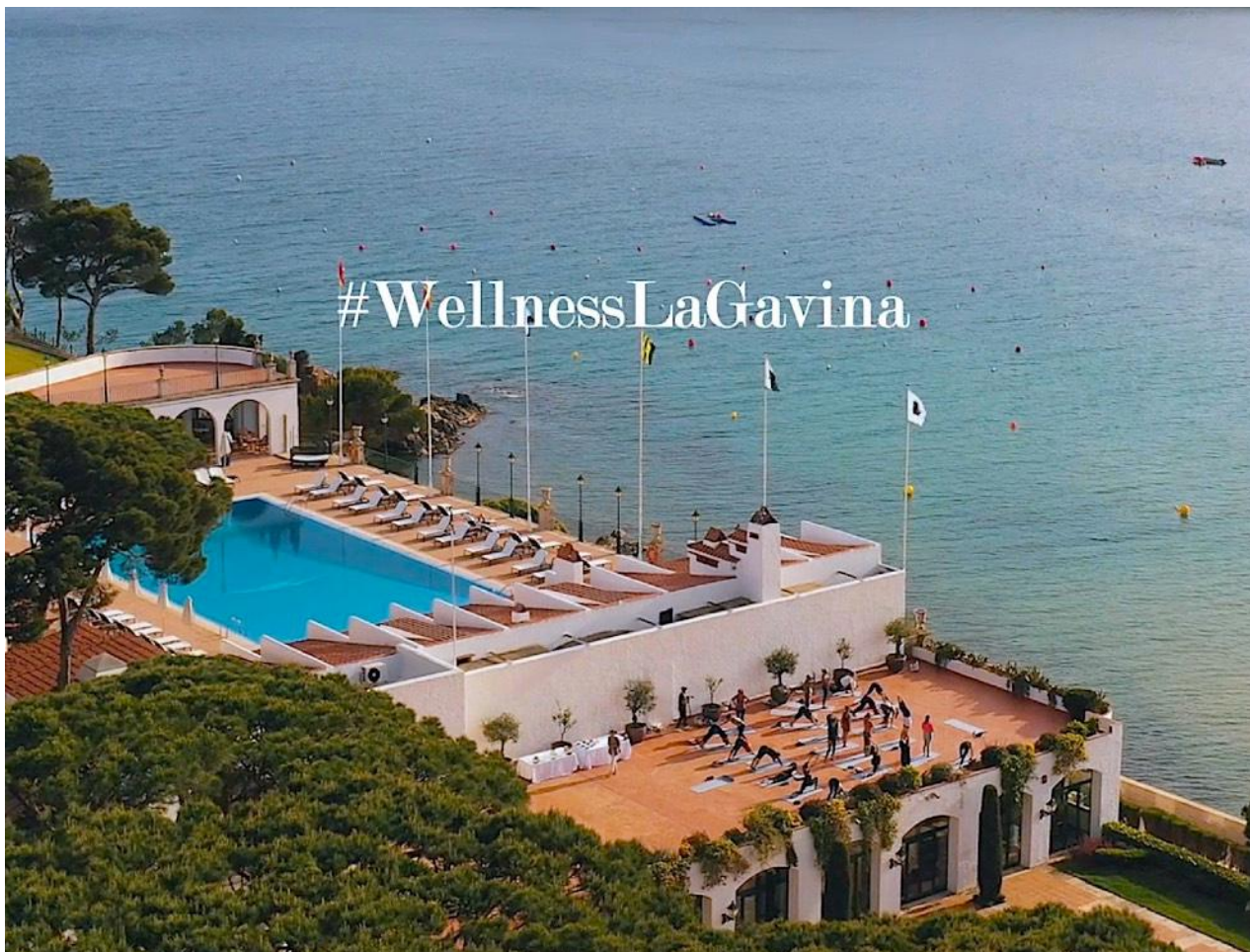
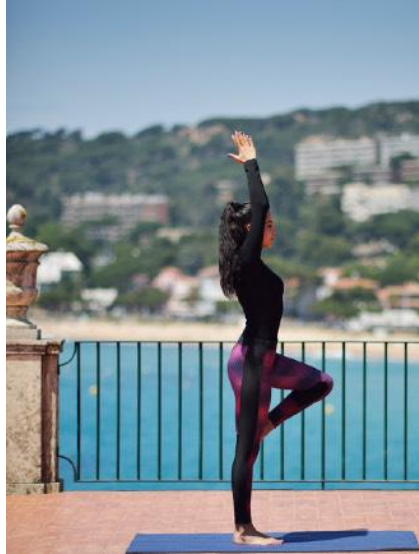


LA GAVINA YOGA RETREATS



LOCATED ON THE PRIVATE ENCLAVE OF S'AGARÓ, ONLY 1 HOUR NORTH OF BARCELONA, HOSTAL DE LA GAVINA OFFERS A UNIQUE SETTING FOR A LA CARTE YOGA RETREATS.

ENJOY THE MAGIC OF OUR MAGNIFICENT OUTDOOR SPACES AND A UNIQUE NATURAL ENVIRONMENT TO RECONNECT.



RETREAT PROGRAMME WOMEN'S CIRCLE - "LIVING THE PRESENT MOMENT"

Practice of Mauna (in Silence)

Insights on Chakras and how they affect the physical and emotional level

Singing of Mantras

Pranayamas Yoga

Meditation and conscious breathing

Individual Mindfulness walks in hotel gardens or along Camino de Ronda

2 x Workshops WOMEN'S CIRCLE

Yoga Yin Class

Yoga Nodra

Restaurative and meditation Class

Programme includes:

5 nights accommodation in Classic Double Rooms with terrace

Buffet Breakfast

Yoga Water and Fruit stations

Lunch & Dinner

Access to Spa & relaxation area

Tailor-made courses and 2 workshops based on 5 - day programme for groups between 10 and 25 people. Rates start from: 2.100€ / person. Based on Single occupancy. VAT included. Local tourist taxes not included. Subject to availability at time of request.



Programme Benefits

Stress reduction

Connecting with the present here and now

Increase of concentration capacity

Disconnection, inner peace, energy, vitality

Self-motivation through improved self-confidence

WELCOME TO LA GAVINA - COSTA BRAVA RETREATS !

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