

San Yoga

Breathe, Unwind and Shine

Yoga and Wellness Retreat

29 April to 04 May, 2025, Benissa, Spain

PURPOSE

Relax and refresh through daily hatha yoga practices suitable for beginners as well as improvers complemented with guided meditations and energy shifting breathwork. Experience a sense of relaxation by the poolside, take part in range of optional activities to include a day out at the beach, immersive Sound Bath, local walks and a live music evening.

PLACE

Karmavida is a stunning villa nestled between valleys of orange, fig, and olive trees offering a range of accommodation types. This region, named the 'White Coast' due to the 200 kilometres of white-sand beaches, dramatic white cliffs, and picturesque white-washed houses, is the healthiest climate in Europe, with plenty of sunshine, mild temperatures and low humidity. Not to mention the healthy and delicious fresh food. It's the perfect short-hop destination to escape and enjoy some much-needed 'me time'.

PROMISE

This will be an unforgettable 5 nights break to immerse yourself in the beautiful landscape of Benissa. You will be able to disconnect from everyday life and connect with the beautiful surroundings to find that inner balance through mindful yoga as well as enjoyable activities and relaxation.

Calpe Coast

INCLUSIONS

- **Luxury accommodation from a choice of bedrooms**
- **Gourmet nutritious and healthy meals: Light lunch on arrival and evening meal, hearty delicious brunch and gourmet evening dinner per full day, breakfast on departure morning**
- **Snacks, filtered water, fruit teas and decaf coffee available throughout the day**
- **Pool and hot tub**
- **Daily morning and evening yoga and meditation**
- **Option to try Aerial Yoga**
- **Sound Journey experience**
- **Cinema evening**
- **Live Music evening**
- **Yoga mats will be provided**
- **Welcome pack to include toiletries, 1 hand towel and bath towel per person**

