



Beyoga

YOGA RETREAT
BENISSA - ALICANTE

NOURISH IN NATURE
Benissa, 14 - 16 November





SIERRA OLTÀ

We will be staying in the Sierra de Oltà and Bernia, an area surrounded by a protected forest of centuries-old pine trees. A place where nature reveals itself in all its splendor: towering mountains, rustic lands, and a green sea that invites calm. The perfect setting for hiking, enjoying complete relaxation, or letting the serenity of the surroundings awaken your senses.

A retreat to let yourself be embraced by the power of nature. Amid the tranquility of the mountains, you'll find the perfect space to unwind. Each day we will practice yoga, meditation, and activities designed to help you 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 earned her first certification in India in 2016. Today, she is a Yoga Alliance 600hrs RYT, 200 E-RYT, YACEP certified 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 nearly 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 from around the world.

Her classes are mostly dynamic, vigorous Vinyasa flows, full of sweat and joy. She teaches in English, combining energetic flows with conscious breathwork to help you deeply connect with your practice. Giulia is a dedicated yogi who regularly returns to India to continue her training and bring 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 path toward 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, Mery co-founded Beyoga to blend creativity, mindfulness, and connection. Outside the studio, she is an avid traveler, a nature lover, and an advocate for marine life protection.



IMMERSION

During the retreat, we will enjoy a complete practice that combines movement, calm, and connection. There will be Vinyasa, Yin Yoga, and Acroyoga classes, along with guided meditations and introspective activities. We will also share moments to connect with nature and awaken creativity, including an art-therapy workshop: explore creativity as a form of healing and self-expression. An experience designed to nourish body, mind, and soul.



ACCOMMODATION

We will be staying among Mediterranean mountains and near the sea in this 300-year-old stone house, lovingly restored to become a serene retreat.

With a capacity for 14 people, it offers an intimate and cozy atmosphere, surrounded by nature and tranquility.

A place to rest, reconnect, and let yourself be inspired by the beauty of the surroundings.



ACCOMMODATION

- Bedroom 1 (ensuite): sleeps 2-3 (double or single beds)
- Bedroom 2 (ensuite): sleeps 2-3 (double or single beds)
- Bedroom 3 (shared bathroom): sleeps 1-2 (queen bed, ideal for individual or couple use)
- Bedroom 4 (open-plan ensuite): sleeps 2 (double or single beds)
- Bedroom 5 (ensuite): sleeps 2 (double or single beds)
- Bedroom 6 (open-plan ensuite): sleeps 2 (double or single beds)

