

An aerial photograph of a rugged coastline. The left side shows steep, green mountains with some paths and small buildings. The right side shows a deep blue ocean with white waves crashing against the shore. The sky is clear and blue.

Canary Islands

Patricia Galavis Yoga

INVENTING

Dear Patricia Galavis Yoga team,

We present you with an event formula which we believe could fit into your desires of an exciting and unforgettable experience at Gran Canaria.

The participants will live a unique yoga retreat in which they will discover the most authentic side of the island, from local experiences to unforgettable yoga and mindfulness masterclass that will take them to know the local culture, different enclaves and connect with themselves.

A selection of different services and experiences where we blend a combination of natural highlights and unique locations which Gran Canaria offers.

Gran Canaria, in the style of

I N E V E N T I N G





GRAN CANARIA

A Miniature Continent

Gran Canaria is the second most populated Island of the eight Canary Islands and is one of the capital Islands of the Canaries together with Tenerife. This island is called a "Miniature Continent" due to the different climates and variety of landscapes found, with long beaches and dunes of white sand, contrasting with green ravines and picturesque villages. A third of the island is under protection as a Biosphere Reserve by the UNESCO.



Accommodation

PATRICIA GALAVIS YOGA | YOGA RETREATS | GRAN
CANARIA

IN MEETINGS
& EVENTS

PARADOR NACIONAL DE LA CRUZ DE TEJEDA

Tejeda

Immersed in nature and at 1500 metres above the sea level we will find the Parador de la Cruz de Tejeda, an accommodation that will be the perfect welcome on our arrival in Gran Canaria. Its comfortable rooms, the delicious cuisine, its kind staff and its incredible views of the beautiful valleys from the spa's swimming pool will make us to connect with ourselves, turning this enclave into a pleasure for all our senses.





