



**ESPLÉNDIDO
YOGA
RETREAT**

22-24th OF MARCH 2019



YOGA RETREAT PACKAGE



HOTEL STAY (2 nights)

HEALTHY MEALS (breakfast, lunch & dinner)

5 YOGA & MEDITATION CLASSES

MOUNTAIN WALK IN SOLLER AREA

SPA ENTRANCE

ACCESS TO GYM AREA

FREE MINI BAR

20% DISCOUNT ON ALL SPA TREATMENTS

490€/PP

350€/PP

285€/PP

SINGLE ROOM

DOUBLE ROOM

TRIPPLE ROOM

***LIMITED CAPACITY (max. 20 people)**

OUR YOGA TEACHERS



DANAE BORSANI

CERTIFIED
Vinyasa, Hatha & Tantra Flow
Yoga



CATA SERVERA

CERTIFIED
Hatha & Vinyasa Yoga



SARA ELFVIN

CERTIFIED
ISHTA, Vinyasa, Yin,
Restorative, Meditation

RETREAT PROGRAM



FRIDAY 22ND OF MARCH 2019

- 16.00 Healthy Welcome Drink
- 18.30 Yoga Intro
- 20.30 Dinner* Espléndido Bistro
- 22.00 Silence

SATURDAY 23RD OF MARCH 2019

- 08.00 Morning Meditation & Yoga
- 10.00 Breakfast*
- 12.00 Mountain Walk
- 13.30 Lunch* & Rest
- 15.30 Restorative Yoga
- 17.00 Espléndido SPA
- 18.30 Sunset open-air Yoga
- 20.30 Dinner* Espléndido Bistró
- 22.00 Silence

SUNDAY 24TH OF MARCH 2019

- 08.00 Morning Meditation & Yoga Flow
- 10.00 Breakfast*
- 12.00 Check out
- Free time & relax

*All our meals include vegetarian & vegan options. Please specify any allergies or special preferences.



RESERVATIONS

ESPLÉNDIDO HOTEL

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