



RETREAT

CA LA NENA RAVOS  
GIRONA, SPAIN

20th- 24th September 2025





## RETREAT

Escape the demands of everyday life and deepen your yoga practice in the peaceful setting of a traditional Spanish farmhouse. Join Clare & Laura for a 5-day, 4-night retreat designed to nourish your body, mind, and soul.

Begin each morning with an energising yoga practice, unwind in the evenings with gentle yoga & meditations, and experience unique experiences, including a floating sound bath and a conscious eating cooking class.

Relax by the pool, explore the stunning coastline, and share this enriching experience with a welcoming community of like-minded people.







RETREAT

## What's Included:

- Accommodation: 4 nights in a beautiful Spanish farmhouse, exclusively reserved for us.
- Meals: Daily farm-to-table vegetarian/vegan Brunch & Dinner with afternoon snacks and teas.
- Yoga:
  - 4 x 90-minute morning yoga practices
  - 2 x evening practices (Yin Yoga, Yoga Nidra).
- Workshops & Ceremonies:
  - Opening and Closing Ceremonies.
  - 2 x afternoon workshops (e.g Arm Balances, Headstands, Alignment, Pranayama TBC).
- Special Experiences:
  - A floating sound bath in the pool (or on land if you prefer!)
  - A 2.5-hour Conscious Eating Cooking Class
  - A beach day (half or full day, as chosen by the group).
- Relaxation: Access to communal spaces, countryside walks, and a private pool.

---

## What's Not Included:

- Flights to Girona or Barcelona (both easily accessible from Birmingham and East Midlands Airports)
- Transfers (we can help to arrange this once we know flight details)





RETREAT

THE VILLA



# THE VILLA

Welcome to Ca la Nena, a breathtaking 17th-century rectory in the heart of the Spanish countryside, where history meets modern-day luxury!

Nestled in the peaceful village of Ravós del Terri, this villa is your personal paradise, brimming with charm, comfort, and plenty of space to unwind.

Picture yourself lounging by the huge private pool, dining al fresco under the stars, or sipping your morning coffee on the veranda while soaking up panoramic views of the rolling hills.

Whether you're enjoying the chic interiors or finding a secret hideaway in one of the many quiet corners, every moment here feels like pure bliss.

Start your day with sunrise yoga by the pool, the gentle sounds of nature setting the tone for an accomplished morning. Then, treat yourself to a vibrant and nourishing brunch on the veranda, with sweeping countryside views as your backdrop.





# THE BEDROOMS

There are six luxurious bedrooms available, each with its own distinctive style.

Thoughtfully refurbished to offer both charm and comfort, every room includes a private en-suite bathroom for the ultimate in relaxation and privacy.



RETREAT





# THE FOOD





The background of the entire page is a collage of various healthy dishes. In the top left, there are several açaí bowls topped with granola and mango. In the top right, there are bowls of yellow soup or porridge. In the middle left, there are small breads or crackers topped with a salad. In the bottom left, there is a large green salad with cucumbers and tomatoes. In the bottom middle, there is a salad with apple slices and pomegranate seeds. In the bottom right, there are more açaí bowls with cinnamon sticks.

# THE FOOD

THE  
YOGA  
ROOM

RETREAT

We've searched high and low to find the perfect chef, and we're thrilled to have found Vicky, our incredible specialist chef. Vicky and the team thoughtfully design and prepare each dish using seasonal ingredients—either harvested from their own garden or sourced from local farmers and producers.

With a commitment to wholesome nutrition, 90% of the ingredients used are unprocessed, offering meals that are fresh, flavourful, and deeply nourishing.

Think vibrant açaí bowls, freshly pressed juices, crisp salads, and hearty, flavourful meals - we're salivating already!







# Example Itinerary

(subject to change)



RETREAT

## SATURDAY

3pm Check In  
4pm Arrival Drinks & Snacks  
7pm Dinner  
8pm Opening Ceremony

## SUNDAY

7am Good Morning Refreshments  
8am Morning Yoga Practice  
10am Brunch  
11am Free Time (relax by the pool)  
2pm Workshop  
5pm Floating Soundbath  
7pm Dinner

## MONDAY

7am Good Morning Refreshments  
8am Morning Yoga Practice  
10am Brunch  
11-5pm Beach Day  
7pm Dinner  
8.30pm Yin & Nidra

## TUESDAY

7am Good Morning Refreshments  
8am Morning Yoga Practice  
10am Brunch  
11am Free Time  
2pm Workshop  
7pm Dinner  
8.30pm Evening Meditation/Practice

## WEDNESDAY

7am Good Morning Refreshments  
8am Morning Yoga & Closing Circle  
10am Brunch  
11am Check out



# PRICING



To secure your place a deposit of £250 is required\*

Payment plans are available.