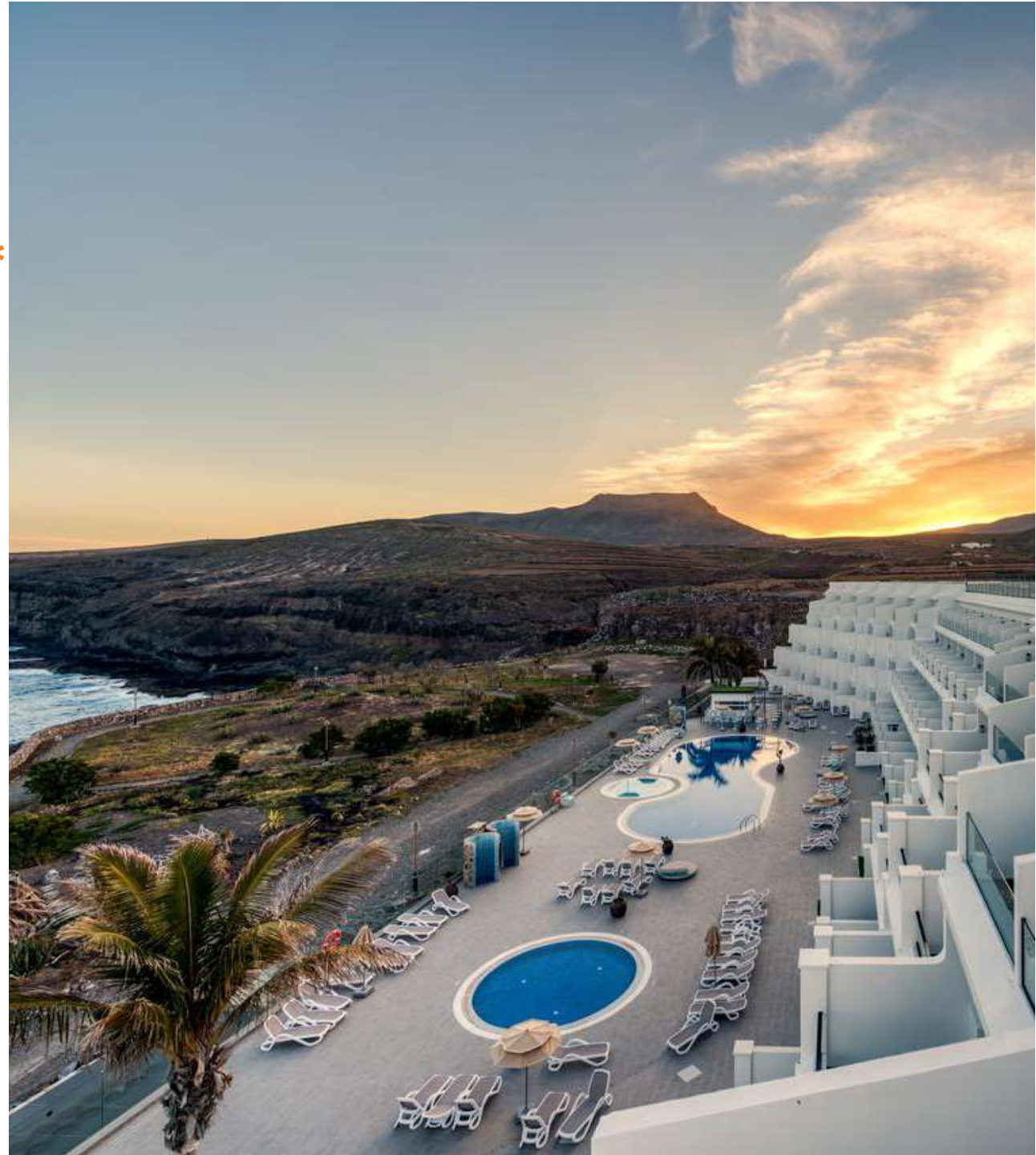
PARADOR NACIONAL DE LA CRUZ DE TEJEDA



HOTEL & SPA CORDIAL ROCA NEGRA 4*

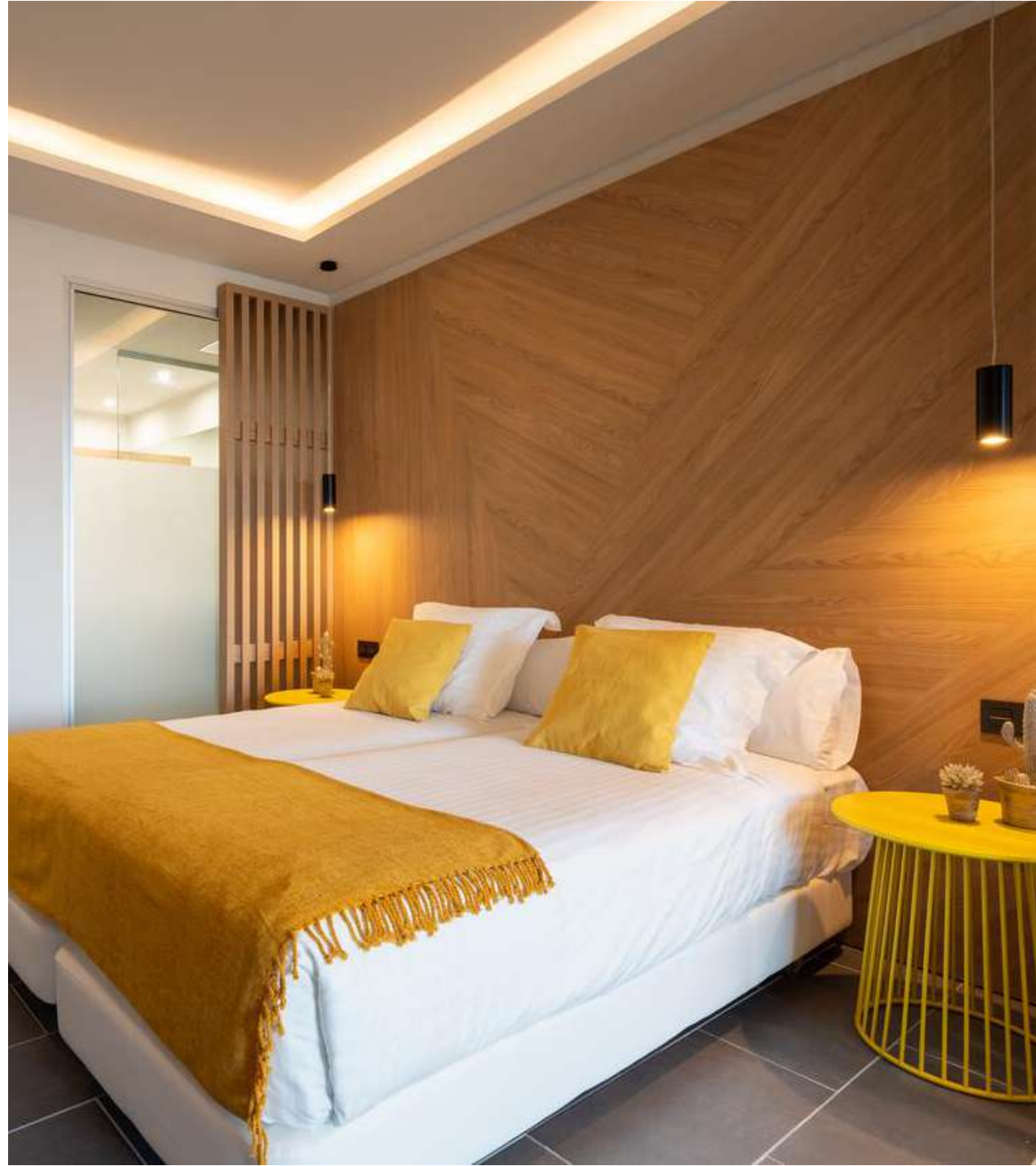
Agaete

Located in front of the sea and just a few metres from Agaete natural pools, the Cordial Roca Negra 4* is an accommodation in which to enjoy life thanks to its magnificent facilities, from swimming pools, bright rooms to a relaxing spa where we can disconnect. Also its terrace will bring us spectacular moments, such as when the sun melts with the Atlantic Ocean. In Cordial Roca Negra 4* we will feel cared and we will create a bond with our yoga colleagues.





