

Beyoga

YOGA RETREAT
Sobrado, A Coruña - Galicia

WHISPERS OF THE NORTH
Galicia, 20 - 25 June

An open retreat for men and women.



By



ENVIRONMENT

In Sobrado, the forest is not just a landscape—it's a refuge. Centuries-old oaks and chestnuts envelop the house in a damp, green silence, where light gently filters through the leaves and time seems to stand still. We chose this place precisely for the magic and depth of its surroundings, and for the history that lives within the house. At Beyoga, we take great care in choosing where our experiences take place, always seeking spaces that have soul and that support the journey of those who come. Here, the air smells of living earth, footsteps sound on moss, and every walk becomes a meditation. An environment that invites slowing down, breathing deeper, and returning to what truly matters.

A retreat to let yourself be embraced by the power of nature. Amid the calm of the forests, you'll find the perfect space to disconnect. Each day, we will practice yoga, meditation, and activities that invite you to connect with your inner self and rediscover yourself in harmony with the surroundings.



THE TEACHERS

Giulia Babolin

@giuliab_yoga



Co-founder of Beyoga.

Giulia has been practicing since 2014 and received her first certification in India in 2016. Today, she is a Yoga Alliance 600hr RYT, 200 E-RYT, YACEP teacher, trained in Vinyasa, Ashtanga, Aerial, Hatha, and Yin yoga. She is also an AcroYoga International instructor and a certified Rocket® Yoga teacher.

With a degree in Sports Science, Giulia has been teaching since 2017 at some of Dublin's most renowned yoga studios, where she lived for almost a decade before moving to Alicante at the end of 2020. She has also led teacher training courses in India, Ireland, and online, sharing her knowledge and passion with aspiring teachers worldwide.

Her classes are mostly dynamic, vigorous Vinyasa flows, packed with sweat and joy. She teaches in English, combining dynamic flows with conscious breathwork to help you connect deeply with your practice. Giulia is a dedicated yogi who regularly returns to India to continue her training, bringing fresh energy and insights to her teaching.

Are you ready to flow with her?

Mery Arellano

@lameryarellano



Co-founder of Beyoga.

Mery's journey began in Alicante, where her passion for design led her to a career as a fashion designer for a renowned brand. In 2012, she moved to Miami and took on new challenges as a freelance designer for U.S. brands. In 2015, she shifted her focus to communication, becoming a partner and art director at an agency, specializing in branding and aesthetic storytelling.

Her vision for Beyoga is deeply rooted in her love for design, community, and personal growth. Mery is passionate about psychology and self-development, bringing a holistic approach to creating a welcoming and inspiring environment. Upon returning to Alicante in 2024, she co-founded Beyoga to combine creativity, mindfulness, and connection.

Outside the studio, she is a dedicated traveler, nature lover, and advocate for marine life protection.



IMMERSION

During the retreat, we will enjoy a complete practice that combines movement, calm, and connection. There will be classes in Vinyasa, Yin Yoga, Slow Yoga, Pilates Sculpt, and Acroyoga, along with guided meditations and moments for introspection.

The experience is complemented with art and creativity workshops, body oil sessions, and opportunities to reconnect with the body through care and sensitivity. We will also explore idyllic surroundings, discovering the landscape, rhythm, and local customs, allowing us to experience the environment in an authentic and unhurried way.

