

# Spain Yoga Retreat

## 30th September - 4th October 2026



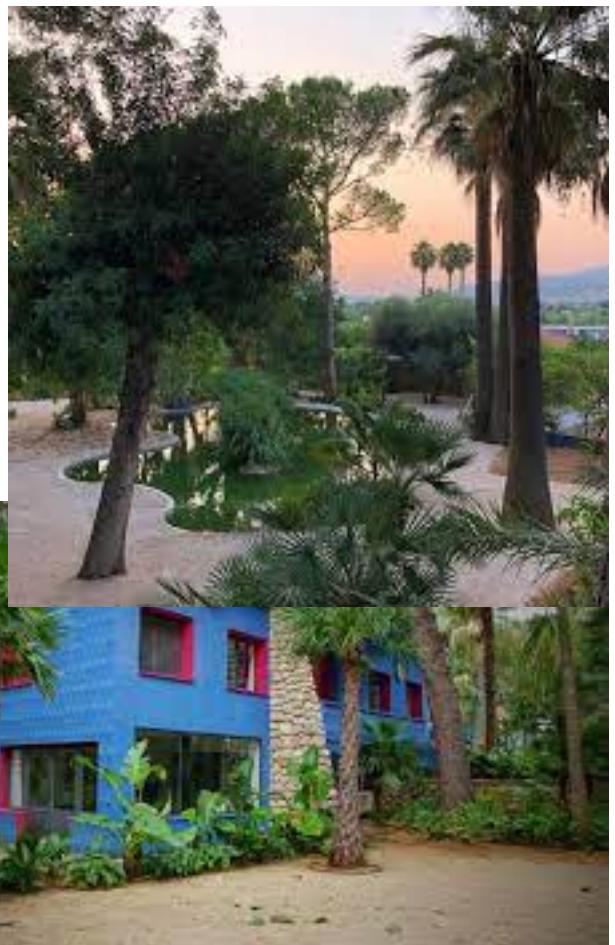
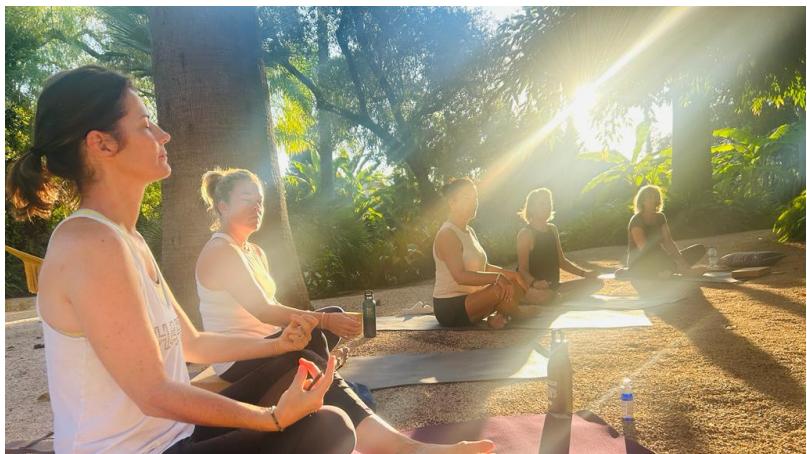
### El Botanico de Sagra, Alicante, Spain

El Botanico de Sagra is a luxurious ecolodge located 15km inland from the Mediterranean coast of the Costa Brava. Our yoga retreat is set amongst 5 acres of private botanical gardens, the perfect peaceful haven of tranquility and calm to relax and unwind.

