

22-26/27 OCTOBER 2020

YOGA TREK CLIMB

Come enjoy
nature and tranquility
in the Pyrenees!

€695-795
INCLUDED

COLLEGATS | SPANISH PYRENEES

Yoga classes

Professional Mountain Leader

Rock climbing for beginners

Meditation guidance

Mindful cooking workshops

Vulture and predatory birdwatching

Private group accommodation

Full board (organic food)

International group setting

ENG - ESP - FR - NL spoken



Edurne Toro

www.pirineonorth.com



FEMKE TREEP

MOUNTAIN LEADER

www.femketreep.nl



CASA GRAMUNTILL

A Casa Rural of the best! Great views, in the middle of silence, space, forest, mountains, a vinyard, swimmingpool, an old olive oil press, and the very best: the homebase of many Griffon, Cinereous, Egyptian and Bearded Vultures is literally right in front of our terrace. Sierra de Boumort is the only place in Europe where the continent's four species of vultures breed!



When?

OCTOBER 2020

4-day option:

Thursday 22 18:00-

Monday 26 16:00

€695

5-day option:-

Thursday 22 18:00-

Thursday 27 16:00

€795

HIKING IN COLLEGATS

Retreat in nature and discover its secrets during hikes in the area directly around our basecamp. A quest for adventure and tranquility, a physical challenge but a calm mind, between the conglomerate rocks, deep canyons and mountains of Collegats and the Catalan prepyrenees.



Where?

CASA GRAMUNTILL
Carretera de Gramuntill
S/N 25500 La Pobla de
Segur, Lleida
<https://gramuntill.cat/>





MINDFULNESS/MEDITATION

For whoever wishes to participate, times of meal preparation will be used for a collaborative and bounding mindfulness practice, in which we will learn how to prepare healthy meals with positive energy. The macrobiotics style could form a light framework, but without taking anything into extremes. Wishes of the group, allergies and diets will ofcourse be taken into account.

INTRODUCTION HATHA YOGA

Basic postures of yoga (Asanas), breathing practice (Pranaiama), introduction to meditation, yoga philosophy and history. Complete classes, postural corrections, how to take yoga lessons into life, tips on integrating yoga practice in daily life and how to create your own micro session.



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ROCK CLIMBING

Introduction to top rope climbing. Getting used to climbing equipment which is used for climbing indoors and outdoors. Tips on climbing technique, how to move, to maintain balance and proceed in a safe way. Also tips on how to maintain a quiet mind and deal with fear.

What to bring?

Mountain boots
Mountain sportswear
Waterproof jacket + pants
Sunglasses, sunscreen
Cap
Gloves
(Hiking poles)

Daypack
Comfortable yoga clothing
Yoga mat
Thin blanket
(Climbing equipment: helmet, harness, shoes)



JOIN US!

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