

*SARDINIA 15-18 OF MAY 2026*

## SUN, SEA AND STILNESS

A yoga mini retreat for  
burn out relief.

Set in the beautiful surrounding of Chia, know for its crystal-clear sea, this mini retreat takes place in a traditional villa just 200 mt. from the beach. Here you will spend few days dedicated to newal, trasformation, relaxation trough Yin Yoga, Yoga Nidra and mindful muscular awaking. practices.

2 YOGA PRACTICES PER DAY, A WOMEN'S CIRCLE, AND PLENTY OF TIME JUST FOR YOU. TIME TO REFLECT, READ, REST, SOAK UP THE SUN, SWIM IN THE SEA, AND FOLLOW WHAT TRULY SUPPORTS YOUR WELL-BEING. YOGA, YES — BUT ALSO PLENTY OF SARDINIA.

Price and bookings:

4500 sek

early bird within 28 of feb 2026: 4000 sek.

**to learn more about the retreat please,  
contact me at: [giordana@innerblooming.org](mailto:giordana@innerblooming.org)**



**Direct Flights from  
Göteborg to Cagliari**

