

Yoga retreat in nature, reach out to your inner self

WEEKLY PLAN

Day 1

Pick up from Zaragoza Airport and train station - Arrival at Casas de Zapatero,

Tea reception, group meeting and presentation

Evening Yoga Nidra relaxation

Dinner

Day 2

Morning Kundalini Yoga

Breakfast

Mindfulness workshop

Lunch

Ecotherapy workshop – 1st journey

Dinner

Day 3

Morning Kundalini Yoga

Breakfast

1st Interpreted guided walk

Picnic Lunch

Evening Yoga Nidra relaxation

Dinner

Day 4

Morning Kundalini Yoga

Breakfast

‘Pranayama’ breathing workshop

Lunch

Ecotherapy Workshop – 2nd journey

Dinner

Day 5

Morning Kundalini Yoga

Breakfast

2nd Interpreted guided walk

Picnic Lunch

Evening Yoga Nidra relaxation

Dinner

Day 6

Morning Kundalini Yoga

Breakfast

‘Shinrin-Yoku’, Forest bathing

Picnic Lunch

Ecotherapy workshop – 3rd journey

Dinner

Day 7

Morning Kundalini Yoga

Breakfast

Mindful walking

Lunch

Close up group reflection and farewell

Handpan music recital

Dinner

Day 8

Breakfast

Return Shuttle to Zaragoza



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