

## EcoTara Naturist Retreats

EcoTara Canary islands is pleased to launch naturist healthy living retreat week.  
In summer 2017 we invite you to book from 12th to the 18th of August.

With the option to organise more healthy living retreats throughout the summer if there is the demand. You may come earlier or stay longer but then you on self-catering basis, however you can still enjoy our organic vegetable garden and join free yoga classes whenever is available.

Activities are open to all levels and the majority off them are included in the price.

	<b>Breakfast</b>	<b>Half-board</b>	<b>Full-board</b>
<b>Bungalows</b>	760€	920€	1120€
<b>Studio</b>	730€	890€	1090€
<b>Room main house</b>	610€	770€	970€
<b>Suite main house</b>	670€	830€	1130€

### **Naturism at EcoTara**

Enjoy naturism everywhere in the property. We only kindly ask you to cover yourself once leaving the property when you go to the village.

### **Food**

During retreats we prepared vegetarian/vegan food with love. Using our own organic vegetables and fruits when its possible and local products.

Local wine available: From 12€ per bottle.

### **Other services or/& activities available on request**

Pick up from the airport - 65€ for 2 to 4 person

Transport to a nudist beach -

Ayurvedic massage - 50€ per person

Jacuzzi - 20€, max. 4 person per 4 hours

Trip by boat to a secret beach with yoga practice and healthy picnic - 50€ per person

We prefer quality rather than quantity that's why our capacity is small and whatever time of the year you visit, you will feel the warmth as soon as you arrive. We always recommend to book in advance to secure your place.

**For questions, terms and conditions and bookings please contact EcoTara Canary Islands by email or phone.**

[info@ecotararetreat.com](mailto:info@ecotararetreat.com)

+34 696 604 182

## 1. Healthy living retreat - Day time & evenings events and activities:

### **Monday 12th August**

*Welcome seasonal fruit basket and complimentary homemade lemonade & banana loaf*

**19:00h** Yin Yoga & Breathing exercises

**21h00** Welcoming dinner

### **Tuesday 13th August**

**9h30** Nostril cleaning, breathing exercises & Yoga practise

**10h30** Breakfast

Time to enjoy the property: lovely views from the different terraces, swimming pool, the garden and the animals.

**14h** Lunch

**16h00** Give yourself a skin care treatment with complementary fresh, seasonal fruit or vegetable juice.

**21h00** Dinner - Orange/brown night

### **Wednesday 14th August**

**8h00** Breakfast

**9h30** Special Day out - Trip by boat to a secret beach with yoga practice and healthy picnic

**21h00** Dinner - Red/purple night

### **Thursday 15th August**

**9h30** Breathing exercises & Yoga practice

**10h30** Breakfast

**14h** Lunch

**17:30h** Gardening

**20h00** Yin Yoga

**21h00** Dinner - Green night

### **Friday 16th August**

**9h30** Breathing exercises & Yoga practice

**10h30** Breakfast

**14h** Lunch

**17:30h** Hiking with complementary snack

**21h00** Dinner - Yellow/Brown night

### **Saturday 17th August**

**9h30** Breathing exercises & Yoga practice

**10h30** Breakfast

**14h** Lunch

**17h30h** Plain-air painting

**21h00** Farewell dinner - No charge but each of the guests as well as the hosts cook something/ BBQ to share the evening in a sociable atmosphere ( Ecotara family dinner)

### **Sunday 18th August**

**9h30** Breathing exercises & Yoga practice

**10h30** Breakfast

**14h00** Lunch

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