



LA PORTELLA, CATALONIAN RETREAT ITINERARY

7.00am	Optional cleansing practices (Kriyas)
7.30am	A two hour Traditional Hatha Yoga Practice focussing on flexibility, strength and flow and Pranayama (breathing practices)
10am	An energizing, nutritious superfood vegetarian/vegan brunch.
11am	Time for yourself :Explore the local area, take a walk, swim, play tennis or just simply relax with a book. Healthy snacks and teas are available during this time.
4-6pm	Traditional Hatha Yoga practice and meditation. This is a slower practice focusing on alignment, breath in movement and relaxation with an emphasis on yoga nidra, meditation techniques, trataka and savasana.
7pm	A vegetarian/vegan three-course gourmet dinner

This new retreat run by Yogoloji is a re-energising and recharging retreat in a private and comfortable house. The retreat is run by Francesca Quaradeghini who has over twenty years of experience in both teaching yoga and organizing life-changing retreats. There is a large horizon pool (where we do our morning yoga practice) overlooking the gardens and the surrounding countryside. The property also has a tennis court and a trampoline and a natural spa bath area for further relaxation. The house is set in a beautiful remote, rural area surrounded by mountains and cornfields. There is a natural lake a 25-minute walk away through pine forests great for swimming and relaxing. The local area is both beautiful and sleepy and is about an hours drive from Barcelona airport.

Days and nights in the villa are relaxed, convivial with very friendly, experienced staff and excellent service.

FAQS

**THE RETREAT COST INCLUDES: YOGA AND MEDITATION CLASSES AND WORKSHOPS.
ALL VEGETARIAN OR VEGAN FOOD. TRANFERS TO THE HOUSE FROM BARCELONA AIRPORT.**

LUXURIOUS ACCOMODATION WITH PRIVATE BATHROOMS & JACUZZI BATHS.

ORGANIC BATHROOM & BEAUTY PRODUCTS TO SUPPORT YOUR STAY.

**LAUNDRY OF YOGAWEAR. DAILY GUIDED WALKS IN THE BEAUFUL CATALAN
COUNTRYSIDE. MOUNTAIN BIKES TO EXPLORE THE LOCAL AREA.**

WIFI IS AVAILABLE IN THE HOUSE. FLIGHTS ARE DIRECT TO BARCELONA

**PRICES START FROM £1000 PP FOR A SHARED ROOM UP TO £1800 FOR A SOLO ROOM OR
£2400 FOR A COUPLE IN A DOUBLE ROOM.**

FOR AVAILABILITY, ROOM RATES OR ANY OTHER QUESTIONS PLEASE EMAIL URSULA:

ursula_lake@yahoo.co.uk