Full payment to be received by 31st July 2025.

ROOM	EARLY BIRD PRICE (£)	FULL PRICE (£)
Twin Share	1099	1149
Private Room (2 rooms available)	1749	1799

## Retreat Release Dates

Exclusive Early Bird Access for The Yoga Room Community: 31st January

Early Bird Access for the General Public: 1st February

Full Price Release: 4th February

Please note: Early bird prices are only available during the designated release dates and will not be extended.

\*Deposits are non-refundable. All payments are refundable if the entire retreat gets cancelled.

After 31st July, once full payment has been received, the entire retreat is non refundable.

By paying your deposit you agree to the full T&Cs.



# T&C'S



## RETREAT

### CANCELLATION POLICY

- **Non-Refundable Deposits:** All deposits are non-refundable.
- **Final Balance:** Upon payment of the final balance, the entire retreat is non-refundable. In the case of exceptional circumstances, please contact us.
- **Retreat Cancellation by Us:** We reserve the right to cancel retreats with inadequate participant interest, in which case all money paid to us will be refunded. Notification of cancellation will occur at least 1 month prior to the retreat start date.
- **Exceptions:** No exceptions can be made for cancellations due to weather, injury/illness (including COVID), personal emergencies, or other unforeseen circumstances.
- **No Refunds:** Refunds will not be provided for failure to attend, failure to complete the retreat, arriving late, or leaving early.
- **Travel Insurance:** We strongly encourage purchasing travel insurance that includes trip cancellation coverage to protect your booking in case of unforeseen circumstances. Participants should confirm insurance also covers health emergencies during the retreat.
- **Flights:** Flights are the responsibility of the participant. In the event of a retreat cancellation, flights will not be reimbursed. Please ensure your travel insurance covers flight cancellations.

### TRAVEL INSURANCE

As a condition of booking with The Yoga Room Retreats, you are required to take out travel insurance. This insurance should include, but is not limited to, coverage for lost luggage, medical costs, trip cancellations, and delays.

- **Responsibility:** The Yoga Room Retreats do not accept liability for cancellations, delays, or changes caused by factors beyond our control, including war, terrorism, airport closures, civil unrest, industrial action, natural disasters, transportation issues, staff cancellations, or changes made by the retreat venue.
- **Belongings:** We are not responsible for the loss or damage of your belongings during the retreat or while traveling to or from the retreat venue.
- **Travel Documentation:** It is your responsibility to ensure you have the correct visas, travel documentation, and legal clearance to enter the country where the retreat is held.
- **Travel Issues:** We are not liable for any problems encountered during travel to and from the retreat venue, including issues with flights, immigration, or other matters.

### ALLOCATION OF ACCOMMODATION

- We have six luxurious bedrooms available, and while we consider your preferences and recommendations, the allocation of rooms is at our discretion.
- Shared rooms may involve pairing with other participants, and we cannot guarantee specific roommates. Refunds will not be provided based on dissatisfaction with room allocation or roommates. Two single occupancy rooms are available for an additional fee.

### PRE-EXISTING MEDICAL CONDITIONS AND CONCERNS

- **Participant Responsibility:** Participation in the retreat is undertaken at your own risk.
- **Disclosure:** Please inform us at the time of booking of any pre-existing medical conditions, treatments, surgeries, allergies, or intolerances. These may impact your ability to participate in certain retreat activities.
- **Liability:** The Yoga Room Retreats are not liable for any medical or psychiatric conditions that arise during or after the retreat. Participants are responsible for bringing necessary medications and informing the team of any urgent medical needs.

### LIABILITY DISCLAIMER

- **Activities:** All activities, including yoga and workshops, are undertaken at your own risk. Please seek medical advice if you have any concerns about your ability to participate.
- **Venue:** While we ensure a high standard of care, The Yoga Room Retreats are not liable for any injuries, accidents, or issues arising from the use of the venue facilities, including the pool or outdoor spaces.
- **Changes to the Programme:** We reserve the right to make changes to the retreat schedule, activities, or workshops without prior notice.

### FINAL NOTES

We aim to provide a nurturing and enjoyable retreat experience. By booking with us, you agree to these terms and conditions and acknowledge that your participation is at your own discretion and risk. For any questions or clarifications, please contact us directly.





RETREAT

TO BOOK

Send us an email at  
[info@theyogaroomleicester.co.uk](mailto:info@theyogaroomleicester.co.uk)