



ZUEN
YOGA RETREATS

ZUEN YOGA PRESENTS

SAMUDRA BLISS RETREAT

A LUXURY YOGA & WELLNESS RETREAT

OCTOBER 15-18 2025

MOJACAR- SPAIN

A scenic view of a coastline. The foreground is dominated by deep blue water with white-capped waves. To the right, there are layered, light-colored rock formations. In the background, there are large, rounded hills or mountains under a clear sky. The overall atmosphere is serene and natural.

IN NATURE'S RHYTHM, FIND THE SPACE
TO LISTEN TO YOUR TRUEST SELF

SAMUDRA BLISS: YOUR INVITATION TO PROFOUND RECONNECTION

Step into a space where time genuinely slows, and every breath invites deep renewal. Samudra Bliss is more than a retreat; it's a meticulously crafted journey designed to **awaken your inner vitality**.

Imagine five days on Spain's captivating Mediterranean coast, where the rhythm of nature gently guides you toward profound restoration. This exclusive experience is thoughtfully created for women and men seeking beyond a typical escape – for those craving **authentic rest, mindful movement, genuine inspiration, and a deeper inner connection**.

Nestled in an exclusive beachfront boutique hotel, surrounded by lush gardens and the soothing presence of the sea, every detail is **curated for your well-being**. Immerse yourself in **daily yoga sessions**, experience Ayurvedic massages, find clarity through **guided meditations and journaling**, embark on a **boat adventure into the Cabo de Gata Natural Park**, and discover the transformative power of **sound baths**. Delight in **gourmet healthy meals** that nourish from within, and savor the abundant space to simply be and truly relax.

You'll leave feeling not just refreshed, but **radiant, deeply peaceful, and powerfully inspired**, carrying a newfound clarity back into your daily life. This is your unique opportunity for a meaningful pause – to reflect and reset your entire being.

REBALANCE YOUR BODY, MIND, AND SPIRIT

WHAT'S INCLUDED?



- 4 nights at an exclusive beachfront boutique hotel
- Full board healthy gourmet chef cuisine (vegetarian and omnivore options)
- 2 daily yoga sessions (Vinyasa, Ashtanga, Yin, Nidra)
- Guided meditations, breathwork & journaling practices
- 1-hour Ayurvedic massage included
- Soundhealing experience
- Half-day boat trip along the Cabo de Gata coast- optional scuba diving
- Nature walk by the seashore of Mojacar cliffs
- Free time to rest, read, or enjoy the beach at your pace
- Welcome gift pack- Surprise!

LIMITED TO 10 PARTICIPANTS FOR A PERSONALIZED AND INTIMATE EXPERIENCE.

OUR ITINERARY

Day 1 – Arrival & Welcome

15:00 – Check-in and settle in
18:00 – Welcome ceremony and gifts
18:30 – Gentle relaxing Yin Yoga class with Layla
20:00 – Welcome dinner
21:00 – Meditation

Day 2 – Connection & Discovery

07:00 – Ashtanga Yoga Intro session with Layla
09:00 – Breakfast
10:00 – Boat trip to Cabo de Gata
14:00 – Lunch
18:00 – Soundhealing & Meditation with Nicole
20:00 – Dinner

Day 3 – Rest & Nourishment

07:00 – Vinyasa Yoga to relax with Layla
09:00 – Breakfast
10:00 – Free time or massage session*
14:00 – Lunch
15:00 – Free time or massage session*
17:00 – Ayurveda insights for a healthy lifestyle
18:00 – Yoga Nidra & Meditation with Ashli
20:00 – Light dinner

Day 4 – Nature & integration

07:00 – Ashtanga Yoga & Breathwork with Layla
09:00 – Breakfast
10:00 – Nature walk to Macenas Beach
14:00 – Lunch
16:30 – Journaling & Essential oils
18:00 – Yoga Nidra with Ashli
20:00 – Closing celebration dinner

Day 5 – Farewell

07:00 – Gentle yoga & Meditation with Layla
09:00 – Breakfast
10:00 – Closing ceremony and reflections
11:00 – Check-out & transfer

PACKAGES & PRICING

PACKAGE 1: ESSENTIAL JOURNEY

This package is designed for a profound immersion into nature's rhythm and self-discovery, covering all core elements of your Samudra Bliss journey.

- €2322 p/p for a **private suite room**
or €1968 p/p booking "Early Bird"*
- €2222 p/p per person for a **shared suite room** (for two people)
or €1888 p/p booking "Early Bird"*

Includes:

- 4 nights boutique accommodation
- All yoga classes (Ashtanga, Vinyasa, Nidra & Yin Yoga)
- Guided meditations
- Boat trip through Cabo de Gata Natural Park- Optional scuba diving
- 1 relaxing Ayurvedic massage
- Soundhealing session with quartz bowls and gong
- Coastal nature walk
- Fulboard menu, with your choice of vegetarian or omnivore options, prepared by our private gourmet chef (Breakfast, Lunch and Dinner)
- Welcome surprise Kit

PACKAGE 2: PREMIUM EXPERIENCE

Step into an even deeper level of personalized healing and unique memories with this premium offering, building upon everything included in Package 1

- €2544 p/p for a **private suite room**
or €2155 p/p booking "Early Bird"
- €2444 p/p for a **shared suite room** (for two people)
or €2077 p/p booking "Early Bird"

Includes everything from Package 1, plus:

- Exclusive photos from the retreat
- 1 Personalized Ayurvedic Consultation
- 1 Crystals healing session
- 1 Reiki session

*** EARLYBIRD AVAILABLE UNTIL 15TH AUGUST 2025.**

GROUP AIRPORT TRANSFER FROM/TO ALMERÍA INCLUDED IN ALL PACKAGES.

