



H O L I S T I C A

Etéreo Retreat

A soulful yoga retreat by the sea.
8-12 October 2026

Etéreo = Ethereal

An offering of a place and experience that feels peaceful, refined, and almost dream-like.

Come rest & heal with us.

Holística is a small boutique yoga Studio in Marbella & London offering carefully curated personal experiences with attention to detail and you.

We invite you to a 4-night retreat on the Andalusian coast, lovingly designed to help you slow down and return to yourself through gentle yoga, grounding breathwork, soothing sound healing, and the quiet rhythm of the sea.

Whether you're a devoted yogi or simply seeking space to pause and exhale, this retreat offers a sanctuary where you can soften, restore, and reconnect—with your body, your breath, and your being.

4 nights at the beautiful Templo Sotogrande.

4 casitas, handcrafted by local Artisans from Andalucía using ancestral techniques and organic, environmentally sustainable materials, creating a calming, minimal Mediterranean style. Set in beautiful gardens with ancient olive trees.

Please read more information below or find all details and your opportunity to reserve your space on:

<https://www.holisticayoga.com/spainretreat2026>



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Etéreo Retreat



welcome to your home

Etéreo will bring you the sounds of the waves, the quiet of early mornings, the laughter of kindred spirits, and daily healing through yoga practices combined with sound. We'll connect to Pachamama through rituals and Akhanda Yoga. (Yoga for all but better explained in frequently asked questions on our website)

Open your heart, breathe it all in and let yourself be free.

This time is for you. Come to move, to breathe, to sleep deeply. Come to rest, so you can begin to truly heal and reawaken your connection to life and to your soul. We offer space to: Re-balance, Re-charge, Re-treat, Re-connect, Re-ignite — and simply be.

daily schedule example

7.30 Detox teas & fruit available

8.00 Sunrise Meditation & Yoga

10.00 Breakfast

11.00 Free time/optional massage/market trip

14.00 Lunch

15.00 Workshops

17.00 Evening Yin/Soundhealing/Beach Swim

19.30 Dinner

Some nights there will be Movie/ Stargazing/Silent Disco options





your place to unwind

Please note that all bedrooms are equally beautifully designed. The pictures above represent examples of what your room will be like.

We offer a mixture of private and shared rooms. These last ones can be shared with a friend or we pair you up with a fellow yogi of the same sex.

Sharing is a beautiful way to connect with like minded souls and make meaningful friendships.

There are four casitas set amongst gardens, patios and ancient olive trees.

Each with their own calm chill out place.

If you like to share one with a group of friends please let us know.

Otherwise book your space here: <https://www.holisticayoga.com/spainretreat2026>

Ensuites have their own bathroom with shower, sink & toilet.

Rooms share a bathroom with one other room. Maximum 3/4 people per bathroom.

Double ensuites can only be booked with two people. Shared rooms can be booked alone and we will match you.

Until October 2025 we only require £100 non-refundable deposit pp.
Prices vary from £750 (early bird) for 4 nights. All inclusive as per below.

contact

Please email us at happyholistica@icloud.com

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Étereo Retreat



what is included

It is so important when you are on a retreat that you can relax and know exactly what to expect.

(At least when it comes to costs)

So please rest assured that all of the following is included in your price;

- 4 nights accommodation by the beach with full use of all terraces, pool and gardens.
- Towels and amenities
- Lovingly made nutritious food. Three times a day by @pachamamorganic
- Coffee & Tea
- Twice daily yoga and meditation
- A breathwork workshop
- Early morning or sunset swims in the sea
- A local market visit
- Meditative journaling workshop
- Cacao ceremony & Soundbath
- Movie night under the stars

what is not included

- Flights to & from Spain
- Airport transfers (these will be organised if you are on the recommended flight)
- Alcoholic beverages (There will be an honesty bar and you are welcome bring some to put in your casita)
- Massages (These you can book separately)

