

# Spain Yoga Retreat with Siew Yue

Friday, 22nd - Monday, 25th of May 2026

Escape for a long weekend to take care of yourself in a cosy and luxurious retreat, with its stunning 18th century restored farmhouse nestled in a natural reserve, surrounded by Spanish vineyards, olives and cork trees.

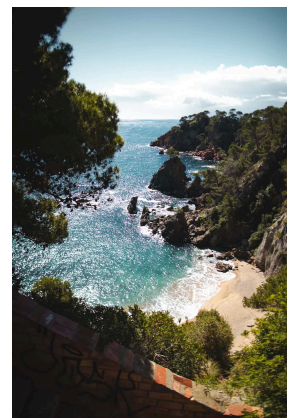


Come with your spouse, alone, or your best friend for a memorable weekend together.

Reconnect with nature and take a hike around the farmhouse to explore the amazing Albera natural landscapes or enjoy the peace and quiet environment with your favorite book and laze your afternoon away by the pool.

Be adventurous and visit the outstanding megaliths and Gothic medieval churches, in the heritage rich and charming towns of Roses, Sant Pere de Rodes and Figueres.

This is also the best time of the year, to enjoy the blue seas of Costa Brava beaches, take beautiful coastal walks on the vertiginous cliffs, and explore charming secret coves - without the crowds.



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# Your yoga practice



There will be two practices daily :

Dynamic and energizing Vinyasa in the morning. Relaxing and soothing Yin at the end of the day.

Start your day with my signature and creative yoga session to reenergize your body and inspire your mind. Vinyasa is a dynamic and all levels practice. Options are available if you need to take it slightly easier or go full on so, it's a great exercise to listen to your body and your needs. There will be an asana lab at the end of class if you would like to deepen your practice. Here, we would explore advanced poses for better mind-body understanding.

Then, wind down at the end of the day with Yin yoga. Here, you will take the time to tune into your breath, explore sensations introspectively, release stress, and restore your mind and body. There will be dreamy and amazing adjustments to encourage you to release tension and feel so good after.

Classes will take place in this beautiful 170m<sup>2</sup> shala overlooking the Albera natural park with breathtaking and peaceful views. Yoga mats and props are provided.

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# The food



Because eating well is just as important as taking care of yourself!



The chefs at this boutique hotel will be cooking locally sourced vegetables, fruits, and animal proteins.

Enjoy a mix of Spanish dishes, so we get a taste of local experience, and healthy meals free from gluten, dairy, and eggs.

So let's be pampered by hearty and healthy meals to fill your bellies and spirits.



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# It's your retreat...



You can do whatever your heart feels...

Take a nap, read a book, relax by the pool, hike, and go to the beach...

Hang out alone or with your new friends.

In between classes, you will have time to explore the natural park, chill out by the pool, explore charming beaches, secret coves and cliffs by the coast. Or indulge in a massage, enjoy the hot tub, bask in the sun and relax in the laid-back

countryside. You can also drive in town to explore the Catalan Romanesque architecture, visit local shops, heritage sites and get a whole cultural experience.



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# Schedule

## Friday 22/05

16h Arrival and check-in.

A healthy snack and tea will be ready for those who are hungry after the trip.

17h30 - 19h00 Yin yoga + Opening circle

20h Dinner

## Saturday 23/05 & Sunday 24/05

From 7h30 Coffee, tea, fruits

8h30 - 10h00 Vinyasa practice

10h30 Brunch

Free time to treat yourself.

You can stay to take a nap, get a massage, go for a hike, drive in town for a coastal walk, hang out at the beach... Take the time and sunbathe by the pool, read your favorite book or take a dip in the hot tub.

16h00 Snack

17h30 - 19h00 Yin yoga

20h Dinner

## Monday 25/05

From 7h30 Coffee, tea, fruits

8h30 - 10h30 Vinyasa + Yin practice + Closing circle

10h45 Brunch

11h Partial check out for some rooms.

If you leave later in the afternoon, the management will provide a few rooms as their courtesy for you to enjoy their facilities, shower, store your luggages, etc.

14h00 Full check out

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# Your rooms & Prices



Double twin / King with ensuite bathroom  
(2 people in a room - 5 rooms)

1090 euros per person  
(early bird 1020 euros)

Triple beds in a shared room with ensuite bathroom  
(3 people in a room - 2 rooms)

1030 euros per person  
(early bird 960 euros)

All bedrooms are spacious, bright and distinctible designed for your comfort, rest and well-being. All are fully equipped with air conditioning, heating, Wi-Fi, hairdryer, towels, toiletries, Egyptian cotton sheets, high-end mattresses, and double pillows.



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# What is included in the price ?

Your accommodation.

Meals for the whole duration of the retreat

- Tea, coffee, whole fruits, and nuts before morning yoga and the whole day.
- Brunch
- Snack at 16h
- Dinner

All yoga classes with Siew Yue.

Does not include :

- Flights : Perpignan (PGF) or Girona (GRO).
- TGV train : Perpignan
- The retreat center is a one hour drive from Perpignan, and less than 50 min from Girona. It is advisable to rent a car so you can travel from the airport/train station to the retreat center and explore the region at a reasonable price. You can share rental cars with other participants. I will create a whatsapp group so you can organize carpools, travel together, get to know each other before the retreat, etc.
- Additional activities
- Additional refreshments, cocktails, alcohol drinks that are not served during meals and in between meals.

## Payment

Take advantage of the early bird price until 31/12/2025.

Down payment = 500 euros (non-refundable).

Total amount to be paid in full on 1/02/2026.

Payment in cash, check or bank transfer.

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