SECURE YOUR SPOT WITH A 30% DEPOSIT. THE BALANCE IS DUE 30 DAYS BEFORE THE RETREAT.

SPOTS ARE LIMITED—BOOK EARLY TO GUARANTEE AVAILABILITY!

MEET THE TEAM



HOST & LEAD GUIDE: LAYLA DUPONT

I'm Layla, a dedicated yoga teacher and holistic wellbeing coach. I poured my heart into creating **Samudra Bliss**, envisioning a soulful experience for you to reconnect with your essence and nature. My passion for conscious movement, stillness, and reflection, honed over more than a decade, guides me to offer a truly safe, supportive, and inspiring space for your return to yourself.



GUEST YOGA TEACHER: ASHLI MIRELA

Our specialist in Yin Yoga offers a profoundly gentle practice that releases deep tension, enhances flexibility, and calms the nervous system. Her compassionate guidance provides a vital opportunity for surrender, stillness, and inner exploration, beautifully complementing our active yoga sessions.



SOUND HEALER: NICOLE SHIELDS

Prepare for deep vibrational harmony with Nicole Shields, our gifted sound healing practitioner. With over 18 years as a certified Holistic Practitioner and a lifelong connection to alternative healing, Nicole expertly leads restorative sound baths. Using quartz and Himalayan bowls, and gongs, she creates an immersive sonic landscape that washes away stress and promotes profound peace and clarity.

YOUR RETREAT STAY



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TRUE COMFORT
DEEP REST
RELAX FROM THE INSIDE OUT









NATURE IN CABO DE GATA



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MINDFUL MOVEMENT
REAL CONNECTION
SEA BREEZE











FREQUENTLY ASKED QUESTIONS

What level of yoga experience do I need?

This retreat is suitable for all levels of practice, including beginners and those with an already established yoga practice. Modifications and guidance are offered throughout.

What's included in the retreat price?

All yoga and meditation classes, workshops, accommodation, full board meals (vegetarian and omnivore options), a boat excursion, a sound bath, 1 Ayurvedic massage, and a welcome kit are included. Also pick up from the Almeria Airport is included. Flights and travel insurance are not included.

How do I get there?

Group transportation from Almería Airport is included. If you choose to arrive independently, we'll assist with recommendations.

What is the cancellation policy?

The 30% deposit is non-refundable. The remaining balance is due 30 days before arrival. If cancellation is made after this date, no refund is possible.

Can I come alone?

Absolutely. Many guests attend solo and come back home with new friendships. You can book a private room or request a shared room and we'll pair you thoughtfully.

Are dietary restrictions accommodated?

Yes. Please let us know your needs in advance (vegan, gluten-free, allergies, etc.), and our chef will prepare delicious options accordingly.

Will I have time to rest or explore?

Yes. The schedule includes generous free time for rest, journaling, massage and therapies, or beach walks.

What should I pack?

We'll send you a full packing list closer to the date, but essentials include yoga clothes, swimwear, sunscreen, and a reusable water bottle.

Is travel insurance required?

We highly recommend purchasing travel insurance that covers cancellations, medical expenses, and lost luggage.

HOW TO GET TO THE RETREAT?

The nearest airport is Almería (LEI).

We provide optional group transfers to and from the airport, included in the package.

If you prefer to arrive independently, shuttles, car and taxi access informations can be provided.

Retreat location: Seaside boutique hotel in Mojacar (exact address will be shared after booking).

BOOKING TERMS & CONDITIONS

- Your booking is confirmed upon receipt of a non-refundable 30% deposit.
- Cancellations up to 30 days before the retreat: full refund minus deposit.
- Cancellations within 30 days: non-refundable, but your spot can be transferred.
- In case of force majeure, partial refunds or rebooking options will be offered.
- Flights and travel insurance are not included (we recommend travel insurance).

GETTING TO KNOW EACH OTHER

To help us all connect, we'll organize an online gathering for the group approximately one month before the retreat begins. This will be a wonderful opportunity for us to meet each other and get a first sense of the group's unique energy before we share this transformative experience together.







UNFORGETTABLE MOMENTS IN PARADISE



EXPLORE. FLOW. CONNECT.

BOOKINGS & CONTACT

Book your spot now:



www.zuenyoga.com



info@zuenyoga.com



Instagram: @zuenyoga

Contact us to book
or send us your questions.



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