

autumn yoga meditation retreat for women  
14th - 21st April 2024



women need solitude in order to regain themselves  
restoring wellness and inner harmony  
regaining their true essence

retreat makes it possible to quiet down  
rest and return yourself  
the opportunity to recover in a beautiful location, surrounded by nature  
regaining a more peaceful tempo  
true essence and some stillness.

retreat in a secluded location  
beneath the sacred mountain and the close by the sapphire sea  
we immerse in twice daily yoga, breath practice, yin and meditation  
supported by gorgeous healing whole food meals

the women's retreat is small and personalised  
enjoy your own private king size room with ensuite.

enquiries:

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