



Yoga & Mindfulness Retreat

"Slow Down & Reconnect"

Hotel Santa Rosa, Torrox
December 5th–7th, 2025



WELCOME

This retreat is designed for you to disconnect from the fast pace of everyday life and reconnect with yourself through yoga, meditation, and moments of calm by the sea.

It will be a space to release what no longer serves you, cultivate presence, and return home with more clarity, peace, and gratitude.





WHAT IS YOGA?

Yoga is an ancient practice that unites body, mind, and breath. Through postures (asanas), breathing techniques (pranayama), and meditation, it helps us:

- Reduce stress and anxiety.
- Improve flexibility and strength.
- Increase focus and mental calm.
- Enhance overall physical and emotional well-being.

During this retreat, you will experience different yoga styles (gentle, flow, and yin), combined with mindfulness practices and deep relaxation.



HOTEL SANTA ROSA



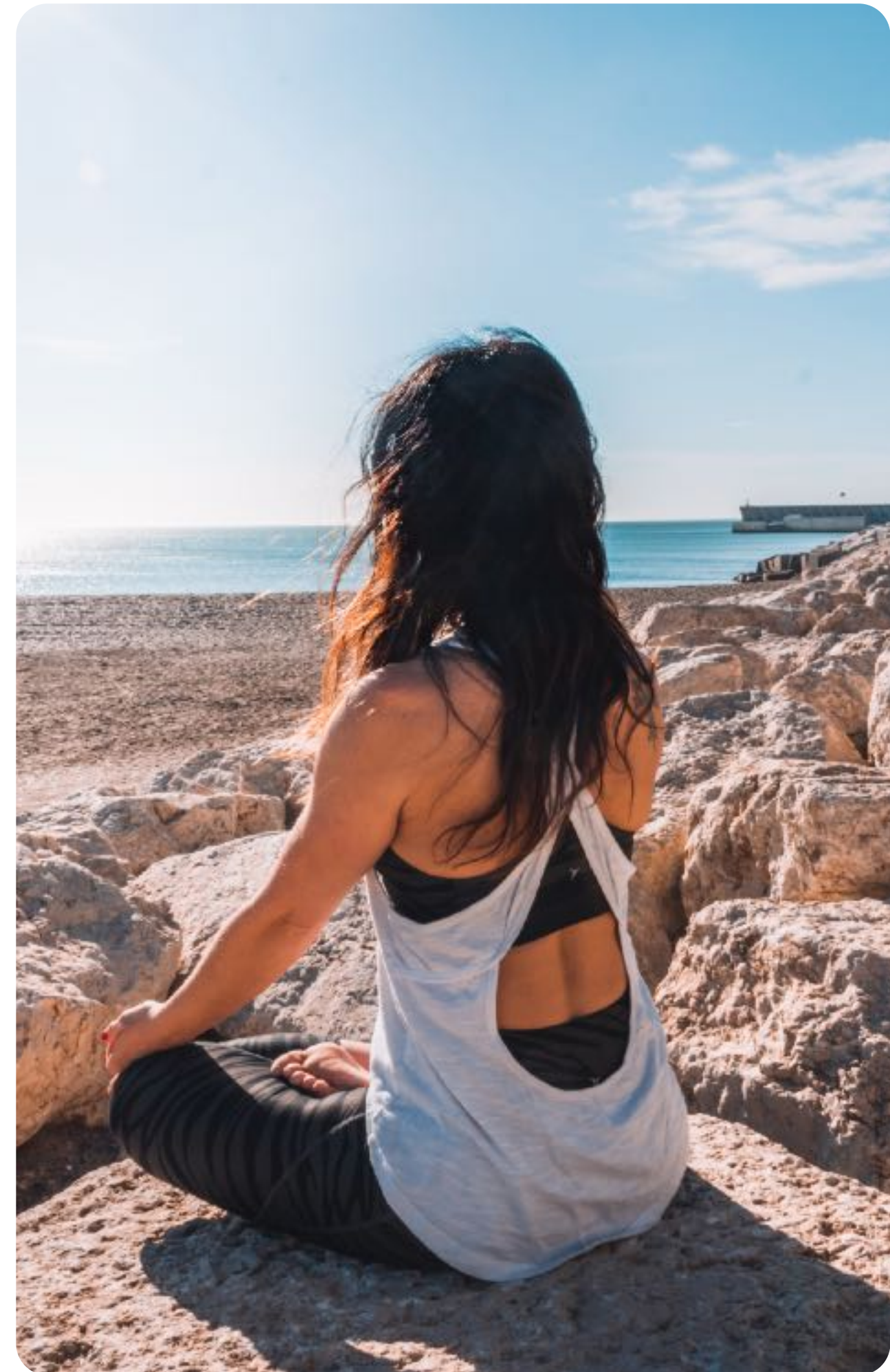


OUR GUIDE — IVANA

Ivana Kipic Zadro is a certified teacher of yoga, mindfulness, and breathwork. She is the founder of Yoga Centre Flow Málaga, where she combines her background in yoga, therapy, and coaching to create transformative experiences.

Her mission is to help people connect deeply with themselves, cultivate presence, and discover a sense of fulfillment in everyday life.

With over 10 years of teaching experience, Ivana has guided hundreds of students in retreats and workshops, sharing her passion for yoga and personal growth with warmth and authenticity.





“Breathe. Transform.
Be magic in every pose.”



FULL PROGRAM

Friday – Arrival & Grounding

Theme: Let go of the week and arrive fully.

- From 15:00 – Arrival & Check-in

Welcome tea & healthy snacks (detox juice, energy balls, fruit...)

Time to settle and unpack

- 17:00 – 18:45 – Gentle Sunset Yoga & Opening Circle
 1. Ice breaking activities
 2. Setting personal intentions for the weekend
 3. Soft Vinyasa Flow Yoga and stretching to unwind from travel
- 19:00 – Dinner
