



inspiring yoga holidays

destination
yoga

Sept 13-20th 2018 Cirera D'Avall, Spain 7 nights with
Joanna Najduch

From £995 More info enquire now 020 3235 0122

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Nestled in rural Spanish countryside this beautiful restored stone farmhouse is the perfect destination for a yoga retreat. With only 7 guest bedrooms retreats here will be intimate and relaxed. The house is elegantly decorated and designed to encourage you to relax in comfort. Surrounded by fields and forests you'll truly feel you're away from it all.

Outside there's a swimming pool with jets and beside the pool is a wonderful little spa with jacuzzi and sauna. If you're looking to treat yourself massages can be arranged with local therapists. Evenings can be spent together on the dining terrace or in the candlelit living room where you can relax on comfortable sofas.

Yoga at Cirera D'Avall

The yoga space at Cirera D'Avall continues the elegantly restored style of the rest of the villa. Exposed stone walls and a wooden beam ceiling help students feel cocooned and safe within the studio, whilst still enjoying the warm sun and poolside views through the beautiful floor to ceiling windows.

During our retreats all equipment is provided so there is no need to bring your own. Visit our yoga teacher page to see more information about yoga on specific weeks.

Retreat accommodation

Inside the villa, there are cosy, communal living spaces on the ground floor as well as a mezzanine library. For those needing to stay connected, wi-fi is available in the communal areas too.

Each ensuite bedroom is tastefully decorated with pretty, classic furniture in keeping with the rest of the farmhouse. Book a room to yourself or a shared space, plus we can even help find another like minded solo traveler to share with you.

The spacious yoga studio has stunning floor to ceiling windows looking out across the pool and gardens.

Local delicious cuisine

Meals served at Cirera have been specially designed by a destination yoga retreat chef based on local, in season ingredients to ensure that everything is delicious for our groups. Dishes will be served as part of buffet and will include plenty of protein, vegetables and fruit so you have plenty of energy for the yoga sessions. Fish will also be served for those that would like it four times per week.

Drinking water, a selection of teas and filter coffee will be available during the day so once you're here you won't need to worry about anything extra.

Early Bird Offer: If you book more than 6 months in advance, you will save £50!