

A photograph of a two-story yellow building with white shutters and a tall cypress tree, reflected in a swimming pool. The sky is blue with white clouds. The text is overlaid on the bottom half of the image.

Families Wonders

YOGA RETREAT

SANT MARTI SARROCA
BARCELONA

14.06.2024-16.06.2024

RESERVE YOUR SPOT NOW



Families Wonders

YOGA RETREAT

FOR FAMILIES

14.06.2024-16.06.2024

RESERVE YOUR SPOT NOW

Family Wonders

FAMILY YOGA RETREAT

LIDIA'S RURAL HOUSE
08731 SANT MARTÍ SARROCA
BARCELONA

DATES: 14.06.2024-16.06.2024

SPEND THREE DAYS AND TWO NIGHTS
THIS BEAUTIFUL SETTING, SURROUNDED
BY MOUNTAINS AND VINYARDS THAT
INVITES FAMILIES FOR NATURE WALKS
AND MINDFUL CONNECTIONS.

ESCAPE TO SERENITY TOGETHER WITH OUR
FAMILY YOGA RETREAT!

IMMERSE YOUR LOVED ONES IN A REJUVENATING
GETAWAY FILLED WITH YOGA, MINDFULNESS, AND
BONDING ACTIVITIES. NESTLED IN A TRANQUIL
SETTING, OUR RETREAT OFFERS A BLEND OF GENTLE
YOGA CLASSES SUITABLE FOR ALL AGES,
MEDITATION SESSIONS, NATURE WALKS, AND
FAMILY-FRIENDLY WORKSHOPS. RECONNECT WITH
EACH OTHER AND NATURE AS YOU UNWIND,
RECHARGE, AND CREATE CHERISHED MEMORIES
TOGETHER. FROM SUNRISE YOGA SESSIONS TO
EVENING GATHERINGS UNDER THE STARS, OUR
RETREAT PROVIDES THE PERFECT OPPORTUNITY TO
STRENGTHEN FAMILY BONDS WHILE NURTURING
MIND, BODY, AND SPIRIT.

JOIN US FOR AN UNFORGETTABLE JOURNEY OF
RELAXATION AND CONNECTION AT OUR FAMILY YOGA
RETREAT!

Yoga in Nature

FAMILY TIME

Schedule



FRIDAY

17:00 ARRIVAL

18:00 WELCOME CIRCLE

19:00 DINNER

20-21:00

YOGA NIDRA FOR ADULTS/
PJ PARTY FOR KIDS



SATURDAY

8:00 HATHA YOGA FOR ADULTS / MOVEMENT & CRAFTING FOR KIDS

9:00 BREAKFAST

10:30/11:00 FAMILY YOGA

13:00 LUNCH

14:00-16:00 POOL /HIKING /FAMILY TIME
OR: OPTIONAL WINE TASTING

17:00-18:00 YIN YOGA /KIDS YOGA

19:00 DINNER

20:00-21:00 MINDFUL MEDITATION / VISION BOARD
CAMP FIRE & S'MORES

SUNDAY

8:00 HATHA YOGA FOR ADULTS / MOVEMENT & CRAFTING FOR KID

9:00 BREAKFAST

10:30/11:00 FAMILY YOGA

13:00 LUNCH

DEPARTURE



Your teachers

Felicitas

Family Yoga, Kids Yoga , Mindful Meditation



Bianca

Hatha, Yin, Yoga Nidra

Bianca

Certified teacher Hatha, Yin, Yoga Nidra and Ayurveda
Project "Balanced Living and Wellbeing "



I started practicing Yoga 20 years ago, I felt good after the class but at that time wasn't aware of what Yoga can really do to Body, Mind and Soul and its benefits. Then I became a mother and with it not only life changes but also challenges. I came across Yin Yoga and it felt good to pause, to reconnect to Body and Soul, to really listen to the Body and its needs and being in the present moment, being me. That's when I became a Yoga teacher and started my concept "Balanced Living" to help others to balance a busy life with moments just for yourself. Originally from Germany, I decided 12 years ago to live in Spain where I give Yoga classes (Hatha, Yin, Yoga Nidra) as well as Full/New Moon Ceremonies.

Felicitas

YogaTeacher & Trainer for adults & children
Mindfulness & Meditation facilitator
Yoga Alliance recognized 500 E-RYT, RCYT, RPYT

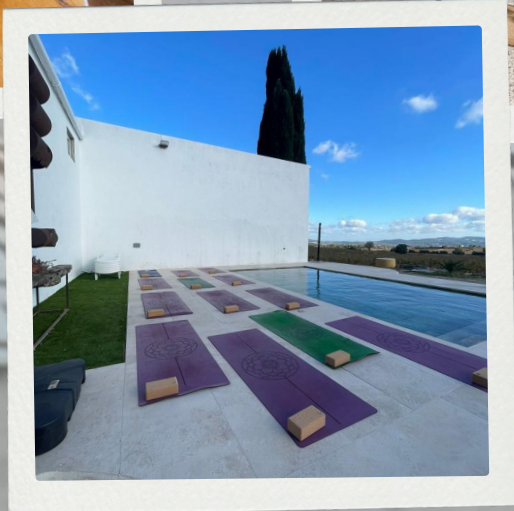


In stressful times Yoga was my tool to relax and refocus. Always being very active and needing to move but also craving for rest, Yoga was an opportunity for me to combine both. It supported me through my professional journey until I turned my passion for Kids and adult Yoga into my full-time profession. I have been leading and coordinated Teacher Trainings for Kidding around Yoga all around the globe and deepened my experience and knowledge in various styles of Yoga all along the way.

Originally from Germany, I live now in Spain with my little family and besides my Yoga practice I enjoy beach life and exploring business ideas.

For me Yoga gives everyone, adults and children a unique way to achieve empowerment, self awareness, confidence and peace of mind. But everyone's approach to the treasure within oneself varies. I love to share what Yoga gives to me and to encounter every Yoga-student individually.

The house



The rooms



The food



We will be offering 6 delicious, healthy vegetarian meals that nourish your body and soul.

Prices

Early Bird prices (10% off)

Double Room ensuite Bathroom - 2 nights with 2 people, Food, Yoga & Activities
590 €

Triple Room ensuite bathroom - 2 night with 3 people, Food, Yoga & Activities
855 €
(700€ for only 2 people)

Triple Room shared bathroom (for 2 rooms)
- 2 nights with 3 people, Food, Yoga & Activities
815 €
(650€ for only 2 persons)

Atico for up to 7 with Bathroom
235 € p.P. adult
135 € p.P. child under 5
220 € p.P. child 5-12

Kids under 5 is - 100€ less per child
Kids between 5 and 12 - 10€ less per child
plus 165€ for each additional person in one room

50% advanced payment to secure your spot until April 10th for Early Bird prices

After April 10th prices go up by 10%

Contact & Booking:

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