

NAKED MENS 5 DAY RETREAT



Join us here at Aya House for a weekend residential Naked Yoga & Meditation retreat. All levels of practice are welcome.

Day 1: Arrival in the afternoon with orientation and settling in followed by your first Yoga & Meditation practice; afterwards, enjoy a Welcome Dinner with your fellow guests.

Day 2-5: Morning Yoga & Meditation practice followed by breakfast and then time to explore what Gran Canaria has to offer or spend the day relaxing at the centre. Personalised, 1-2-1 Yoga & Meditation tuition can be made available or book a massage from one of our recommended experts. An evening Yoga & Meditation practice followed by Dinner.

Day 6: Closing Yoga & Meditation practice followed by Breakfast and departure by 12am.

PRICE

Eur 625 or Eur 920 for two people sharing.

Additional nights can be booked on site or in Maspalomas.

CENTRE FEATURES

- 11km from the bustling tourist zone of Maspalomas and the world famous Maspalomas Dunes and Beach
- Enjoy the year round sunshine
- 100 sq m yoga studio
- 10 bedrooms all with superking size beds and dedicated bathrooms (some en suite)
- 20 man hot tub
- Bali beds

CONTACT US

www.aya.house

[@aya.house.events](https://www.instagram.com/aya.house.events)

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MATT - THE BEARDED NAKED YOGI



Matt (The Bearded Naked Yogi) is a dedicated practitioner and teacher of traditional Hatha Yoga with a modern twist. He completed his Yoga Teacher Training in 2016 and Meditation Teacher Training in 2017 and has been teaching ever since. His passion has led him to develop his own style of practicing and teaching naked yoga and meditation for all abilities. His yoga classes have an emphasis on muscle engagement, body alignment, clear instruction and correct use of the breath, while his meditation classes focus on calming the mind and cultivating a state of peaceful unity with ourselves and the world in which we live.



CONTACT MATT

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