



MOUNTAIN RETREAT

18th to 20th June 2020



Manifesto

L' Ovella Negra suggests you come and spend two nights and three days to disconnect and reconnect, to take care of yourself, spend time with your friends or make new ones, enjoy the surrounding nature, practice early morning yoga, sink in the beautiful views, walk in the mountains, or in the Valley on a dark night, laugh and tell stories around the fire while sipping on a cocktail, and share lovely meals.

Even if this is a retreat, it does not mean everything will be forbidden! Yes, the idea is to take care of yourself, but that doesn't mean you can't enjoy a glass (or two!) of wine, or a chilled beer when back from the hike or a sexy Bloody Mary.

If you are vegetarian or vegan, we will be happy to prepare something for you, but otherwise our meals will include a bit of everything but especially good produce, from the region and prepared with lots of love!

We believe that wellbeing is balance and to feel good. That is why we recommend you just let go, be yourself, but especially enjoy every little moment.

Sarah from Pranayoga Andorra will be with you throughout these three days, while Sergi and Martin will cook for you, Lledó and Ingrid will spoil you and Pascal will guide you through the mountains.

You will be well looked after and spoiled for three days straight!



Meet Sarah

Sarah has been a yoga teacher for over a decade. She was born into a family dedicated to yoga and other holistic disciplines, hence has been practising it since she was a child. Throughout the years, she has continuously formed herself in different yoga methods. Currently, together with her mum, she co-owns, the first Yoga Teacher Training centre in Andorra, where they also offer workshops and classes. Her sessions transmit her passion and studies on the conscious movement and the biomechanics of the body, as well as the holistic benefits this practice can offer. Sara´s voice is calming and soothing, while her classes can be challenging, they definitely leave you with that "feel good feeling"





Thursday 18th June

16:00h Arrival & check-in
18:00h Evening yoga session
19:15h Cocktails by the fire
20:15h Cosy dinner
22:00h Night walk in the valley
23:00h Bed time

Friday 19th June

7:15h Morning stretch
7:30h Morning yoga
8:45h Hearty breakfast
10:15h Walk in the mountains
13:15h Back from the walk
14:00h Lunch to recharge
15:30h *Siesta* in the sun or free time
17:00h *Tea time* and garden games
19:00h Evening yoga
20:00h Meditation time
21:00h Dinner followed by drinks around the fire

Saturday 29th June

7:15h Morning stretch
7:30h Morning yoga
8:45h Goodbye breakfast
11:00h Check-out



Price

595€ per person for a room with views on the valley

585€ per person for a room with mountain views

The rooms are for two or three people. If you come alone, don't worry, you will share with your new friend.

The price includes the two nights, breakfast, lunch, dinner, the cocktail around the fire, the yoga sessions as well as the mat, the meditation sessions, the walk in the mountains, wine*, the garden games and great memories to be made!

*with some kind of limitation!

Booking and conditions

To book please contact Prisca at 388784 or via email:
prisca@lovellanegra.com

Spaces are limited. The Mountain Retreat will only be done as long as we have a minimum of 8 people and a maximum of 10.

We are committed to follow all rules recommended by our Government regarding Covid.19.

To know more about L' Ovella Negra please visit our website:
www.lovellanegra.com



See you soon!

