

Beyoga

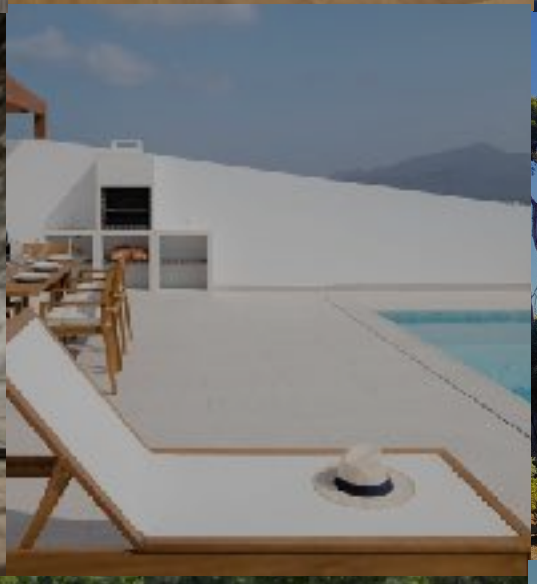
THE WINTER RECHARGE
A Mediterranean Yoga Retreat

Altea, 19 - 21 February

At the exclusive 5-star Villa Gadea Hotel
















HOTEL SH VILLA GADEA, ALTEA

We'll be staying at **Villa Gadea, an exclusive 5-star hotel in Altea**, where the blue of the Mediterranean meets the essence of the Costa Blanca. A setting filled with light, sea views, and tranquility, surrounded by beautiful gardens and peaceful corners designed for slowing down and enjoying the moment. The perfect place to take a break, disconnect from your daily routine, and reconnect with yourself.

A retreat to nurture your body, calm your mind, and restore your balance. Through **yoga, Pilates, dance, and moments of relaxation at the spa**, you'll find the space to move, let go, and embrace the joy of being present. An experience to nourish yourself inside and out, and return home feeling refreshed and renewed.



YOUR RETREAT GUIDES

Giulia Babolin

@giuliab_yoga



Co-founder of Beyoga.

Giulia has been practicing yoga since 2014 and received her first certification in India in 2016. Today, she is a Yoga Alliance-certified 600-hour RYT, 200 E-RYT, and YACEP, 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 in late 2020. She has also taught teacher training courses in India, Ireland, and online, sharing her knowledge and passion with aspiring teachers from all over the world.

Her classes are mostly dynamic, vigorous Vinyasa flows, with a healthy dose of sweat and joy. Teaching in English, she combines dynamic sequences with mindful breathwork to help you connect deeply with your practice.

A dedicated yogi, Giulia regularly returns to India to continue her studies and bring fresh energy and knowledge to her teaching.

Mery Arellano

@lameryarellano



Co-founder of Beyoga.

Mery's journey with movement and wellbeing has been an essential part of her life, shaping her understanding of the connection between body and mind. As a Pilates instructor since 2004, she brings years of experience and a deep appreciation for mindful movement, strength, body awareness, and balance.

Originally from Alicante, Mery spent 14 years in Miami, where she developed both personally and professionally before returning to her hometown in 2024. With a background in fashion design and art direction, she combines her creative vision with her passion for wellness, psychology, and personal growth.

As co-founder of Beyoga, Mery is driven by the belief that movement goes beyond the physical. It's a way to reconnect with yourself, build strength from within, and create a deeper sense of balance in everyday life. Her approach brings together mindful movement, creativity, and community to create a space where everyone feels welcome and inspired.

YOUR RETREAT GUIDES

Sonia Pellacani

@sonia.pellacani



International Dancer & Yoga Instructor

Sonia Pellacani is an internationally acclaimed dancer and performer whose career has taken her from Italy to New York, Las Vegas, and some of the world's most renowned stages. Her impressive trajectory includes performances in Las Vegas productions, collaborations with Cirque du Soleil's former Casting Director, and the 2024 Super Bowl in Las Vegas.

After years performing internationally, Sonia turned her focus towards teaching and sharing her passion for movement through workshops around the world. As a certified Yoga Alliance instructor, she integrates yoga into her teaching, combining her extensive dance background with a mindful approach to movement.

Her classes focus on developing **strength, flexibility, balance, and body awareness**, while encouraging everyone to explore their own potential. For Sonia, movement is much more than technique; it's a way to connect with your body, build confidence, and enhance overall wellbeing, regardless of age or experience.