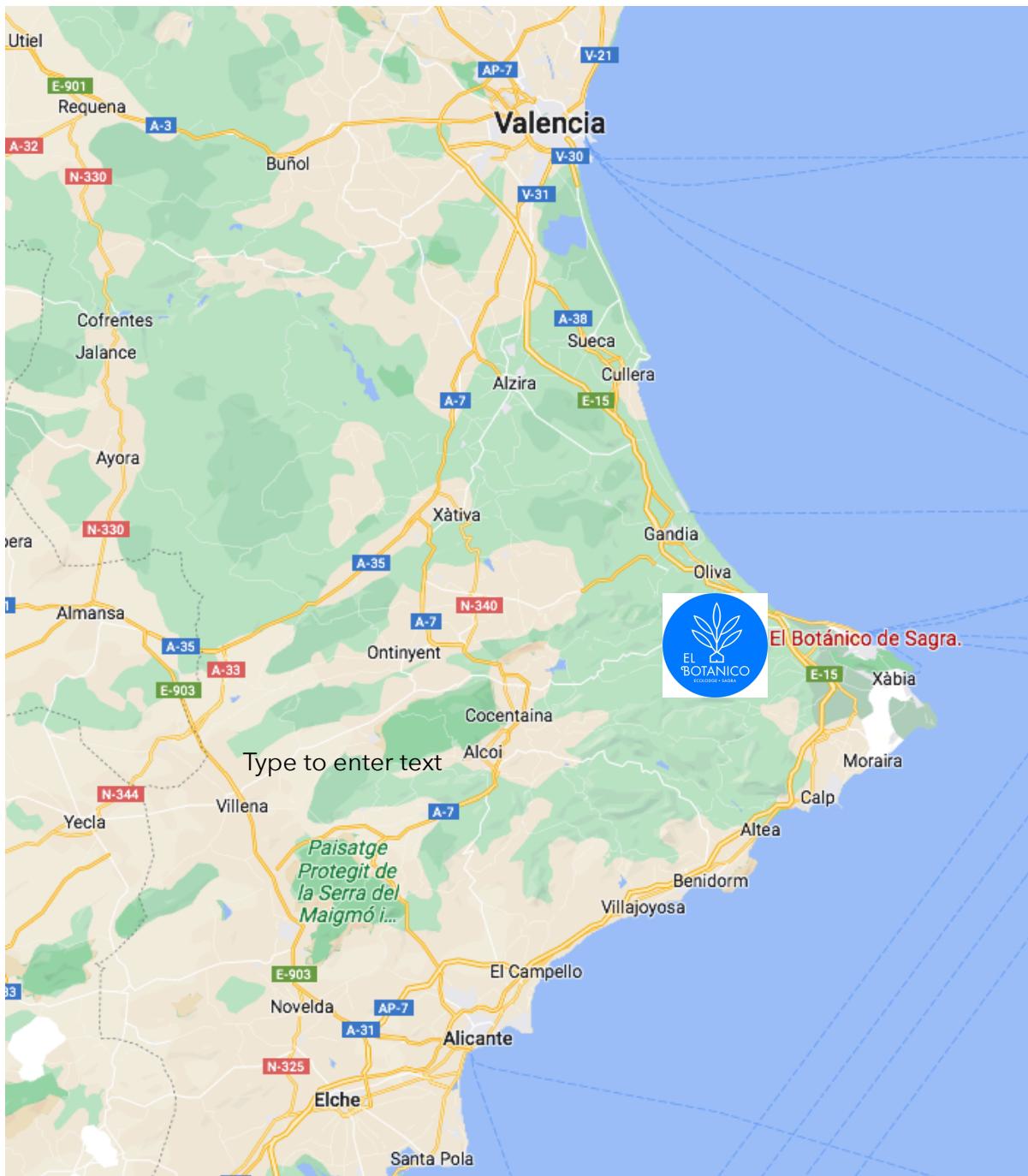
Join Sam for 4 days of well-being in this magical retreat centre the perfect backdrop for our yoga and meditation. Included in your stay are delicious freshly prepared meals using local and homegrown ingredients. You can do as much or as little as you wish, there will have plenty of time to relax and unwind, chilling in a hammock or reading your book on a lounger in the sunshine. Take a dip in the swimming pool or go exploring the breathtaking scenery of the local area, you can't fail to love this tropical paradise. The rooms are arranged within 4 unique brightly painted houses with ensuite facilities, private terraces and twin beds. There is a dedicated yoga studio and some practice will take place in the gardens. Massages can be booked at an additional cost.

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|---------------|---|
| Cost:         | From £695 shared room, from £780 single occupancy room. |
| Included:     | Accommodation, breakfast, dinner and snacks.            |
| Not included: | Flights and transfers.                                  |
| When:         | Wednesday 30th Sept - Sunday 4th October 2026           |









SAM TAN YOGA

MOVE, STRETCH & STRENGTHEN

To register interest in the  
retreat please contact Sam

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