

Yoga & Dance Retreat

Sardinia Island, Italy | 20-26 October 2024

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 villas are tucked away in Portobello di Gallura, a blissful nature reserve on Sardinia's North West Coast.



Portobello is an oasis of calm with its sandy beaches, beautiful rock formations and stunning turquoise ocean. Ancient pines and wild flowers line the coastal paths which are perfect for long walks.

The Villas

Our two private villas directly opposite each other are a short stroll to the peaceful sandy beach of Baya del Amore. Enjoy the large living rooms and kitchens, decked infinity pools and sprawling terraced gardens.



Classes will take place along the pool or beach and indoors on colder days. Yoga mats, blocks, belts and blankets are available. Internet is available in the living room.



Accommodation

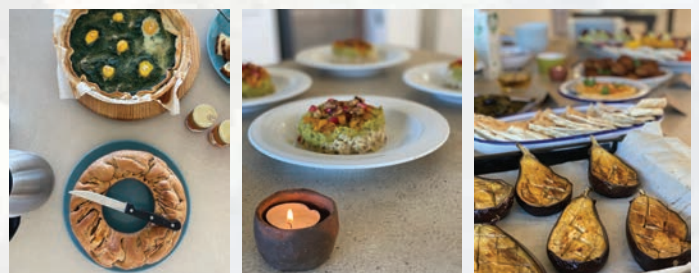
The villas have 9 gorgeous bedrooms (double or twins), all ensuite with outdoor access. Most have ocean views.



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

Direct flights from 2 hours, and/ or stop-over's from 4.5 hours from London, Hamburg, Zurich, Gothenburg, Copenhagen and Oslo.

Flight deals can be found on [skyscanner.com](https://www.skyscanner.com). More flight options become available closer towards the travel date, and we found that in the last 5 years, best prices were available some months to weeks before, from €220 return.

The Villas are a 90 min drive from Olbia airport and 2 hours drive from Alghero airport. Both routes are a pleasant, easy drive on well maintained roads. We highly recommend hiring a car to make your way to the Villa and to explore the region during free time. Visit [mietewagen.de](https://www.mietewagen.de) and/or [rentalcars.com](https://www.rentalcars.com) for great car hire rates. We can help with car rental and connect you to other participants to meet up at the airport and share travel costs to the venue by journeying together.

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.



The rest of the time will be free to do as we please... Explore the beach, enjoy a massage therapy session with Anne, venture out to the 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 some meditation and breathwork, while others will be yoga woven with dance and free movement (easy moves & guided).

We will have a delicious vegetarian brunch at 11am.



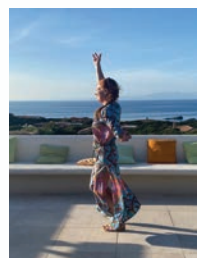
Afternoons

Afternoons will follow at around 4pm with a sharing circle and a generally more relaxed session of 1.5 to 2 hours Hatha/ Yin/ Somatics or a workshop.

Evenings

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

A few evenings we might have 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

1760€ per person in shared en-suite twin/double room

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:

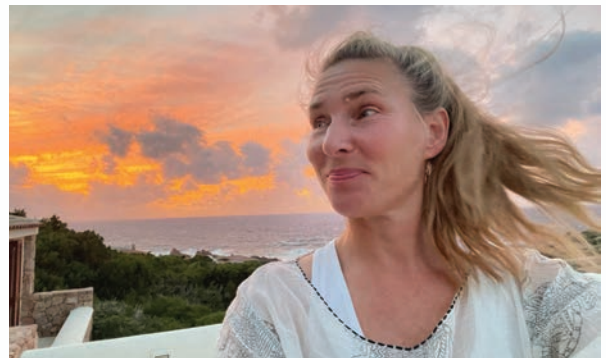
- Airport transfers
- Car hire
- Travel insurance
- Massage treatments
- Drinks and food during the excursion day

About Imken

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

Coming from the 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.

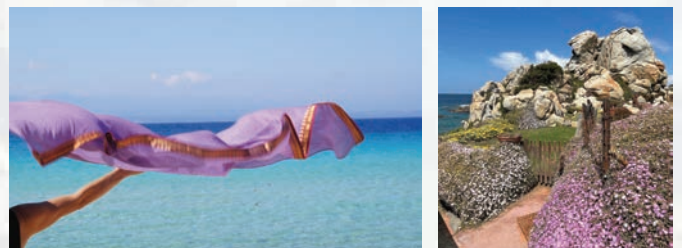
Imken's teaching is gentle, fun and open-hearted.



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 Sardinias vast and beautiful nature spots on the ocean and mountains...

Contact details

Email 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!