

Pure Yoga

Lovingly made on the Canary Islands



Yoga retreat in april 2016

Gran Canaria

Gran Canaria Zen

Spring opening



A small paradise in Europe is waiting for you.

A space from your daily life where you can leave behind the overwhelming city, your work and responsibilities. Find joy in dedicating time to care for your body and mind. Bringing new energy into your body through movement, meditación, healthy eating and contact with nature. In one of the most marvelous places in the planet. Gran Canaria.

We will share the process of harvesting, preparing the food with love and attention to individual needs and preferences of participants. The yoga clases will be creatively and soulfully guided so every body can savor them. Meditation will be simple and creatively somatically based.

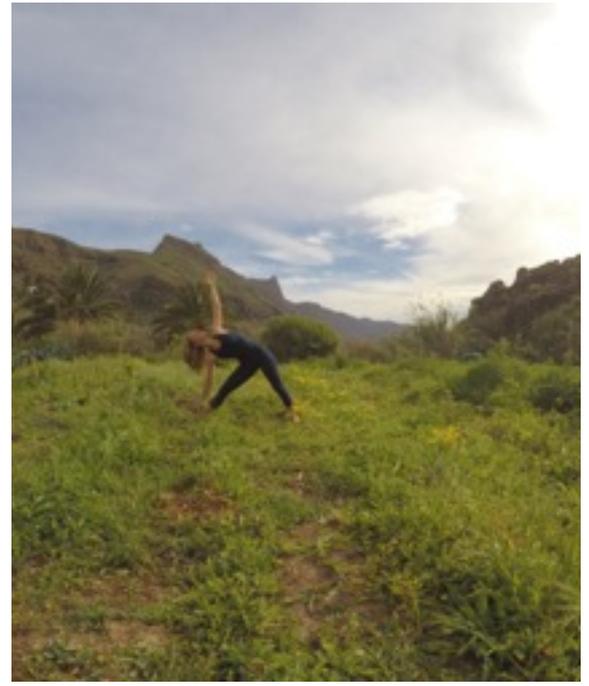
Detox

Yoga classes, activate and restorative practices

Meditation

Workshops

Ecological local food freshly prepared



We will stay in a beautiful rural country house, with all the modern comodities.

The bedrooms are spacious and light. The house and grounds are exclusively dedicated to health and well being retreats. Ecotara offers a very special, calm and centering energy. Fataga is a small town and you can arrive walking in 10 minutes through a palm and fruit tree lined valley.

If you have a regular yoga practice or not you are welcome to enjoy this experience designed for each individual. When you arrive home your energy will be renewed and inspired to continue to care for your body, mind and soul.

Ecotara is a unique space, a nuturing ecologically sustainable environment with a peaceful and harmonious energy dedicated to to faciliate and restore health for your body, mind and spirit

Our Yoga Retreat

In our yoga retreat we will practice asanas, breath clinics, heal-thing eating and prepare natural cosmetics.



Itinerary

- 14th April - Welcome circle, tea and check. Yin yoga practice and dinner.
- 15th April - Dynamic morning yoga practice and breakfast. Trip to the beach (with picnic). Yin yoga, natural aloe vera skin cosmetics. Yin yoga and dinner.
- 16th April - Dynamic morning yoga practice and breakfast. Workshop, free time and lunch. Trip into Fataga, (the town), Free time and dinner.
- 17th April - Dynamic morning yoga practice and breakfast. I love me workshop, free time and closing circle.





The price of our yoga retreat is 800€
and for early birds 699€

Gran Canaria Yoga & Detox Holidays
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