

NEPTUNO HOTEL & SPA · CALELLA · 2027

Yoga Experience 2027

7 days · 6 nights · 3 yoga sessions · Calella ·49kmfromBarcelona

Aweektoreconnectbodyandmindthroughcoastalpractice,avineyardsession and a day-long retreat in nature.

THE PACKAGE

Package proposal

Enquire about pricing

Services and conditions are detailed in the programme.

INCLUDED

- Airport meet and greet with a local guide
- Welcome cava and snacks at Neptuno Hotel
- Mandatory tourist tax
- Six nights in a standard room without balcony, with buffet half-board
- Transfers: airport, Calella–Alella–Calella, Calella–Barcelona–Calella and Calella–Palafolls–Calella
- Two yoga teachers on Days 2 and 3
- Yoga class at Alta Alella with wine tasting and snacks
- Temple of Nature spiritual retreat with two yoga teachers and vegan lunch
- Two expert guides for Barcelona and the Alta Alella winery (German, English, French, Dutch or Italian)

NOT INCLUDED

- Expenses not described in the programme
- Extra drinks
- Lunches, except the included retreat lunch



Vall d'Olzinelles forest



Alella vineyards with sea views

THE ITINERARY

Days 1–3

01 · Arrival · Awarm welcome in Calella

Yourlocal guidemeetsthegroupat theairport and introducesthe programme on the transfer to the hotel. At Neptuno, the team welcomes guests with cava and snacks before check-in, dinner and accommodation.

02 · Yoga by the sea · Calella beach and Les Torretes

Set outona5 kmwalkfrom thehotelalongthe flat coastalpath.Enjoyaone-houryoga class by the beach beneath the lighthouse, then walk to Calella lighthouse and the historic watchtowers for views over the sea and Barcelona.

03 · Alta Alella · Yoga among the vineyards

Practise inasettingamongthe vines, withsea views and the MarinaNatural Park mountain range nearby. After the session, enjoy regional snacks on the terrace and a tasting of the winery’s own wines. An expert guide accompanies the visit.



Day 2 · Calella coast



Day 3 · Alella vineyards

THE ITINERARY

Days 4–7

04 · Leisureday · Make the day your own

There is noexcursionplanned. Relaxbyoneofthehotelpools,enjoy the wellness space or a massage, visit the beach, or explore nearby towns by train.

05 · Barcelona · Gaudí, Modernisme and La Boqueria

Take a guided panoramic tourof theCatalancapital, thenexplorethe citycentreon foot. See Gaudí and Modernisme along Passeig de Gràcia and Las Ramblas, and visit La Boqueria artisan food market before returning to Calella.

06 · Temple of Nature · A spiritual retreat in the forest

Spendthe dayinthe forest of Palafolls, from10:00to 18:00. Theprogrammeincludes Integral Yoga, Pranayama, conscious movement and breathing, a mindful vegan lunch, forest-listening workshops, circle time, a group experience around the fire and a closing session.

07 · Departure · Time to head home

Afteraweekconnectingwithbody,mindandnature,transfer to the airport for the journey home.



Day 5 · Barcelona

ACCOMMODATION

Neptuno Hotel & Spa · Calella

Theprogrammeincludessixnightsinstandardroomswithoutbalconies, with buffet half-board.



Neptuno Hotel & Spa rooftop terrace

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WE LOOK FORWARD TO WELCOMING YOU

Neptuno Hotel & Spa ****S

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