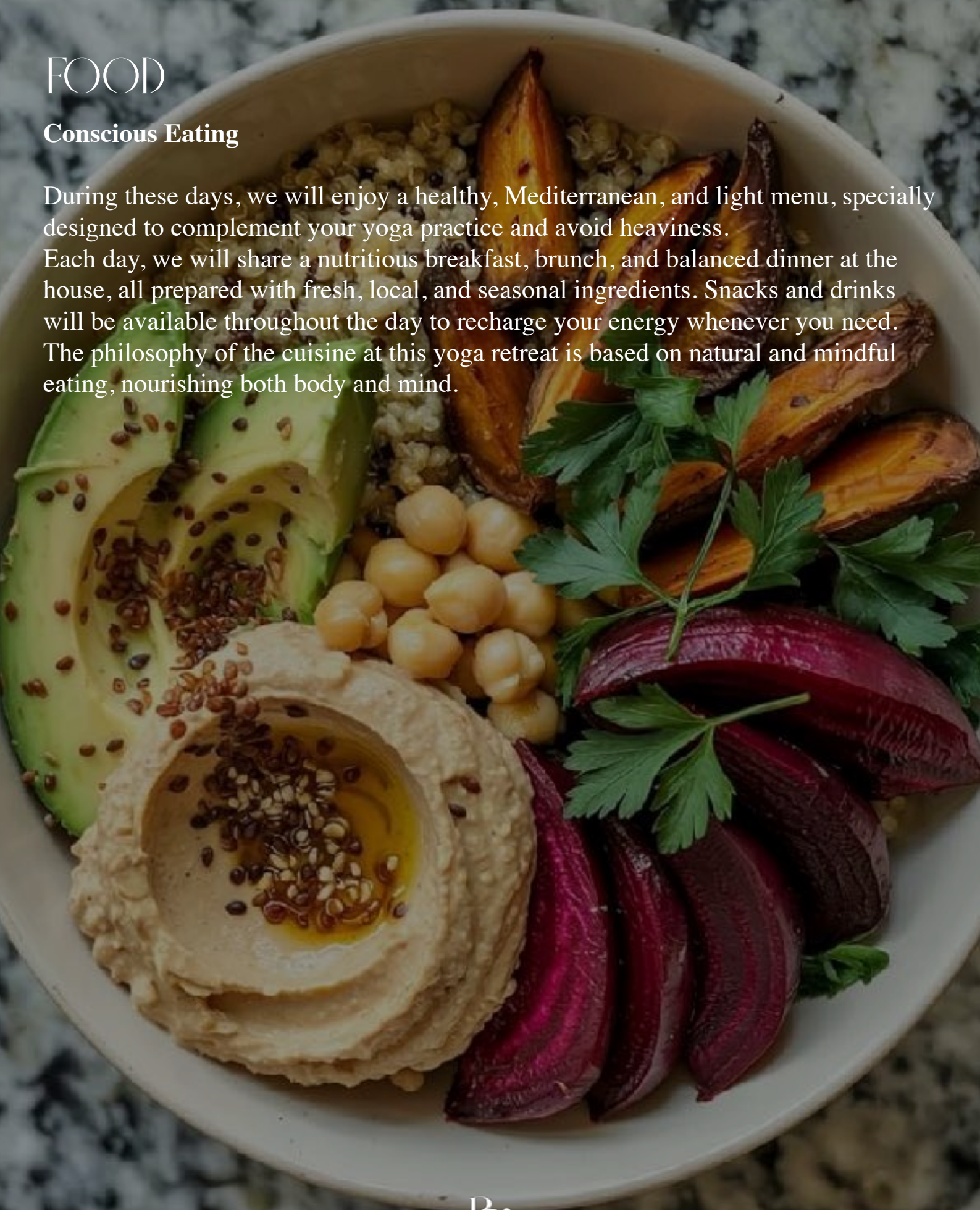


FOOD

Conscious Eating

During these days, we will enjoy a healthy, Mediterranean, and light menu, specially designed to complement your yoga practice and avoid heaviness.

Each day, we will share a nutritious breakfast, brunch, and balanced dinner at the house, all prepared with fresh, local, and seasonal ingredients. Snacks and drinks will be available throughout the day to 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

14
Nov

19:00 Check-In
19:30 Welcome Circle
20:00 Yin Candlelight
21:15 Dinner

15
Nov

08:00 Sunrise Yoga
09:15 Breakfast
11:00 Acroyoga Workshop
13:00 Lunch + Free time
16:00 Art Workshop
19:00 Yin yoga
20:30 Dinner
22:00 Surprise Activity

16
Nov

08:00 Breakfast
09:00 Hiking + Journaling
13:30 Lunch + Free time
15:30 Slow Yoga + Closing Circle
17:00 Check-Out

NOURISH IN NATURE

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WHAT'S INCLUDED

Accommodation: 2 nights & 3 days in a private house in the mountains of Benissa (shared rooms with ensuite or shared bathrooms).

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

Yoga classes & workshops.

Guided hike: excursion to El Forat with journaling in nature.

Welcome pack.

PRICE

350 € per person

Special price for the first 3 Beyoga Members: €320

*Exclusive retreat for women

*All prices are per person

*The price does not include transportation to the house. If you don't have a way to get there, let us know so we can try to organize groups and facilitate transport.

*Full payment is required to secure your reservation

*Payment in installments is possible

Cancellation policy: non-refundable from the moment of payment

More information: info@wearebeyoga.com