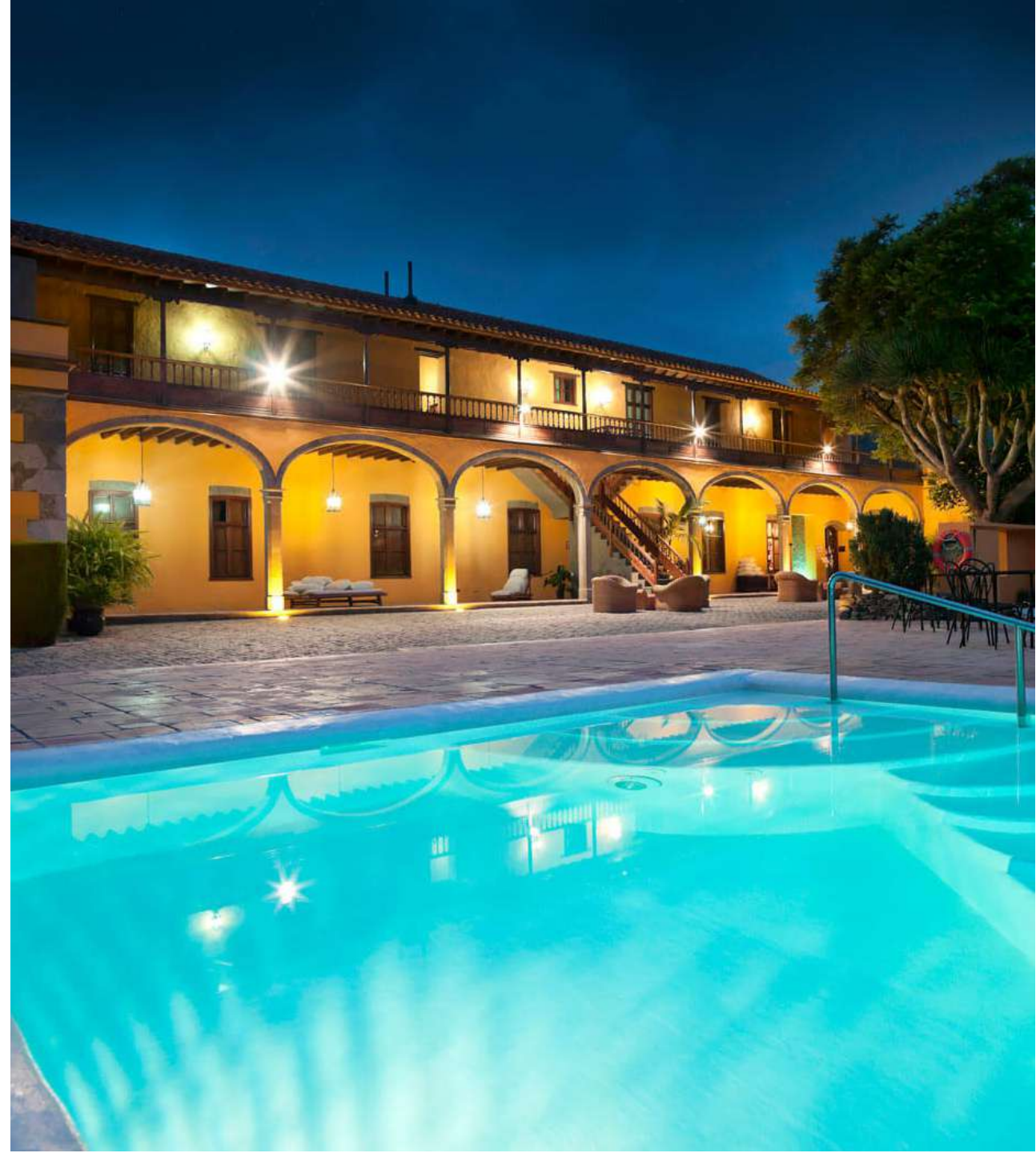
HOTEL & SPA CORDIAL ROCA NEGRA 4*



HACIENDA DEL BUEN SUCESO

Arucas

With views to a banana plantation and the Atlantic Ocean, we will enjoy and have peace in the Hacienda del Buen Suceso. This colonial - style estate and its cozy rooms will help us to connect with ourselves, breathe clean air outside the city and forgetting about the stress. An incredible enclave where we will spend time in our body & mind pairing.





