



Welcome to Costa Brava

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The Costa Brava, with its rugged coastline and crystal-clear waters, is a perfect destination for wellness and relaxation.

The serene beaches and peaceful coves offer ideal spots for rejuvenating yoga sessions by the sea. The region is home to luxurious spas and wellness centers, where you can unwind and refresh. Hiking through its scenic natural parks and enjoying the fresh Mediterranean air further enhance the experience. Whether you're seeking a retreat or a peaceful escape, the Costa Brava offers a tranquil environment to recharge.

 Accommodation

 [Website](#)

Day 1: Arrival & Welcome

Welcome drink and Explore

Welcome to the Costa Brava! Check in, relax, then explore your surroundings. Enjoy a welcome drink on the terrace with sea views. Enjoy a gentle stretch before your group Welcome Dinner to set intentions for the week.

Day 2: Yoga & Local Discovery

Practice, Hiking, Joy

Enjoy your morning practice and a delicious breakfast. The group will then take a guided hike along the "Camí de Ronda" coastal path from S'Agaróto Sa Conca, with beautiful seaside views and rocky beaches. Free time to explore Platjad'Aro: shops, cafés, and promenade. Evening: Sunset yoga session on the beach near the hotel.

Day 3: Practice, Nature & Culture

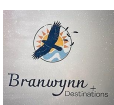
Breakfast and morning yoga in the garden. Next, visit to Parc dels Estanys for a nature walk and birdwatching experience. Afternoon: Visit to the Doll Museum in Castell d'Aro with its international collection. Free time to explore Platjad'Aro: shops, cafés, and promenade. Evening: Restorative yoga session back at the hotel.

Day 4: Water Adventure

Coves & Marine Life

Start with an energizing yoga practice, followed by a healthy breakfast and time to change. Continue your energized day with a kayaking excursion along the Costa Brava, discovering hidden coves and marine life. Afternoon: Free time to relax on the beach or enjoy optional paddleboarding. Evening: Sunset yoga session focusing on deep relaxation and stretching.

Day 5: Cycling & Wellness



Gentle stretch practice and fresh ingredient breakfast, before you meet for your bike ride along the Greenway "Ruta del Carrilet" Enjoy this beautiful outing through the nature of Emporda countryside. You;; have some free time in the afternoon, enjoy a spa treatment, time for reflection, reading or journaling. Join together as a group for the Farewell Dinner where you can reflect on the week and share gratitude.

Day 6: Departure & Farewell

Join your group for your last breakfast and gentle stretch before you meet your guide in the lobby for your transfer to the airport. We hope that your hearts are full and you feel a deep connection with self, your practice and the world around you.

What's included, what's not

What's included

- ✓ accomodations: Cap Roig 4* Platja D'Aro , Calonge
- ✓ Meals mentioned
- ✓ Excursions Listed
- ✓ Airport transfers
- ✓ Guide & Driver

What's not included

- ✗ Airfare
- ✗ Tips
- ✗ Trip Insurance
- ✗ Alcohol