



Welcome to Tenerife

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Volcanic Balance

TENERIFE : A Sanctuary of Tranquility Tenerife, the gem of the Canary Islands, offers a unique setting for reconnecting with nature and embracing wellness. Its volcanic landscapes, lush forests, and stunning coastlines create the perfect backdrop for a yoga retreat. With a mild climate yearround, the island invites outdoor meditation and peaceful practice. Enjoy scenic trails surrounded by unspoiled nature, clear skies, and a revitalizing energy that nurtures both body and mind. An ideal destination for those seeking peace, balance, and a break in a natural paradise.

Day 1: Arrival & Welcome

Welcome drink, relax, explore until Welcome Dinner

Afternoon Arrival at stunning boutique hotel and check-in. Salud, as you enjoy a welcome drink on the hotel terrace with views of Cala Galdana. Presentation of the itinerary and meet & greet. Welcome cocktail on the hotel Partake in a light group stretch to get to know each other and establish connections. Before enjoying your delicious Welcome Dinner with fresh local foods and flavors.

🏠 Beautiful boutique hotel with pool and epic views.

Day 2:

NATURE WALK & COASTAL YOGA

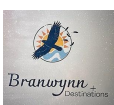
Morning: Sunrise Yoga Session:at the hotel's outdoor area with sea views. Buffet Breakfast:Healthy breakfast at the hotel Guided nature walkthrough Montaña Roja(Red Mountain) and El Médano beach. Focus on mindfulness and grounding in nature Afternoon: Free time at Playa de la Tejita Evening: Sunset yoga session on the beach

Day 3:

VOLCANIC LANDSCAPE & WELLNESS

Morning: Morning yoga session in the hotel pool Buffet Breakfast:A variety of healthy options to replenish energy. Visit to Teide National Park, where you can experience the volcanic landscapes and learn about the natural history of the island. Guided hiketo explore volcanic craters and rock formations, followed by a session of breathing techniquesfor relaxation Optional : lunchin a nearby local restaurant featuring traditional Canarian dishes Afternoon: Return to the hotel for some time at Blue Spa(wellness center) Evening: Restorative yoga session back at the hotel

Day 4:



Morning: Energizing yoga session focused on vitality Buffet Breakfast:A variety of healthy options to replenish energy. Guided snorkeling tour in the protected waters around Los Cristianos or Costa Adeje, where you can explore the local marine life Afternoon: Free time for relaxation, swimming, or walking along the beach Beach meditation and restorative yoga session in the late afternoon Evening: Free time

Day 5:

Yoga & Traditions

Morning: Yoga focused on grounding and connection to the earth at the hotel. Buffet Breakfast:A variety of healthy options to replenish energy. Visit to an organic farm in the Valle de La Orotava, a fertile valley known for its agriculture. The farm offers workshops on organic farming, herbal medicine, and eco-friendly practices. Participants will learn how to make herbal teas and infusions, and enjoy the healing benefits of the farm's produce. Optional : Traditional Canarian lunch at the farm Afternoon: Free Time: Visit to the nearby Botanical Gardens for a relaxing stroll among Tenerife's native flora) 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 & Gratitude

Farewell and Deep Connection

Enjoy your final breakfast together, before meeting your driver for transfer to the airport. We hope you depart with full hearts and a deeper connection to self, your practice and the world around you.

What's Included

What's included

- ✓ Accommodations
- ✓ Meals mentioned
- ✓ Airport transfers
- ✓ Daily practices
- ✓ Guide & driver
- ✓ Excursions listed

What's not included

- ✗ Airfare
- ✗ Tipping
- ✗ Alcohol
- ✗ Trip insurance

