

OASIS RETREAT ALMERIA 2-7th Sept 2026

(1st Draft)

Day 1: Arrival Day

Relax by the pool/get settled

5/5:30pm: Intro & Permission to Relax Meditation

6pm: Dinner & get to know

Day 2: Creation

8/9am: Morning Vinyasa Yoga & Meditation

9-10am: Breakfast

Free time/Pool

1-2pm: Lunch

3pm: Circle gathering - set creative writing/doodle diary

6pm: Dinner

Day 3: Herbs & Health

7am: Morning sunrise hike (optional)

9am: Breakfast

11am: Herbal Workshop

12:45-1:45pm: Lunch

4pm: Restorative Yoga & Meditation

6pm: Dinner

Day 4: The Ocean, The Moon and Beach day

9am: Morning fitness session on the beach (optional)

10am: Beach meditation

12:30am: Lunch - on the beach at a restaurant near by

2pm: Beach/Sunbathing/Freetime

6pm: Dinner

7:30/8pm Nighttime circle under the moon

Day 5: Receiving

8am: Vinyasa yoga and meditation

9/9:30am: Breakfast

11am: Free time/Painting by the pool

1pm: Lunch

2pm: Painting by the pool/ Free time

4:30pm: Trip to vineyard, wine tasting & evening walk

7pm: Dinner

Day 6: Leaving day

9/10am: Warming yoga + Meditation

10am: Breakfast

11am: Circle gathering close

12pm: Goodbye

*Breakfast, lunch & Dinner at Casa retreat base unless otherwise stated.

**Pls note: This is an average format, schedule is subject to change up until the beginning of the retreat. Geodes and other day trips that are available based on interest