IMMERSION

During the retreat, we'll enjoy a complete experience that combines movement, energy, and relaxation. We'll explore different ways to connect with our bodies through Vinyasa, Yin Yoga, Pilates Sculpt, and dance, alternating dynamic practices that awaken strength and vitality with moments of stillness and inner connection. We'll also make time to unwind and enjoy the spa, giving ourselves the chance to rest, release tension, and recharge. An experience designed to find balance between movement and rest, strengthen the body, and reconnect with yourself.



ACCOMMODATION

We'll be staying at Villa Gadea, an exclusive 5-star hotel in Altea, where the Mediterranean becomes the backdrop for an experience of wellness and relaxation.

Surrounded by gardens, with sea views and spaces designed for rest, the hotel combines the charm of the Costa Blanca with the comfort and sophistication of a luxury retreat. Its facilities, including a spa, invite you to slow down and savour every moment.

A place to take a break, reconnect with yourself, and embrace the calm and beauty of the Mediterranean.



ACCOMMODATION

Superior Plus Room | Single or Double Occupancy

Enjoy a relaxing stay in the elegant Superior Plus Rooms at the 5-star Villa Gadea Hotel in Altea. With 44 m² of space, these bright and beautifully designed rooms feature warm Mediterranean tones, natural light, and a private terrace where you can enjoy the peaceful surroundings.

Whether you choose a private single room or share with someone, each space offers the perfect setting to unwind, recharge, and enjoy your wellness retreat in comfort and style. Rooms feature either a queen-size bed or twin beds, subject to hotel availability.