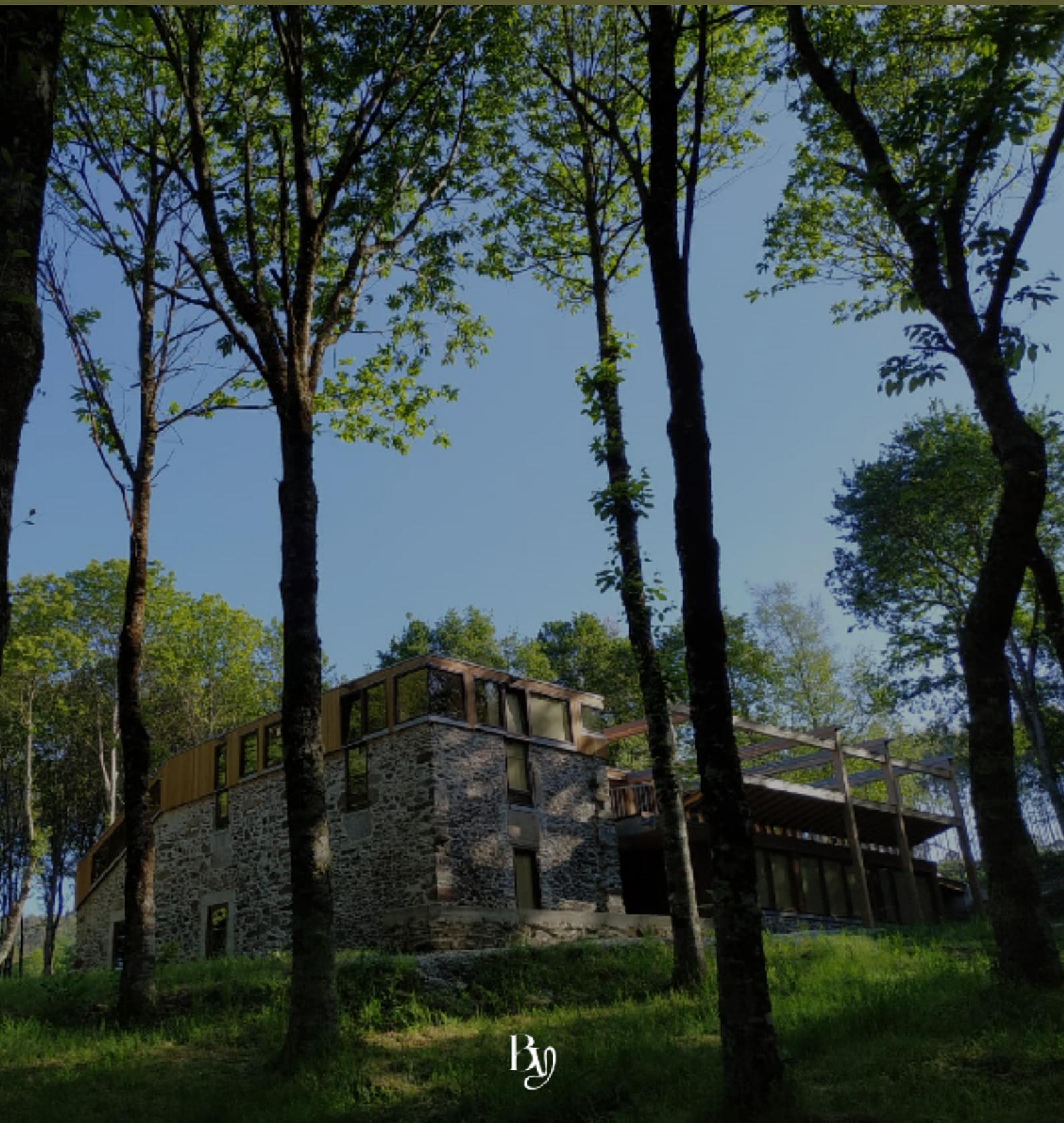
As a special moment, we will celebrate the Night of San Juan together—a deeply symbolic tradition, full of mysticism and ritual—where we will create space to release, renew, and celebrate the beginning of a new cycle. An experience designed to nourish body, mind, and soul.



ACCOMMODATION

Our accommodation is set in the heart of Galicia, surrounded by chestnut and oak forests that invite you to slow down and reconnect with what truly matters. Originally a farmhouse with over two centuries of history, the space has been carefully restored, respecting its original essence while blending the warmth of tradition with contemporary comfort.

Located in the rural surroundings of Friol and close to the historic Camino del Norte, the house retains the serene and welcoming character of places that have been lived in peacefully for generations. Here, the silence, the sound of the wind through the trees, and the soft light of the landscape create the perfect setting to rest, practice, and embrace a more mindful and profound experience.



ACCOMMODATION

Room 1 (with private bathroom):

Double room, for single use or to share, with a 160 cm bed.



