



## Mediterranean Stillness: A Heart-Centered Escape

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Escape the noise and rediscover your center where the Sierra Helada mountains meet the sea. This boutique retreat offers a sanctuary for the soul, combining practices on private terraces with the grounding scent of wild rosemary and sea salt. Between sessions, wander through the cobblestone streets of nearby Altea or find stillness by the sea.. This is a return to your most authentic, heart-centered self.

### Day 1: Arrival & Welcome

Arrive at boutique hotel, check in and relax as you explore your new surroundings. Indulge in a gentle stretch session before meeting your group for a delicious Welcome Dinner filled with local delicacies. Get to know one another as you set your intentions for the week.

🏠 Accommodation

### Day 2: Exploration & Practice

Good morning, as you enjoy your sunrise practice, take in the serenity around you. Enjoy a breakfast buffet before you meet your driver in the lobby to explore Benidorm Old Town, walk through the narrow streets, discovering history & culture. Next, relax at Levante Beach, with water activities, sand and blue skies. Return to hotel for evening practice and dinner on own.

### Day 3: Nature Adventure

Enjoy morning practice and a delicious breakfast before your excursion to the Algar Waterfalls. Take time to be still, journal and breathe.

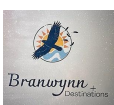
Visit this natural wonder with waterfalls and crystal-clear pools. Relax as the sound of the falling water soothes your soul. You'll next stop in Altea, a quaint old town with the Parroquia Nuestra Señora del Consuelo, known for its blue domes.

### Day 4: Wellness & Culture

Partake in a wellness spa treatment (not included) and visit a natural park.

Enjoy a variety of healthy options for breakfast and spend time together deepening your practice. Today you will take an easy guided hike through the scenic trails of Sierra Helada, a protected natural area with stunning views over the cliffs and the Mediterranean Sea. Along the way, the group will take a mindful break to practice grounding techniques and connect with the natural surroundings through silence and sensory awareness.

### Day 5: Free Time & Reflection



Personal time before group Farewell Dinner.

Today you will have extra time for your yoga practice before enjoying your breakfast buffet. Feel free to visit the beach, do some last day shopping, or explore more on your own. The group will meet again for a sunset practice before dining together for your Farewell Dinner. A focus on gratitude, reflection, and integration of the week's experience, enjoy your meal as you share stories.

### Day 6: Departure

Enjoy your breakfast buffet before meeting the driver in the hotel lobby for return to airport. We hope you leave with full hearts and a deeper connection to yourself, your practice and the world around you. Namaste

### What's included, what's not

#### What's included

- ✓ accommodations: 5 nights stay with breakfast in Meliá Villaitana
- ✓ Excursions Listed
- ✓ Airport Transfers
- ✓ Welcome & Farewell Dinners
- ✓ Daily & specially curated yoga practices

#### What's not included

- ✗ Airfare
- ✗ Meals not listed
- ✗ Trip Insurance

