



## Welcome to Menorca

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Rugged coasts & crystal clear waters

Located in the heart of the Balearic Islands, Menorca is a tranquil paradise, perfect for a yoga retreat. With its crystal-clear waters, lush landscapes, and quiet beaches, the island offers an ideal setting to reconnect with nature. Menorca's slower pace of life creates a peaceful atmosphere that fosters mindfulness and relaxation. Whether practicing yoga by the sea or hiking through serene forests, the island's beauty promotes balance and calm. Escape the stresses of daily life and immerse yourself in the natural serenity of Menorca. It's the perfect place to restore both body and spirit. Experience your own transformation in this breathtaking, peaceful retreat destination.

### Day 1: Arrival & Welcome

Welcome drink & mingle

 Beautiful Boutique Hotel

 [Website](#)

### Day 2:

Yoga & Hike

Wake up in your stunning surroundings and enjoy a cup of coffee before you meet your group for your 1st morning practice. After this energizing start, you will experience a guided hike along the Camí de Cavalls: Cala Galdana – Cala Mitjana – Cala Trebalúger • Afternoon: Free time at Cala Mitjana Beach Evening: Sunset yoga session with stretching and relaxation in the nearby pine forest.

### Day 3: Practice & Culture

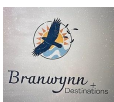
Enjoy your breakfast of local flavors and morning practice. Today you will experience a Cultural visit to Ciutadella: historic center, market, and port • Afternoon: Return to the hotel for some time at Blue Spa (wellness center) • Evening: Restorative yoga session back at the hotel.

### Day 4: Fun in the water

kayak & snorkeling

Start this day with another deep connection to your yoga practice, then restore your body with fresh foods. Sun, fun and water awaits as you head from Cala Galdana to Cala Escorxada. Free time to relax, read and enjoy or you can kayak or snorkel in the beautiful waters. Connection is the key, indulge and enjoy. Return to hotel for restorative session and another group dinner.

### Day 5: Yoga & Farm



Delve into your grounding practice and delicious breakfast, before you partake in a cheese workshop at an organic farm. Discover the traditional flavors of Menorca with a visit to a charming organic farm. Learn about local cheese-making techniques in a hands-on workshop where you'll create two of your own cheeses. The experience includes a guided tour of the farm and a delicious tasting of local products. Stay for lunch at the farm. Afternoon: Free Time: Enjoy the spa and wellness treatments ( not included ) Evening: Closing Yoga Session: A final group practice focused on gratitude, reflection, and integration of the week's experience. Farewell Dinner A special menu to commemorate the retreat.

### Day 6: Departure

Farewell, Gratitude and Reflection

Meet with your group for your final breakfast, hug, laugh and reflect on the week before you meet the driver for your return shuttle to the airport. WE hope you leave with a full heart and a deeper connection to self, your practice and the world around you.

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

#### What's included

- ✓ Accomodations
- ✓ Meals mentioned
- ✓ Excursions Listed
- ✓ Airport Transfers
- ✓ Guide/Driver
- ✓ Deep daily practices

#### What's not included

- ✗ Airfare
- ✗ Alcohol
- ✗ Tipping
- ✗ Trip Insurance