

Yoga & Nature

From 28 to 30 November 2025

Yoga – Orange Harvest and Marmalade Workshop

Day 1 – Friday, November 28 Arrival & Opening

- 3.00 PM 5 PM Arrival, Check-in,
 Discover the place and short walking meditation
- 6 PM 8 PM Warm Drink Around the Fire Pit

Relax by the fire with a hot beverage, setting the tone for a peaceful and mindful retreat

• 8:30 PM - Dinner

Enjoy a nourishing meal, featuring local organic ingredients, aligning with the retreat's focus on wellness and mindfulness.

- 9.45 PM Goodnight Meditation

 Brief meditation of 30' to prepare for a peaceful night
 - 10.15 PM Good Night



Day 2 – Saturday, November 29 Nature, Creativity, and Meditation

8 AM – 10 AM – Kundalini Yoga with
 Tarandev Kaur

Participate in a dynamic session combining mantras, kriyas, and meditation, aimed at awakening energy and fostering inner peace.

- 10 AM 12 PM Brunch
- 2 PM 6 PM Orange Harvest and Transformation

Engage in a hands-on experience harvesting fresh oranges from the estate's trees and participate in the transformation process, turning them into delicious jams. A creative activity that celebrates nature's bounty.

• 6.30 PM – 7.30 PM – Gong Bath
A unique sound therapy experience where
the vibrations of the gong will guide you
into a state of deep relaxation and
harmony.

- 8 PM Aperitif by the Fire Pit
- 8.30 PM Dinner
- 9.45 PM Osho Meditation



Day 3 – Sunday, November 30 Reflection & Departure

- 8 AM 10 AM Last Kundalini Yoga Session with Tarandev Kaur Songs and Closing Circle
- 10 AM 12 AM Brunch with Jam Tasting Made the Day Before

Conclude the retreat with a brunch featuring freshly made jam from the day's harvest, paired with fresh bread and seasonal fruits

- 11 AM: Collect Your Own Jam Jar
 Every participant will have the opportunity
 to collect their own jar of jam, a tangible
 souvenir of this authentic and creative
 experience.
- 12 PM Visit to the Boutique & Departure A final stroll through the retreat boutique, where you can purchase local artisanal products, wellness items, and other handmade treasures like essential oils, ceramics, and books.

ALL INCLUSIVE PRICE

max 9 participants

870 EUR per personSingle Occupancy

570 EUR per perosonDouble Occupancy

Ps. Add the cost of **OPTIONAL** Cooking Class or Mother Earth connection from the fruit to the jam journey



More info to...

*OPTIONAL WORKSHOPS (2 h duration) €/PAX 40 each – MIN. 4 people each group

1. COOKING CLASS

Learn how to prepare a typical local dish

2. TRANSFORM A FRUIT....

- Learn how to transform a seasonal fruit into a jam
- Learn the history of the choosen fruit) in this case Grape or Pomegranade)
- Pick there from the trees
- Transform them into jam
- Take your homemade jam with you