



25 June

1-D workshop

YOGA & BEYOND

IN COSTA BRAVA



HOLISTIC INTEGRATION

Immerse yourself in a blend of yoga, meditation, pranayama, energy healing, to go deeper into the understanding and practice of yoga.

EXPERT TEACHER

Receive personalized support and instruction from Clementine, experienced yoga teacher and healer, tailored to your individual needs.

SERENE LOCATION

Escape to the tranquil beauty of the Costa Brava, where infinite horizon, green mountains and blue Mediterranean sea provide the perfect setting for inner reflection and rejuvenation.

ENRICHING ACTIVITIES

Engage in a variety of enriching activities carefully selected to nurture your well-being on every level and increase your sense of Yoga / Union within and with the world around



DETAILS

BOOK NOW

+34 622 499 918

PROGRAM

- 9.30 am -12.30 pm: yoga workshop to deepen your practice and understanding
- 1.30 pm healthy lunch
- 2.30 pm free time / work time / healing
- 5 pm surprise activity
- 6.15-7.30 pm evening Yin Yoga
- 8 pm departure

PRICE & DETAILS

- 150 euros pp
- Min 3 pers
- 1h15 from Barcelona
- Option to stay for Day 2

ABOUT CLEM

Clémentine has been teaching yoga since 2013. Trained in traditional Hatha Yoga in India under the supervision of the Kaivalyadham Yoga Institute in Pune, Clémentine has, for 11 years, integrated the master practice of yoga into her professional and personal life, and has already organized several initiatory trips (Cambodia, Indonesia, Singapore, Spain, Egypt).

EXCLUDES & OPTION

- Stay for the night (+ 50 € pp)
- 1hr energy healing (+ 70 € / 2p only)
- 2hr past life regression (+ 120 € day 2)
- Option for Day 2