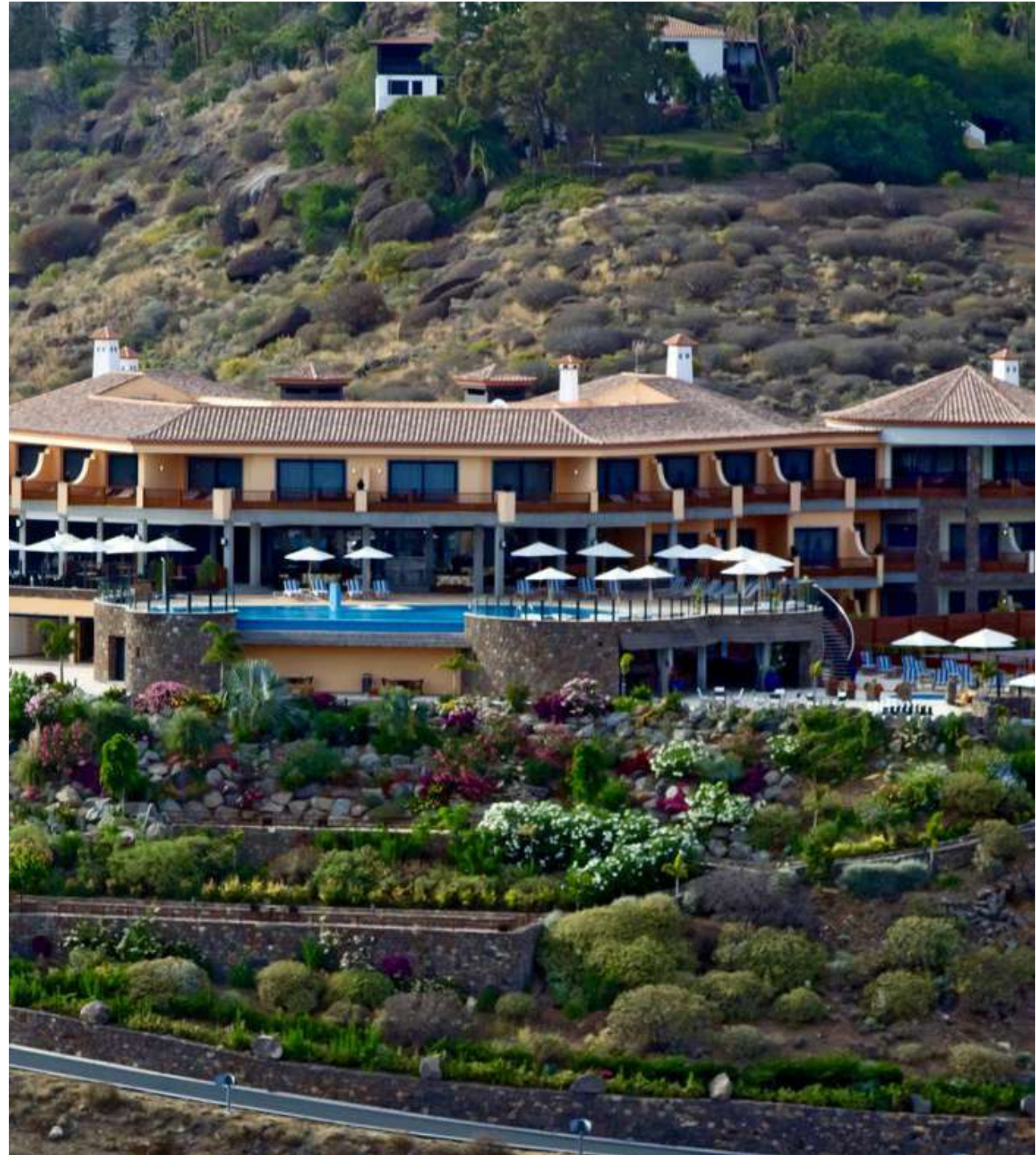
HACIENDA DEL BUEN SUCESO



CASA LEÓN

San Bartolomé de Tirajana

Located in the south of Gran Canaria, at only 30 minutes from the airport, we will find the luxury villa of Casa Leon. A 25 room complex which we will have in exclusive for our group, equipped with all the necessary facilities to make of our stay simply perfect, from breakfast & dinner catering services, a swimming pool, spa and treatment center and amazing surrounding landscapes.