- 21:00 – Guided Relaxation / Yoga Nidra

Deep rest and grounding before sleep





FULL PROGRAM



Saturday – Presence & Renewal

Theme: Move, breathe, and simply be.

- 08:00 – 09:30 – Morning Yoga & Pranayama

Energizing yet calm practice to start the day and set up/reconnect with an intention

- 09:30 – Mindful Breakfast
- 10:30 – 14:00 – Free Time

Options: beach walk, swim in the sea, reading, journaling, silence...

- 14:00 – Lunch

- 15:30 – 16:30 – Facial care (Ringana)
- 17:00 – 18:30 – Yin Yoga & Myofascial Release with Tennis balls

Deep release through holding poses for a long period of time and self-massage with tennis balls

- 19:00 – Dinner
- 21:00 (optional) – Evening Meditation / Silent Reflection / Journaling / Yoga Nidra



FULL PROGRAM

Sunday – Integration & Gratitude

Theme: Carry peace home with you.

- 08:00 – 09:30 – Morning Flow & Meditation
Heart-opening, grounding practice
- 10:00 – Breakfast
- 11:30 – 12:30 – Closing Circle & Sharing, Farewell Tea
Gratitude, reflection, and setting intentions for daily life
Little meaningful gifts (such as palo santo / essential oils, incense...).





WHAT'S INCLUDED

- 2 nights accommodation at Hotel Santa Rosa.
- 5 vegetarian, balanced meals + healthy snacks.
- 4 yoga sessions + 2 guided meditations/relaxations.
- Facial care workshop with natural products.
- Guidance from an experienced yoga & mindfulness teacher.
- Free time to rest, walk along the beach, and reconnect with yourself.
- Farewell gift.



PRICES & BOOKING

- **Shared double room:**
 - Standard price: €420
 - Early booking (before deadline): €380
- **Single room:**
 - Standard price: €460
 - Early booking (before deadline): €420
- **Deposit:** €80 via Bizum, bank transfer, or Revolut.

Balance due on the first day of the retreat.
Deposit refundable with one month's notice
or if you find someone to take your place.



 **More information & bookings:**

Maria Flores — Hotel Santa Rosa

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