YOGA EXPERIENCE 2027

7 days – 6 nights – 4 IOGA SESIONS

Fully refurbished Neptuno Hotel & SPA**S – Calella (Costa Barcelona)**

www.hotelneptuno.com

An unforgettable stay for your group at the excellent, family-run Neptuno Hotel& SPA****S in Calella, the ideal location for a stay in Catalonia, just 49 km from Barcelona.

Included

- Meet & Greet on arrival day with the local guide at the airport
- Professional and very friendly welcome at Neptuno Hotel with Cava and snacks
- Mandatory tourist tax per person/day
- 6 x half-board buffet at Neptuno Hotel & SPA****superior in Calella in Standard rooms (without balcony).
- (Day 1 and 7) Bus from/to airport (day 3) Bus Calella-Alella-Calella, (day 5) Bus Calella-Barcelona-Calella, (Day 6) Bus Calella-Palafolls-Calella
- 2 yoga teachers on 2nd and 3th day.
- 1 yoga class on the vineyeards (Alta Alella) including wine tasting and snacks
- Temple of Nature – Spiritual Retreat with 2 yoga teachers
- 1 lunch (Vegan) at Nature Temple
- 2 x expert, GER/ENG/FRE/NED/ITA tour guides for Barcelona and Alta Alella winery

Not Included

- Other expenses not described in programme
- Extra drinks
- Lunch

THE HOLIDAY REGION OF CATALONIA

Sant Josep 84, 08370, Calella, Spanien
Tel. +34 93 769 03 11 | booking@hotelneptuno.com
HOTELNEPTUNO.COM

Catalonia isn't just Barcelona and the Costa Brava. We have so much to offer your guests! Discover our beautiful and fascinating country and let yourself be surprised. A stay in Catalonia is the ideal combination of relaxation, experiences, wine and gastronomy, history, culture, the countryside and its people, and, of course, plenty of sunshine. We look forward to your visit and are proud to show you our country.

Day 1. Arrival

Your local guide will pick you up at the airport for a meet & greet and on the way back to the hotel (1h) he/she will explain you the pregame and you will have time to ask questions.
At your arrival, the hotel staff will welcome you with some cava and snacks at our terrace and proceed with check-in. Dinner and accommodation.

Day 2: loga session at Calella's beach-walking to les Torretes

Our 5 km walk starts at the hotel and goes along the flat coastal path. We will walk towards the beach front and there we will enjoy a full 1h yoga class with our teacher under the lighthouse. After a very easy 600m, we walk inland up to Calella's lighthouse and the historic watchtowers (towers of optical telegraphy for civilian use), with fantastic views over the sea and Barcelona in the distance. We walk further back to the hotel.

★★★★S

Sant Josep 84, 08370, Calella, Spanien
Tel. +34 93 769 03 11 | booking@hotelneptuno.com
HOTELNEPTUNO.COM

Day 3. Yoga in between vineyards in Alta Alella

Connect with your body and mind with a yoga session in a privileged space: among vineyards, with sea views and in the middle of the Marina Natural Park mountain range. After the practice, we will enjoy some typical snacks form the region on the terrace and some wine tasting of their best wine selection of their own production.

Day 4. Leisure Day

Today there is no excursion planned but there are plenty of things to see and do to enjoy the day: relax at one of the hotels pools, enjoy our wellness space with an outstanding massage, go to the beach or visit the surrounding towns by train.

Day 5. Barcelona tour- full day

Panoramic tour of the Catalan capital, Barcelona. Stroll through the city center on foot to see the best buildings of Gaudi and modernism along Passeig de Gràcia and Las Ramblas. Visit to “La boqueria”, Barcelona’s artisan street food market. In the evening return to Calella. This tour is guided by your guide.

Day 6. TEMPLE OF NATURE- SPIRITUAL RETREAT

Spiritual retreat in the forest of Palafolls (10am-6pm). Program of the day: Integral Yoga, Pranayama, Movement and conscious breathing. We will have a lunch break (mindful eating menu), circle time, forest listening workshops, circle time, fire and closing sesision.
This entire day will be spent in the middle of the forest, surrounded by nature.

Day 7 End of the tour

After a week of connecting with our bodies and minds and with nature, it's time to head home.

★★★★S

Sant Josep 84, 08370, Calella, Spanien
Tel. +34 93 769 03 11 | booking@hotelneptuno.com
HOTELNEPTUNO.COM

Accommodation

Neptuno Hotel & SPA in Calella: https://www.hotelneptuno.com/en/

See photo gallery here https://www.hotelneptuno.com/en/gallery/

★★★★S

Sant Josep 84, 08370, Calella, Spanien
Tel. +34 93 769 03 11 | booking@hotelneptuno.com
HOTELNEPTUNO.COM