

IMKEN YOGA

# Yoga & Dance Retreat

Porto Rafael, Sardinia Island, Italy | 12-18 or 19-25 October 2025

*Join Imken for a bespoke week of sun-soaked yoga, free movement, dance and conscious relating on the grounds of two adjacent private luxury villas with infinity pools on an unspoiled ocean reserve.*

## The Location

*Our villa is situated in Porto Rafael, a blissful ocean-side reserve of stunning natural landscapes tucked away from the crowds on Sardinia's North Coast.*



Take a gentle stroll to the turquoise ocean along coastal paths with ancient pines, medicinal herbs and wild flowers to stunning sandy beaches and beautiful rock formations.

## The Villa

*An incredibly beautiful, bohemian-style luxury villa in the exclusive villa area of Porto Rafael.*



Here we have a brand new, very beautiful yoga roof terrace room with large windows overlooking the ocean. Yoga also takes place outside on the large terrace with smooth wooden floors by the pool with sea views.



## Accommodation

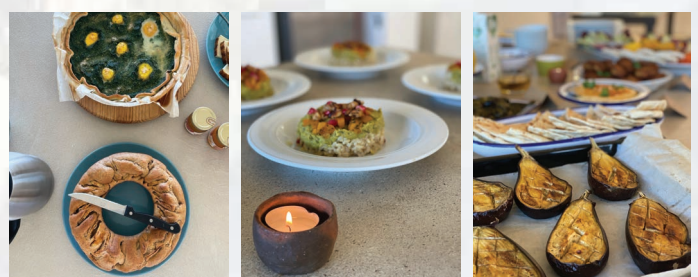
*Choose from 7 bedrooms, most with sea/pool views.*



Bedrooms will be cleaned midway through our stay. Bed linen and bath towels are included but please bring your own beach towels.

## The Food

*A talented local chef will prepare vegetarian/vegan Sardinian cuisine for us twice a day.*



Muesli, fruits, snacks, tea and water will be available all day.



## Getting there

### Flights

Fly direct from Europe/UK to Olbia airport which is an easy 45 minute drive to the Villa. Flight deals can be found on [skyscanner.com](https://www.skyscanner.com).

### Ferry

Travel on foot or with your car by ferry to Olbia Port from Italy/France. Ticket deals can be found on [Ferryhopper.com](https://www.ferryhopper.com).

### Car Hire

We highly recommend hiring a car for the retreat and are happy to either help you with rental or connect you with other participants to share travel costs to the Villa.

Great hire rates on [mietewagen.de](https://www.mietewagen.de) and/or [rentalcars.com](https://www.rentalcars.com).

## Checking in and out

Check in at 3:30pm and welcome dinner at 6:15pm

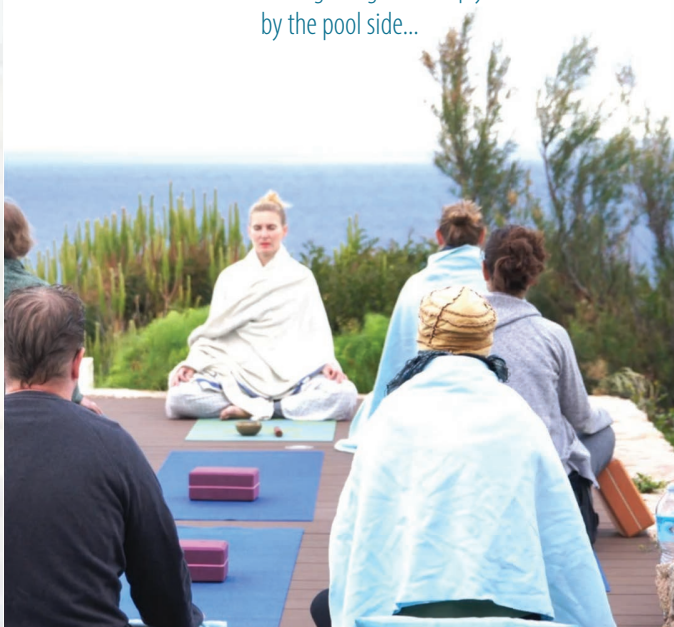
On departure day breakfast will be at 9am before our 10:30am check-out. We leave the Villa at 11am

## Schedule

*There will be a intro and relaxed landing class at 4pm on arrival day. The remaining days we will have two yoga classes per day with one afternoon off.*

In all of the classes we will take care of individual needs and give space for the less experienced to be able to explore postures peacefully and at the level appropriate. And of course, all classes are optional.