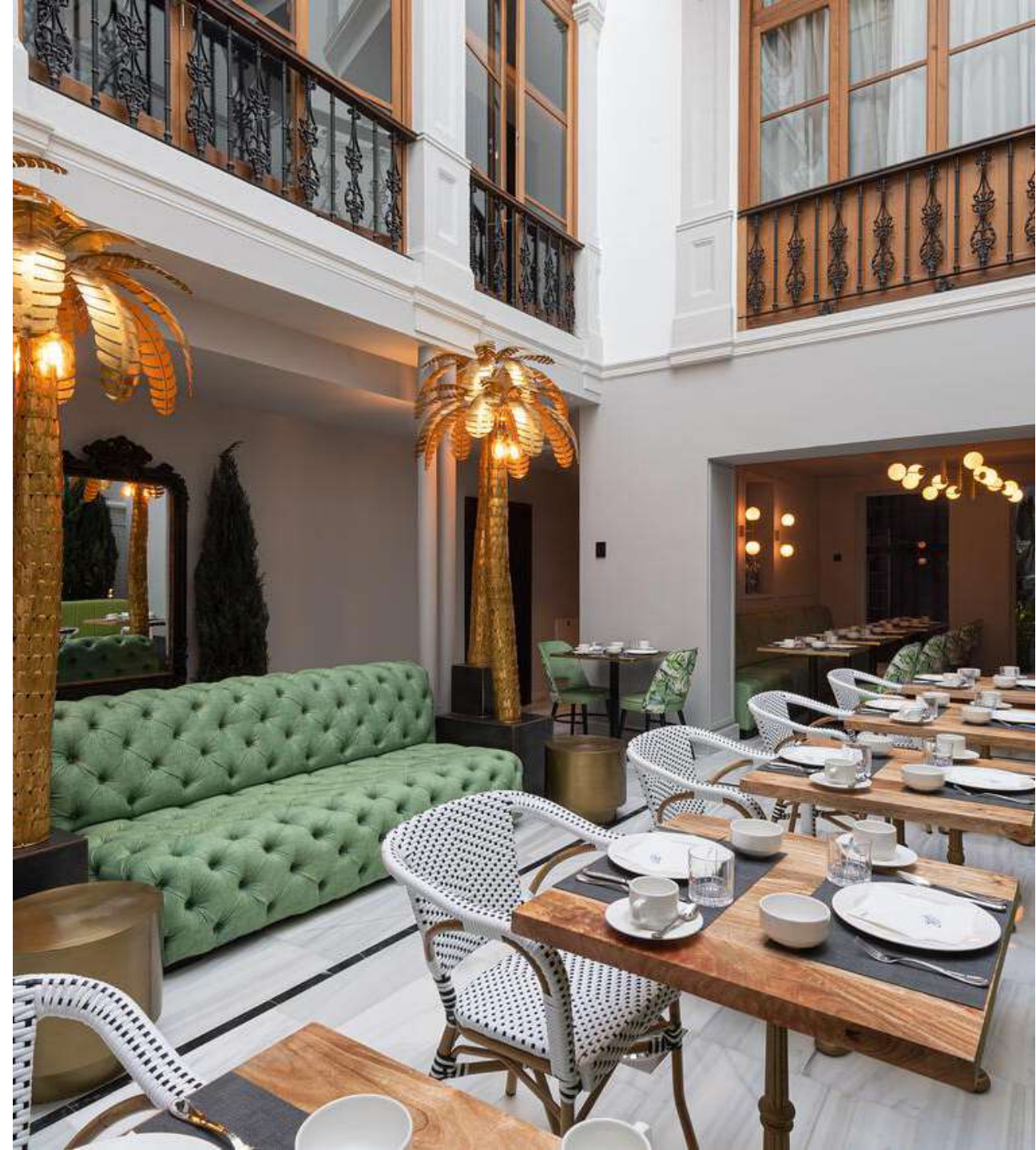
CASA LEÓN



BOUTIQUE HOTEL CORDIAL MALTESES

Las Palmas de Gran Canaria

Cordial Malteses Boutique hotel is a recently opened accommodation located in the historical city and shopping area of Triana and Vegueta. In this ancient palace with modern decoration, we will feel like the royalties thanks to its luxurious rooms, delicious gastronomy and location, just a few metres from the principal hist





HOTEL CORDIAL MALTESES





Yoga Locations

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CANARIA

IN MEETINGS
& EVENTS

DOMINICA'S HOUSE OF SPIRITUALITY

In the popular village of Teror, we will have a yoga and mindfulness session in an antique convent, where we will find spirituality and peace in every corner. Dominica's House of Spirituality will be the perfect enclave for finding ourselves and forgetting about the stress of our current life.



ROQUE NUBLO

In the summits of Gran Canaria, our participants will find the perfect location for meditating and relaxing themselves in their yoga retreat. With fantastic views of the island and our neighbor, Tenerife, we will assist to one of the most beautiful nature spectacles: the sunset.



PRESA DE LAS NIÑAS

During this activity, we will discover one of the most beautiful landscapes of the island. Surrounded by myths and legends we will connect with our inner selves and will live a unique yoga session that will be unforgettable.



Playa de el confital

In Las Palmas city, there is a beach called El Confital that is the perfect space for practicing yoga while hearing the waves barging into the rocks. In this beach we won't have any loud noise or distraction so, we will focus in our yoga movements and in ourselves. Definitely, the perfect enclave for doing what we love most: yoga.



PARQUE NATURAL DE TAMADABA

Tamadaba Natural Park has more than 7 ha of surface, where we can practice yoga in total silence, only listening to our body, the sound of the trade winds and the local fauna. This forest of pine trees is the perfect spot to connect with the island and its nature.





ACTIVITIES

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CANARIA

ADVENTURE RALLY

Half Day Team Building

We will be divided in teams of four people and at the wheel of our vehicles in exclusive, we will visit different unique locations that the island offers us, while doing original and fun activities. Discovering hints of how to follow our interactive roadmap on iPads and successfully complete this gymkhana on wheels to get the winning prize. A dynamic day where we will also have time for a tasting of the typical local gastronomy in a traditional canarian enclave.



Salt carpets

Half Day Team Building

Salt carpets are part of the most popular festivities in the traditional small villages of the islands. We will compete in teams in a unique environment and in the different assigned spaces to develop our own salt carpet design, using different coloured salts and the tools provided. Coordinated by a fun speaker, the jury will reward the funniest, most creative rugs and, above all, those which reflect the greatest team spirit.



