

cita retreats

ORGANIZED VACATION FOR WOMEN

Your most beautiful
time off.
In Valencia, Spain.

ACCOMODATION, BREAKFAST , TWO AMAZING DINNERS & ACTIVITIES INCLUDED



AT THE BEACH

with you

Solo-Travelers / Groups / Bachelorettes

HOLA BIENVENIDAS - WELCOME



If you're looking for a vacation without having to make plans or coordinate anything, you've come to the right place.

Regardless of whether you are traveling alone or with your girls, **you are very welcome at citaretreats!**

THE SECRET LIES IN THE PLANNING— OR RATHER, IN DELEGATING IT.

What would it feel like to “get out for a change” and “take a deep breath”? **Great! :)**

And how does that sound...?

- Accommodation is booked. Right by the sea. **Great!**
- Breakfast is provided every morning. Lovely. **Even better!**
- Activities are organized for the day through to early evening. **Really good!**
- There's plenty of time to relax and lots of new things to discover. **Fantastic!**

WHY VALENCIA?

Valencia offers its visitors green oases, miles of clean beaches, and—above all—an airy, lighthearted zest for life, especially in the authentic seaside district of Cabanyal: from colorful alleyways, fresh sea air, and rosy starry skies to unforgettable sunrises and sunsets, unique tapas and markets, flamenco music, and creative people everywhere.

THEY SAY:

It feels as though the happiest people in the world had made a secret pact and agreed to meet here regularly.

AND SINCE HAPPINESS IS KNOWN TO INCREASE WHEN YOU SHARE IT, WE LOOK FORWARD TO SEEING YOU!

Tamara

Certified yoga teacher, Master of Arts in Moving Cultures and Transcultural Encounters, sister, friend, partner, neighbor, travel planner, founder of citaretreats, and heart-centered connector.

WHAT TO EXPECT

MORNING ROUTINES FOR GREATER BALANCE

Start your day mindfully and without the rush—with meditation, gentle movement, fresh air, and a relaxed breakfast. In just a few days, you will develop simple self-care routines that help you bring more calm, energy, and focus into your daily life—established together, practiced on your own.

RECHARGE YOUR ENERGY RIGHT BY THE SEA

Away from typical tourism, you will experience the special atmosphere of an authentic coastal district in a very special light with the refreshing, Mediterranean attitude to life. Here you will naturally slow down, be inspired and experience how your head becomes clearer and your body lets go of tension. The colors of the sky and sea are a daily surprise and a good massage for the eyes.

BODY, MIND & SOUL – CONSCIOUS NOURISHMENT

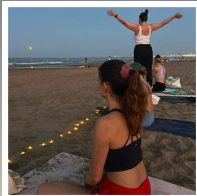
This is about more than healthy food. You can expect nourishing meals, inspiring conversations, conscious movement and new perspectives. You travel with curiosity - and return home with fresh energy, inspiration and a strengthened feeling for yourself.

SPECIAL MOMENTS – NO WORRIES, NO PRESSURE

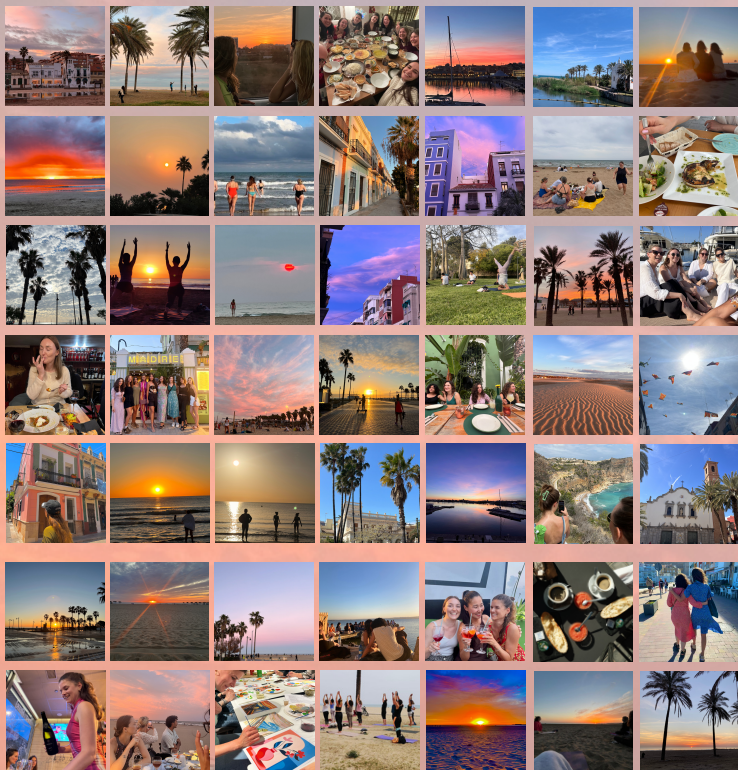
Time for you – and for meeting women who share similar values. Whether yoga, meditation, creativity, salsa on the beach, relaxation under the starry sky or colorful evenings between palm trees:

Experience special moments that connect.

The best thing about it: you can just get involved, you don't have to organize anything – just arrive, let go and enjoy fully.

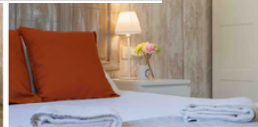


VALENCIA'S BEACH DISTRICT



As if it were Sunday, every day.

