Holistic Retreat

Sevilla: Spain



@GAIA_YOGA_SOULSTUDIO

GAIAMADRID.COM

A retreat to pause, listen to yourself, and reconnect. It's not about stopping time, but about finding your own rhythm. When we align our thoughts, emotions, and actions, time ceases to be a burden and becomes an opportunity for growth.

TEMPO The Rhythm in Harmony



Holistic Retreat

Sevilla

Welcome October, Friday 10th at 17h00

Goodbye

October, Sunday 13th 16h00

Facilitators





Hatha Yoga | Meditation | Pranayama Jihane Nasrallah

Jivamukti | Chanting Cris Sagüés

Would you like a space just for yourself, where you can reconnect with your essence and nourish your soul? Gift yourself a few days to come back to you—a space to open your heart, feel, heal, and bloom.



Psychedelic Breath®

Berni Andrade

Holistic Rituals





Wellness Coaching Sessions

Fire Ceremony

Connect with like-minded souls and immerse yourself in a journey of deep listening, presence, and transformation. We're waiting for you!

GAÏA YOGA & SOUL STUDIO



Journaling

GAÏA YOGA & SOUL STUDIO

Optional activities not included in the package

Stargazing Experience

Relaxing massages at the Spa

Horse Ride

Buggy routes

Bike routes

Hiking













GAÏA YOGA & SOUL STUDIO

Philosophy

It's Tempo to connect with nature — to balance your energy and elevate your well-being.

By returning to her, we restore our inner harmony, recharge our vitality, and remember that we are part of a greater whole.

It's time to reconnect with unity — and with yourself.









GAÏA YOGA & SOUL STUDIO

Standard

ROOM FOR 2

TWIN BEDS EN-SUITE BATHROOM

690€/pax

RESERVE HERE

*All meals from the program included













Deluxe

ROOM FOR 2

TWIN BEDS EN-SUITE BATHROOM BALCONY

740€/pax

RESERVE HERE

*All meals from the program included















FIND YOUR TEMPO

tuning in with it.

GAÏA YOGA & SOUL STUDIO

It's not about stopping time, but about

A space to turn down the noise,

reconnect with yourself, and flow in

harmony with your own melody.



Meditation and Pranayama

Meditation is a journey inward — a space of silence and presence to calm the mind and connect with your essence.

Pranayama is the conscious practice of breath — a powerful tool to balance your energy, relax the nervous system, and expand your vitality.

In this retreat, we will explore the power of breath and silence as tools for well-being, clarity, and self-expansion.

Jivamukti & Chanting

Yoga is much more than a physical practice; it is a path to connect with your true self. Through movement, breath, and meditation, it brings harmony to body, mind, and soul.

Jivamukti Yoga is a dynamic and spiritual style that combines vigorous asana, meditation, yoga philosophy, music, and activism encouraging deep connection with yourself and the world.

Chanting is the repetition of sacred mantras that elevates your vibration, calms the mind, and opens the heart — guiding you into a deep meditative and spiritual connection.





Psychedelic Breath® TRAVEL TO ANOTHER DIMENSION THROUGH BREATH

Psychedelic Breath® is a transformative practice that merges dynamic breathing techniques with electronic music, guiding you into an expanded state of consciousness using only your breath.

It's a powerful tool that resides within all of us, yet is often underestimated.

This experience invites you to dive deep within, release emotional blocks, and connect with your purpose in a profound and authentic way.

Hatha Yoga

Hatha Yoga is a balanced practice that combines postures (asanas), breathwork (pranayama), and meditation to strengthen the body and calm the mind.

It focuses on alignment and holding each posture, cultivating strength, flexibility, and presence.



Fire Ceremony

Fire is a symbol of purification, transformation, and renewal. In this ceremony, we surrender to its energy to release the old, transmute what no longer serves us, and create space for the new.

Through fire, we connect with our deepest intentions, let go of emotional burdens, and ignite the spark of our purpose.

A powerful ritual to be reborn from within.





Journaling

Journaling is a powerful practice of selfdiscovery and mental clarity. Through conscious writing, we give voice to our thoughts, explore our emotions, and create a safe space for our truth.

In this retreat, we'll use the power of words to release, manifest, and connect with our deepest essence.



This retreat is designed around you. In the days leading up to our time together, we'll connect personally to define your intention, emotional focus, and nutritional needs.

Mind, body, and soul — everything aligned. A deeply personalized journey, from the very beginning.

The experience begins before you arrive.

THE AGENDA

Friday 06

- 17:00 17:30 Welcome talk
- 17:30 18:30 Opening Circle
- 18:30 20:30 Opening session Yoga

Healing

- 20:30 22:30 Dinner
- 22:30 23:30 Chanting and
- Meditation Circle with live music

Saturday 07

- 8:30 9:00 Wake-up & Tea
- 9:00 9:20 Meditation & Pranayama
- 9:20 10:45 Hatha Yoga
- 10:45 11:00 Journaling
- 11:00 12:30 Brunch
- 12:30 15:30 Free Time
- 15:30 -18:00 Meditative Walk
- in Nature and Yoga
- 18:00 19:45 Psychedelic Breathwork
- 20:00 22:00 Surprise Dinner
- 22:00 23:00 Fire and Chanting ceremony
- with Stargazing Experience

*This program is flexible. The intention is to flow.

Sunday 08

- 8:30 9:00 Wake-up & Tea
- 9:00 9:20 Meditation & Pranayama

9:20 - 10:45 Hatha Yoga

- 10:45 11:00 Journaling
- 11:00 12:30 Brunch

12:30 - 13:30 Free Time

- 13:30 14:30 Closing Circle
- 14:30 16:00 Packing & Farewell

HOW TO GET THERE You have two options to get to Tempo:

1. Train to Sevilla (Santa Justa) 2. Driving

If you choose to take the AVE train to Santa Justa Station, we'll let you know the best time slots to book your ticket so everyone arrives around the same time. From there, cars or a private bus will take you to Hotel Boutique La Dehesa De Don Pedro.

If you're driving your own car and can offer a ride to others, that would be amazing.

Address: Hotel Boutique La Dehesa De Don Pedro, Sevilla

Click here: Google Maps

MORE DIRECTIONS

• By Car

- If you're driving from Madrid or Mérida, we recommend taking the famous Ruta de la Plata highway (A66) until exit 722 toward Monesterio, then head toward Pallares. From there, follow the EX103 to Pallares and take the BA-067 toward Hoya de Santa María de Navas. You'll find us at kilometer 33.5 on the right-hand side.
- If you're coming from Seville, we also recommend taking the Ruta de la Plata highway (A66) to exit 722 toward Monesterio, then continue as described above via EX103 and BA-067 to Hoya de Santa María de Navas.
- You can also reach us from Seville via exit 747 toward El Real de la Jara, but we don't recommend this route due to its narrow, winding roads.

• By Plane

- Seville Airport is about 1 hour and 20 minutes from the hotel by car, and Badajoz Airport is approximately 1 hour and 30 minutes away.
- Depending on your travel plans, you can either rent a car or we can organize a transfer for you. 0
- By Train
 - Seville Santa Justa train station is about 1 hour and 15 minutes from the hotel.
 - From there, you can either rent a car or we can arrange a transfer, depending on your travel plans.