CANARIAN COOKING

Half Day Team Building

A team building in which we will have the opportunity to learn from the hand of experienced local chefs some of the most popular and traditional dishes of the islands. Recipes such as the famous wrinkled potatoes with mojo picón sauce, among others, will be the common thread of this gastronomic competition against the clock and by teams. A fun way to interact with our colleagues and savour the victory, while enjoying the delicious canarian cuisine.



LOST

Half Day Team Building

We will live an adventure by teams in the heart of a unspoilt area of the island. Without the use of smartphones, money or any external help other than our "adventure kit", we will have to orient ourselves to reach the check points where we will participate in different challenges, from bivouacs building to descent of cliffs in rappelling, among many other surprises. We will have to find our path through the different routes using our maps and tracks, that will only be helpful if we work together and lean on each other.



Craft workshop

Half Day Team Building

In this activity we will find the moment to be in peace and leave our minds blank while we make different types of crafts from the Canary Islands. From the typical ceramic dishes of our ancestors to the creation of wonderful palm baskets, going through endless experiences that will make us discover the authenticity of our enclave. All of this will form an idyllic experience in which we will only have to let ourselves go and enjoy the local crafts.



TIMPLE & PERCUSSION

Half Day Team Building

A fun musical activity that will take us to discover the rhythms and sounds of the islands, at the same time that we get to know a local and representative instrument of the archipelago: the timple. Accompanied by some of the best timple musicians of the Canary Islands, we will have the pleasure of experiencing an incredible masterclass, in which we will learn chords and compose together a melody that we will accompany with instrumental and body percussion notes. Music, culture and fun will be the hallmarks of this day in which we will have to refine all our senses.



REFORESTATION

Half Day SCR Experience

Together we will help in a sustainable way in the tasks of land preparation, irrigation and reforestation of the different areas of the island where is the most needed. Divided in groups and accompanied by environment technicians we will participate in the tasks of land preparation, irrigation, repopulation and removal of invasive species of different affected zones, such as those that have suffered fires. Also, we will have the possibility to follow the evolution of the cultivated areas even after the end of the event. Teamwork and recovery of the environment at the same time as we discover the inner nature of the island.



OCEan cleanup

Half Day SCR Experience

The accumulation of waste in the sea is one of the most severe problems that the planet must face, and we are going to do our bit to solve it. For doing this, we will enjoy an awareness day that will begin with the help of scientific specialists who will guide us in the process of disclosure and impact, to lately realize a cleanup action of coasts and seabed equipped by all the necessary materials and safety equipment. Finally, making use of the different collected elements, we will participate in a fun team competition of designing and elaboration of figures that will represent the learned values and the flora and fauna of our marine environment.



HEALTHY ISLAND

Half Day SCR Experience

During this day we will discover the most authentic side of the island, paying special attention to our wellness, from yoga, stretching and mindfulness sessions in nature to tasting organic products in traditional villages. A circuit of experiences and sensations for, above all, feeling good and connect with the environment by learning and adopting healthy lifestyle habits, that we can continue to develop and apply in our day to day upon return home.



ECO TREKKING

Half Day SCR Experience

Trekking around the island will be our best bet in order to run away from the traditional tourists' routes and enter ourselves into a natural environment that will inspire us an authentic and local feel. We will have the opportunity to spend time in getting conscious about the environment care and our wellness. Plastic or organic waste recollection activities that we can later recycle, formational speeches of scientific experts on local flora and fauna and recollect invasive species, are just some of the actions that we will carry out to leave a positive print on the destination.



Canary islands 5 senses

Full Day Local Experience

Five different stops at five representative locations of the island where we will participate in five unique experiences. At each stop, we will have to make use of one of our senses, such as tasting, while we savour the local gastronomy, or hearing, participating in a traditional show of canarian folklore. We will also discover incredible volcanic landscapes, wild nature, paradisiacal coast, as well as its traditional villages and local culture.



TRADITIONAL WINERY EXPERIENCE

Half Day Local Experience

We will explore one of the oldest traditions of the island. By the hand of local wine experts, we will have the unique opportunity of learning about the canarian wine elaboration in one of the most impressive and representative wineries of the region. There, we will discover the local grape and its unique cultivation. A visit that we can complement with a gastronomic experience.



PATRICIA GALAVIS YO GA

We hope to see you soon in the Canary Islands