

Yoga in nature

Day 1

Reception to get acquainted with the group
and the surroundings
Practice at dusk before dinner

Day 2

Practice at dawn before breakfast
Free time to explore the area: hiking and
botanical route
Lunch
Free time to explore the area or
complementary activities
Practice in the evening before dinner
Stargazing or moonlight walk

Day 3

Practice at dawn before breakfast
Free time or complementary activities

Oscar Flórez Baquero is our yoga teacher



YOGA IN NATURE

Hiking, stargazing, organic food
Suited for all levels

== Hatha Yoga ==

Reconstitute your energy practicing yoga in nature
Increase your strength and flexibility
and reduce your stress

PRICE PER PERSON

220 €

Shared double room

280 €

Double room for individual use

The program will take place with a minimum of 10 people registered

Price includes

2 nights at Tambor del Llano

2 breakfasts, 1 lunch and 1 dinner

4 yoga sessions

Additionally, you can inquire about transport prices,
an additional dinner, and SPA Grazalema



Grazalema A Caballo
TAMBOR DEL LLANO



Tambor del Llano
Info & Booking

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