THE ACCOMMODATION



You are probably in the beach area areas of Patacona to Cabanyal. With perfect connections to the city center and within walking distance of all authentic restaurants, supermarkets, cafes, parks, the tennis and padel courts, the harbor and the beautiful promenade.

LOCATION:

All apartments are within walking distance of the cleanest and widest beach in Spain.

The surroundings are enchanting with the many palm trees, the colorful and individually decorated houses as well as the fresh sea air and the daily play of colors in the sky.

ROOMS:

- Shared double rooms.
- Single rooms or separate apartments available upon request.

Examples of accommodation

Why shared double rooms??

It's cheaper—significantly so. And the accommodations are so much nicer. Plus: It's the quickest way to meet a new friend. Your roommate is the first person you meet.

Having a familiar anchor at a retreat full of new faces calms your nerves right from day one. Especially in the evening, after so many new impressions.

SAMPLE PROGRAM:

- DAY 1** 12:30 ARRIVAL IN CABANYAL BEACH DISTRICT
13:30 MERCADO CABANYAL TOUR, FLEA MARKET
3:00 PM CHECK-IN ACCOMMODATION & SIESTA
5:00 PM BEACH WALK
7:30 P.M. ANDALUSIAN LIVE FLAMENCO & TAPAS
- DAY 2** 7:00 SUNRISE YOGA (FOR EARLY BIRDS)
9:00 BREAKFAST + FIRST THOUGHTS ON PAPER + BEACH WALK
12:30 MEDITATION + FREE TIME (FOR LUNCH & SIESTA :))
16:30 ASTRO WORKSHOP IN THE TROPICAL TURIA PARK
20:30 SPECIAL DINNER (SET MENU)
- DAY 3** 9:00 BREAKFAST + INITIAL THOUGHTS ON PAPER + BEACH WALK
10:00 YOGA (FIT & STRETCH) SESSION
11:00–14:00 BEACH + FOOD MARKET
16:00 FREE TIME & SIESTA
17:00 CATAMARAN TOUR OR SPA OR SURFING LESSON
18:30 DINNER TIME
19:45 DRESS UP & LIVE MUSIC
- DAY 4** 09:00 BREAKFAST + FIRST THOUGHTS ON PAPER
11:30 – 15:30 EXCURSION TO LITTLE VENICE, PAELLA & ICE CREAM
16:00 FREE TIME & SIESTA
18:00 DANCE CLASS ON THE BEACH PROMENADE
21:00 OPEN-AIR GUITAR MUSIC
- DAY 5** 09:00 BREAKFAST + FIRST THOUGHTS ON PAPER + BEACH WALK
10:00 CLOSING REMARKS
11:00 CHECK-OUT

*The above activities are subject to adjustment, including due to weather conditions.

ARRIVAL AND DEPARTURE:

Valencia Airport and Cabanyal—the location of the retreat—are conveniently connected. It's just a 25-minute metro ride: for under 10 euros, you can travel safely and comfortably to the Maritim station, arriving right in the beach district, and getting back to the airport on your day of departure is just as easy.

Do you have more questions about arrival and departure, the location or the retreat in general? Please send us your request using the booking request form on the website or directly by email to: citaretreats@gmail.com

MORE INFO

DATES

08-12 OCTOBER
20-25 NOVEMBER

ADDITIONAL PERIODS/DATES
AVAILABLE & EXTENSIONS POSSIBLE
UPON REQUEST.

GROUP SIZES:
4-8 WOMEN

ACCOMMODATION:
SINGLE- OR DOUBLE ROOMS
(2 PEOPLE PER ROOM,
IN CASE MORE THAN 4)

STANDARD PRICE PER PERSON:
GET YOUR OFFER

Early Birds get discount

NOT IN PRICE INCLUDED:

- FLIGHTS/TRAINS/METRO/BUS/TAXI, ARRIVAL AND DEPARTURE,
- BICYCLE RENTAL,
- TRAVEL AND PERSONAL LIABILITY INSURANCE,
- LUNCH
- OTHER DINNERS
- DRINKS

OPTIONAL ADD-ON:

- SEPARATE APARTMENT
- VOLLEYBALL CLASS
- PRIVATE DANCE LESSON
- MASSAGE AND FACIAL TREATMENT (REQUEST IN ADVANCE IF DESIRED DURING FREE TIME)
- TRAINING SESSION WITH A PERSONAL TRAINER
- EXTENDED STAY (ACCOMMODATION)

Booking request to
citaretreats@gmail.com



IN PRICE INCLUDED:

- 4-5 NIGHTS OF AUTHENTIC ACCOMMODATION IN THE BEACH DISTRICT
- 4X HEALTHY BREAKFASTS
- 2X SPECIAL DINNERS
- 1X SPA TREATMENT, CATAMARAN TOUR, OR SURF LESSON
- 1X SUNRISE YOGA SESSION
- 1X YOGA & FIT SESSION
- 2X GUIDED MEDITATION SESSIONS
- 4X GUIDED JOURNALING SESSIONS
- 1X WORKSHOP (ASTRONOMY, ART & WINE, OR CERAMICS)
- TEA & COFFEE AT THE ACCOMMODATION
- DAILY GUIDE
- ORGANIZATION & COORDINATION
- WELCOME GIFT