Room 2 (with private bathroom):

Double room, for single use or to share, with a 160 cm bed.



Room 3 (with private bathroom):

Double room to share with 2 separate 90 cm beds.



Room 4 (with private bathroom):

Double room to share with 2 separate 90 cm beds.



ACCOMMODATION

Room 5 (with private bathroom):

Triple room to share with 3 beds of 90 cm.



Room 6 (with shared bathroom): Hostel-style room to share with 4 beds, including bunk and lower beds.



Room 7 (with shared bathroom): Hostel-style room to share with 4 beds, including bunk and lower beds.



Room 8 (with shared bathroom): Hostel-style room to share with 4 bunk beds.



FOOD

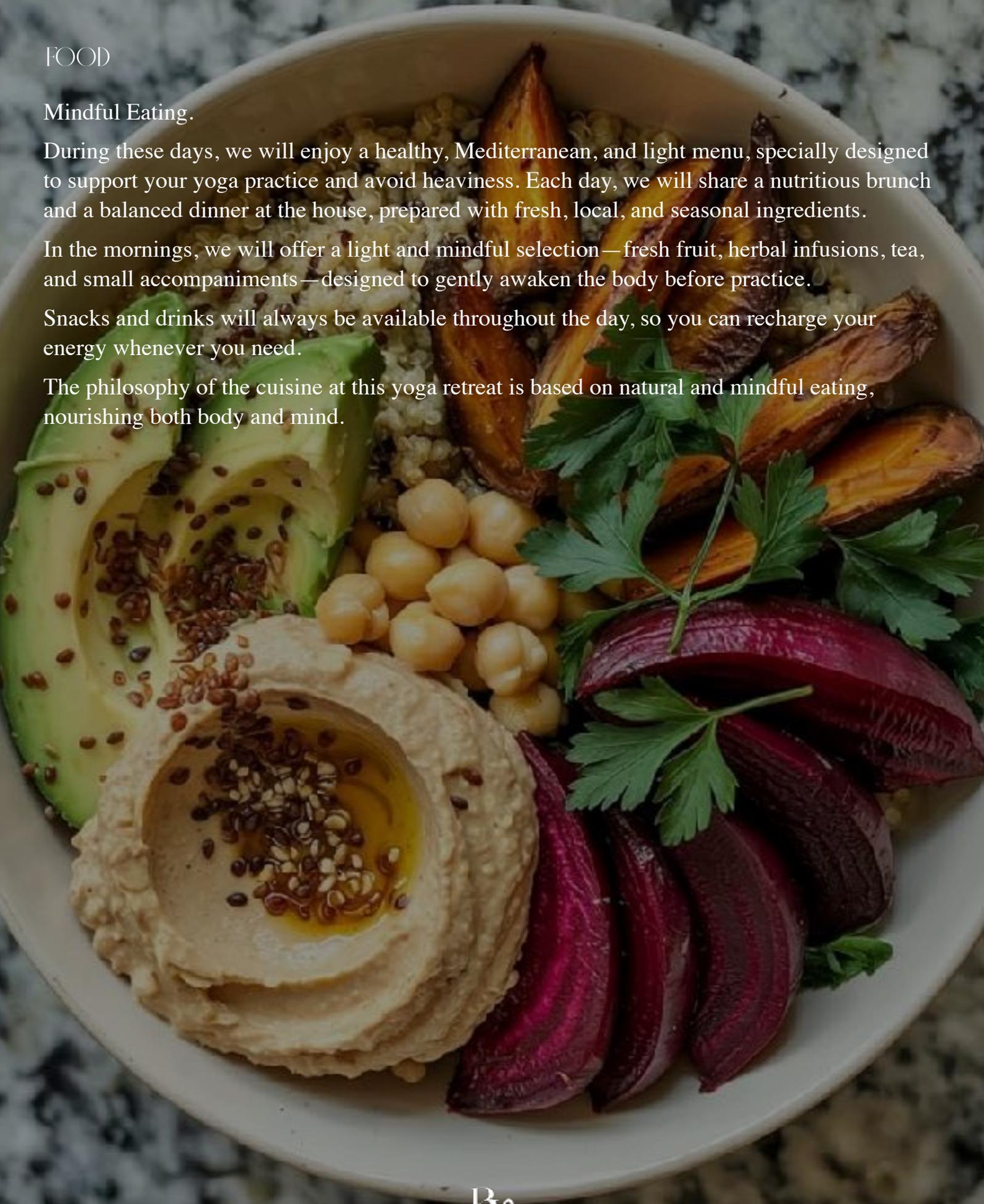
Mindful Eating.