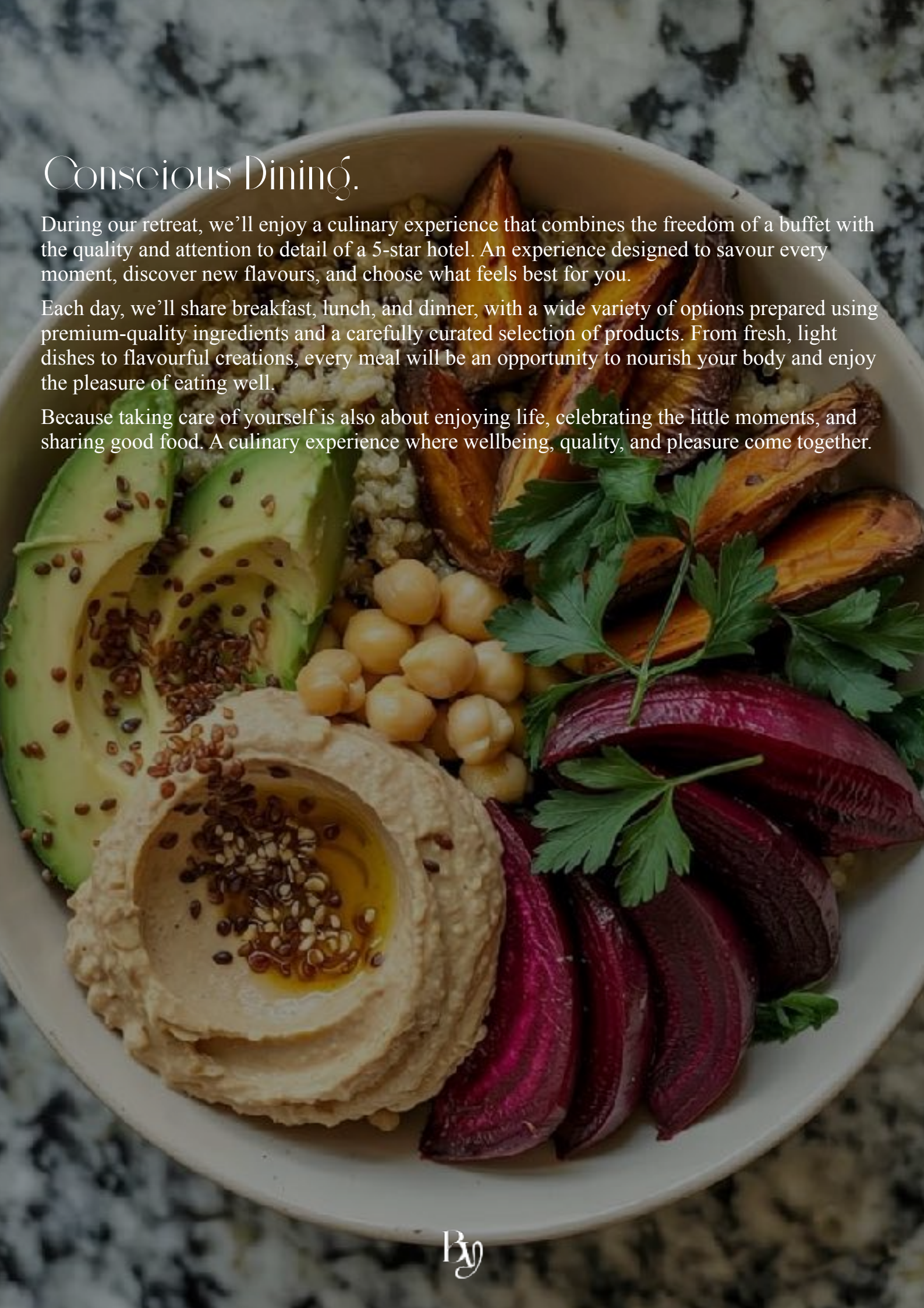


Conscious Dining.

During our retreat, we'll enjoy a culinary experience that combines the freedom of a buffet with the quality and attention to detail of a 5-star hotel. An experience designed to savour every moment, discover new flavours, and choose what feels best for you.

Each day, we'll share breakfast, lunch, and dinner, with a wide variety of options prepared using premium-quality ingredients and a carefully curated selection of products. From fresh, light dishes to flavourful creations, every meal will be an opportunity to nourish your body and enjoy the pleasure of eating well.

Because taking care of yourself is also about enjoying life, celebrating the little moments, and sharing good food. A culinary experience where wellbeing, quality, and pleasure come together.





PROGRAM

19 Feb

18:00 Check-In
19:00 Welcome Circle
19:30 Slow Yoga (60min)
21:00 Dinner

20 Feb

08:00 Pilates Sculpt (60min)
09:15 Breakfast
11:30 Dance Flow (90min)
14:00 Lunch + Free time
17:00 Spa Circuit (90min)
19:30 Yin Yoga (60min)
21:00 Dinner
22:00 Suprise activity

21 Feb

08:00 Sunrise Yoga (75min)
09:30 Breakfast + Free time for packing
12:00 Journaling and Closing Circle (90min)
13:30 Lunch
15:00 Departure

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WHAT'S INCLUDED

Accommodation: 2 nights & 3 days at the exclusive 5-star Villa Gadea Hotel in Altea (Alicante, Spain).

Mediterranean Dining: Breakfast, brunch, and dinner with a wide variety of high-quality buffet options, designed to nourish you while allowing you to enjoy every meal.

Yoga, Pilates & Dance: A curated programme of Vinyasa, Yin Yoga, Pilates Sculpt, and dance classes.

Private Spa Experience: Enjoy a **90-minute private spa circuit** to unwind, release tension, and fully recharge. Throughout your stay, you'll also have **unlimited access to the heated swimming pool**, so you can enjoy a relaxing swim whenever you like.

Welcome Pack: A little something to make your retreat experience even more special.

PRICING & ACCOMMODATION

PRICING & ACCOMMODATION

Choose the room that best suits your stay and enjoy a wellness retreat at the exclusive

5-star Villa Gadea Hotel in Altea.

EARLY BIRD PRICES
Available until November 29th

Room Type	*Early Bird*	*Full Price*
Single Room	480€	580€
Double Room	390€	490€

HOW TO RESERVE YOUR SPOT

To secure your place at the Early Bird rate, simply pay a **100€ deposit before November 29th**. You can also choose to pay the full retreat price upfront.

After November 29th, the Early Bird offer ends and full prices apply.

Limited spots available. Reserve your place and give yourself the gift of a wellness escape by the Mediterranean.

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- **This is a mixed-gender retreat.**
- Yoga and dance classes will be taught in English, while the Pilates Sculpt class will be taught in Spanish.
- All prices are per person.
- **Booking:** A 100€ deposit is required to secure your place at the Early Bird rate, or you can pay the full amount upfront.
- **Cancellation Policy – No Refunds:** All payments are non-refundable. Refunds will only be considered in exceptional cases involving serious, verifiable circumstances, supported by appropriate documentation. In such cases, the decision to issue a refund will be made at the organisers' discretion. No refunds will be granted for cancellations due to personal reasons or changes of plans.

To secure your spot, simply make a bank transfer of the 100€ deposit or the full retreat amount to the following account:

Account number / IBAN:

ES68 3029 7249 9827 2001 4484

BIC CCRIES2A029

Please include your full name as the payment reference.

Once the transfer is complete, send us your proof of payment to confirm your booking.

More Information: info@wearebeyoga.com