Yoga Deck

Cinema

Gym

Balcony

Apartment Terrace

Dining
Courtyard

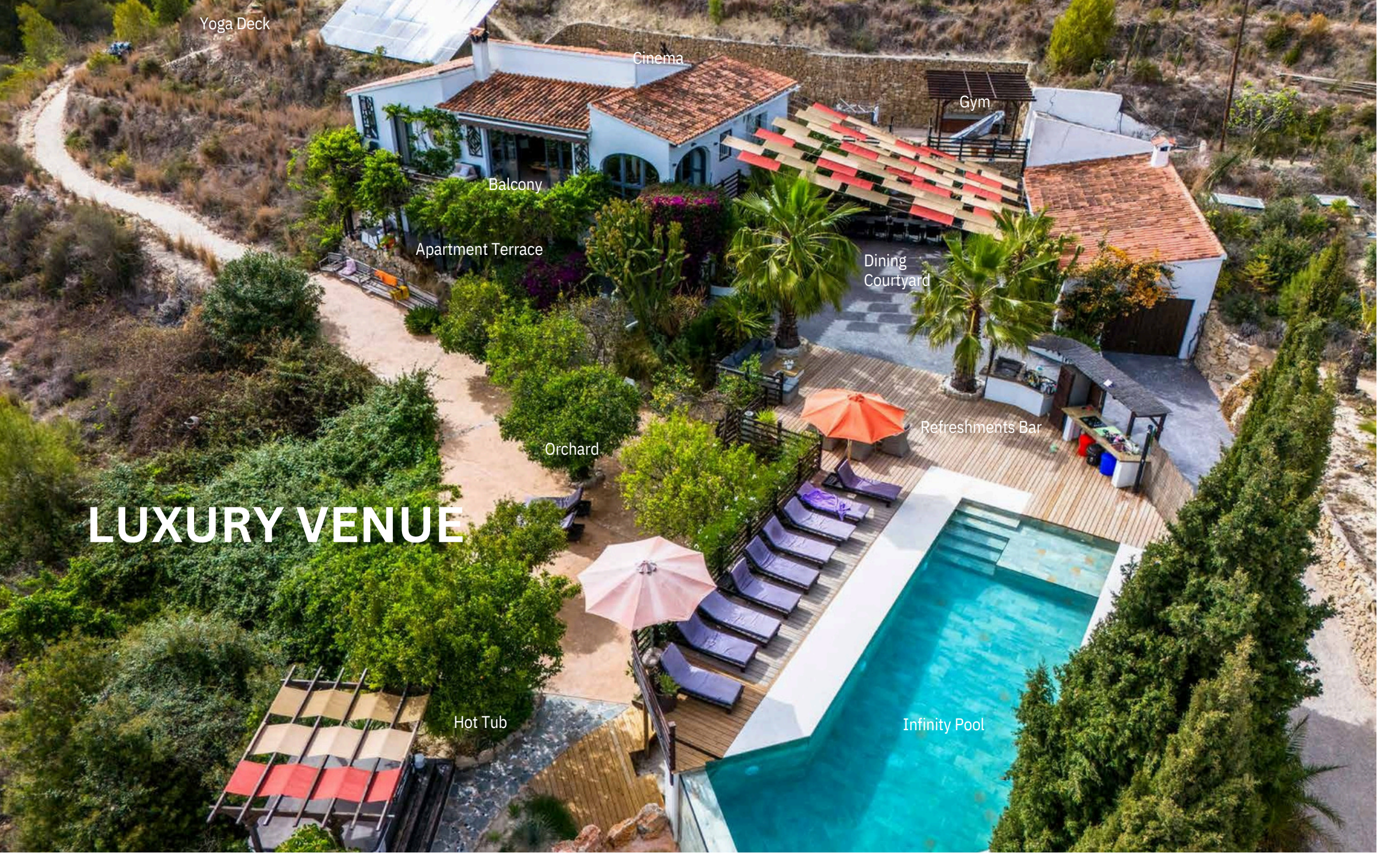
Orchard

Refreshments Bar

LUXURY VENUE

Hot Tub

Infinity Pool



MOUNTAIN VIEWS

Carpark

Forrest Trails
to Explore

Garden
Room

Infinity Pool



DAILY YOGA



FULL BOARD HEALTHY MEALS



INFINITY POOL & HOT TUB



GARDEN ROOM FOR RELAXATION OR EVENING RESTORATIVE YOGA



**ENJOY A SOUND JOURNEY
EXPERIENCE**



EVENING WITH LOCAL MUSICIANS



HAVE A GO AT AERIAL YOGA (additional cost at Eur 20pp)



OPTIONAL EXCURSION
(additional cost of Eur 20pp
for round trip)



THE WHITE COAST:
CAVES, COVES, WHITE SAND

A range of luxury double, single
or shared twin room options

Bathroom


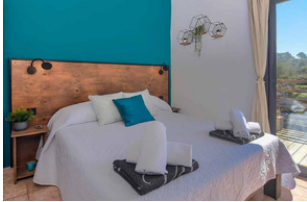


Green
Ensuite

Bathroom





PRICE BASED ON ROOM TYPE

Accommodation Options	Image	Room Type	Number of occupants	Price (per person)
Platinum		1 Premium Plus bedroom, with 4-poster bed, air conditioning, en-suite bathroom, American kitchenette with refrigerator, kettle and toaster. French doors with views of terrace and gardens. Outdoor sitting area with mountain views	1 or couple	£1390 for single occupancy £960pp for couple
Gold		1 Premium bedroom, with double bed, air conditioning, en-suite bathroom. Private access to balcony, with outdoor sitting area and mountain views.	1 or couple	£1190 for single occupancy £880pp for couple
Silver		3 Premium bedrooms, each with double bed or twin beds, air conditioning and en-suite bathroom , plus a private balcony or patio	1 or 2 people sharing	£1120 for single occupancy £860pp for double occupancy
Bronze		3 Deluxe Single or Double Occupancy bedrooms, air conditioning with shared bathroom	1 or 2 people sharing	£895 pp for single occupancy £800 pp for double occupancy

TERRACE WITH VIEWS



OPEN PLAN LOUNGE WITH VIEWS



AL FRESCO DINING



Your Daily Highlights:

- **Sunrise at 7:00 AM, Sunset at 8:45 PM**
- **Morning yoga at 8am, brunch at 10.30am, afternoon yoga at 4pm, Hot tub at 5.15 PM, dinner at 7pm**

Excursion Day is optional: Light snack provided; transport for eight or more with professional driver Luke. Round trip at Eur 20pp. Arrangements may change due to weather.

The itinerary below is subject to change to allow flexibility of the daily schedule

Itinerary

- **Tue 29 Apr:**
 - **14:00: Arrivals and light lunch**
 - **Evening: Welcome chat, hot tub/pool, dinner, sunset meditation and Yoga Nidra**
- **Wed 30 Apr:**
 - **Morning: Sunrise meditation, yoga, brunch**
 - **11:00: Mindfulness guided walk**
 - **Afternoon: Optional Aerial Yoga**
 - **Evening: Dinner, meditation and Yoga Nidra**
- **Thur 01 May:**
 - **Similar morning routine as Thursday with brunch**
 - **Afternoon: Restorative yoga and meditation**
 - **Evening: Dinner and Sound Journey experience**
- **Fri 02 May:**
 - **Morning: Sunrise meditation, yoga, brunch**
 - **11:00: Optional Calpe excursion or poolside day**
 - **Evening: Dinner and cinema evening**
- **Sat 03 May:**
 - **Morning: Sunrise meditation, yoga, brunch**
 - **11:00: Mindfulness self-guided walk**
 - **Afternoon: Restorative Yoga**
 - **Evening: Farewell dinner and Live Music**
- **Sun 04 May:**
 - **Morning: Breakfast and departures by 11am**