During these days, we will enjoy a healthy, Mediterranean, and light menu, specially designed to support your yoga practice and avoid heaviness. Each day, we will share a nutritious brunch and a balanced dinner at the house, prepared with fresh, local, and seasonal ingredients.

In the mornings, we will offer a light and mindful selection—fresh fruit, herbal infusions, tea, and small accompaniments—designed to gently awaken the body before practice.

Snacks and drinks will always be available throughout the day, so you can recharge your energy whenever you need.

The philosophy of the cuisine at this yoga retreat is based on natural and mindful eating, nourishing both body and mind.





PROGRAM

- 20
JUN
- 17:00 Check-In
 - 18:00 Welcome Circle
 - 18:30 Yin Candlelight
 - 20:00 Dinner
- 21
JUN
- 08:00 Sunrise Yoga
 - 09:15 Light Bites
 - 10:00 Acroyoga Workshop
 - 12:00 Brunch + Free time
 - 16:00 Art Workshop
 - 19:00 Yin yoga
 - 20:30 Dinner
 - 22:00 Journaling
- 22
JUN
- 08:00 Sunrise Yoga
 - 09:15 Light Bites
 - 10:00 Forest Trek
 - 12:00 Brunch + Free time
 - 16:00 Body Oils Workshop
 - 19:00 Slow yoga
 - 20:30 Dinner
 - 22:00 Oracle Circle



PROGRAM

23
JUN

08:00 Sunrise Yoga
09:15 Light Bites
10:00 Facial Yoga Workshop
12:00 Brunch + Free Time
16:00 Local Immersion Walk
20:30 Dinner
22:00 Special Night of San Juan

24
JUN

08:00 Yin Yoga
09:15 Light Bites
10:00 Pilates Sculpt & Matcha
12:00 Brunch + Free Time
16:00 Art Workshop
19:00 Slow yoga
20:30 Dinner
22:00 Surprise Activity

25
JUN

07:30 Sunrise Yoga & Closing Circle
09:00 Brunch
10:00 Free Time
11:00 Check-Out

WHISPERS OF THE NORTH

Galicia, 20 - 25 Junio

WHAT'S INCLUDED

Accommodation: 5 nights & 6 days in a private rural house in the Galician forests (shared rooms with ensuite or shared bathroom)

Mindful Mediterranean meals: lunches, dinners, and snacks designed to nourish without heaviness.

Yoga classes & workshops.

Guided excursions: one forest trek to reconnect with nature and a visit to a local home to explore Galician traditions and culture. Includes journaling moments in the heart of nature. Welcome pack.



WHISPERS OF THE NORTH

Galicia, 20 - 25 Junio

PRICE

Price: €1,080 per person

Special Beyoga Members Price: €980

Early Bird: €980 for bookings made before April 30, 2026

*Mixed-gender retreat.

*To preserve the harmony and quality of the experience, the organizers reserve the right of admission.

*All prices are per person.

*The price does not include transportation to Galicia or the retreat house. We can provide information on the nearest airports and the best way to reach the location. If arriving from the airport, we can also organize groups to facilitate transfers.

Payment: The full amount can be paid at once or in two installments: 60% in advance via bank transfer and the remaining 40% one month before the retreat date. The transfer should be made to the following account:

ES68 3029 7249 9827 2001 4484

BIC CCRIES2A029

In the transfer reference, indicate: *Retiro Galicia June 2026*.

Cancellation Policy: No refunds are allowed.

More info: info@wearebeyoga.com

Instagram: @wearebeyoga