Explore the beach, enjoy a massage therapy session with Anne, venture out to surrounding villages or simply read a book by the pool side...



## Mornings

Gently invigorating classes will start at around 8:30am to free energies and mind, as well as to bring focus, exercise and open the body. Some classes will be pure Hatha & Relaxed Flow with meditation and breath-work, whilst other classes will be yoga woven with dance and free movement (easy moves & guided).

**We will have a delicious vegetarian brunch at 11am.**



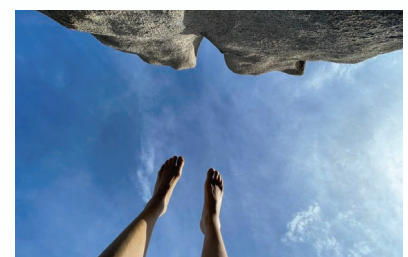
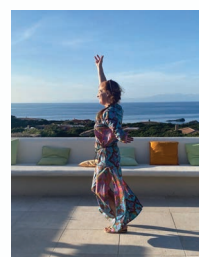
## Afternoons

Afternoons will follow at around 4pm with a brief sharing circle and more relaxed session of 1.5–2 hours Hatha/ Yin/Somatics/Restorative or perhaps a workshop depending on the groups needs.

## Evenings

**We will have a delicious vegetarian buffet at 6:30pm.**

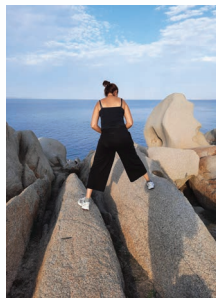
Evenings may include dance, meditation, group work, sunset walks, mantra...



*Meditation, silence practice, partner yoga and breath work will be offered as well.*

## Excursions

*We will have one excursion day with meditative morning practice on the rocks at Capo Testa followed by a packed breakfast (made by Simona) on the rocks. Thereafter we visit the sweet beach town of Santa Teresa with its vibrant market and stunning Reine Bianca beach. We will then head off for an optional stroll down to Valle della Luna (Moon Valley) and its ocean...*



## Treatments

*Thai Massage and Shiatsu (depending on season)  
privates are available on request.*

## Cost

**1900 - 2350€ per person**  
(depending on preferred accommodation)

### Included:

Accommodation  
Full Breakfast Brunch and Dinner  
Muesli, fruits, snacks and drinks throughout the day  
Two daily yoga classes  
Tibetan Healing Bowl Sound Journey  
Day excursion to Santa Teresa, Capo Testa and Valle della Luna

### Excluded:

Airport transfers  
Car hire  
Travel insurance  
Massage treatments  
Drinks and food during the excursion day

## About Imken

*Yogic nomad since 2012, Imken has worked internationally as a Yoga Teacher and Craniosacral Therapist. Summers in Sweden, winters in India, with regular visits to London, Hamburg and Oslo.*

Coming from a corporate world, Imken searched for ways to de-stress, re-balance body & mind and to release lower back pain. Imken's main interest lies in sharing her creative exploration of expanding the body and softening into a healthy and happy Self.

**Imken's teaching is gentle, fun and open-hearted.**

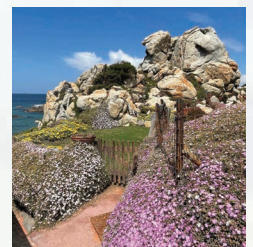
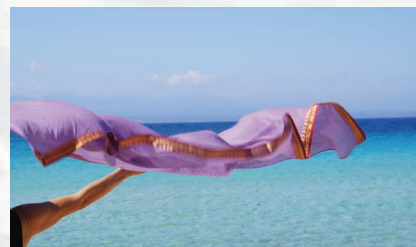


Inspired by what students bring, Imken combines Hatha, Sama, Yin, Restorative and Somatic Yoga to create a joyful and playful practice. Leading with self-compassion and acceptance, Imken also draws from elements of Dance, Tai Chi and Sound Healing to provide a deeply nourishing experience.

## Booking

**Please request a registration form to book your place.**

We are happy to provide further venue photos and any other information you might require.



**We highly recommend extending your stay to explore Sardinia's vast and beautiful nature spots on the ocean and mountains...**

## Contact details

**Email** [hello@imkendonde.com](mailto:hello@imkendonde.com) **Phone/WhatsApp** +46 76 0726670 **Facebook** Imken Yoga

*We very much look forward to be hosting you and sharing with you what will be  
a special week of yoga & free moves, deep relaxation and fun!*