

MEN-ONLY YOGA RETREAT
29th April - 2nd May 2026
GRAN CANARIA

LOCATION: <https://casaagama.com/>



Are you a thoughtful, high-achieving soul who has been craving a travel experience beyond just another holiday? Then join me for a **men-only yoga retreat** designed for connection, strength, and renewal. This isn't just a holiday - it's an opportunity to recharge body and mind, deepen your practice or initiate your path into the never-ending path of yoga and share meaningful moments with a supportive community of open-hearted souls walking the same path.

What You can expect

- **Daily yoga practices** blending Ashtanga precision, Vinyasa flow, and meditative awareness in a new yoga style – **BLACK & WHITE LOTUS**.
- **Guided breathwork and meditation** to center the mind and awaken inner stillness.
- **Workshops** exploring yoga philosophy, body awareness, and self-inquiry.
- **Time in nature** to simply be — walking, resting, journaling, or watching the sunset.
- **Nourishing meals** prepared with mindfulness and care.

Open to **ALL LEVELS** — from complete beginners to advanced practitioners.
Each practice is **adapted to your individual experience**, allowing you to explore yoga safely and deeply at your own pace.

About me

My name is **Pasquale**. My vital journey began in the sun-drenched region of **Puglia, Italy**. Over the past decade, life has led me across **Spain, Croatia, Luxembourg, and Belgium**, where I've been exploring both the world and myself.

My **Yoga Path** started eight years ago as a personal exploration — a search for balance, awareness, and presence. What began as curiosity about the physical practice soon unfolded into a deep connection with the **philosophy and essence of yoga**.



To deepen my practice, I completed a **200-hour Yoga Teacher Training** in **Ashtanga and Vinyasa Flow** at *Bali Yoga School* and a **300-hour advanced Yoga Teacher Training** in *Rishikesh, India*, with a special focus on **Tantra Yoga**.

My teaching is inspired by the wisdom of **Ty Landrum** and the **Black Lotus Yoga** approach — blending mindful movement, breath awareness, and intelligent sequencing. I guide each class with sensitivity and adaptability, creating space for **every level of practitioner**, from complete beginners to experienced yogis.

Through my offerings, I hope to share yoga as a path of **presence, exploration, and transformation** — both on and beyond the mat.

SCHEDULE

WED. 29.4.2026	Arrival	18:30 – 19:30 Evening practice Unwind and disconnect	20:00 Dinner
THU. 30.4.2026	8:00 – 10:00 Energising yoga flow & Pranayama Awaken your body 10:30 – BRUNCH	12:00 – 14:00 WORKSHOP	18:30 – 19:30 Evening practice 19:30 – 20:00 Meditation 20:00 – DINNER
FRI. 1.5.2026	8:00 – 10:00 Energising yoga flow & Pranayama Awaken your body	10:30 - BRUNCH FREE AFTERNOON Options: Beach or Hike	18:30 – 19:30 Evening practice 19:30 – 20:00 Meditation 20:00 – DINNER

SAT. 2.5.2026	8:00 – 10:00 Energising yoga flow & Pranayama Awaken your body 10:30 - BRUNCH	12:00 – 14:00 WORKSHOP	18:30 – 19:30 Evening practice 19:30 – 20:00 Meditation 20:00 – DINNER
	SUN. 3.5.2026	7:30 – 09:30 Energising yoga flow & Pranayama	09:45 - Brunch Check out

Listen to your body! Every practice is an invitation. Join whenever it feels right for you. You are free to skip any session if you'd rather rest or simply take it slow.

The practice will be different every day and adapted to your level.



FREE-TIME Activities

You can explore the island on your own or stay in the villa to enjoy

- Outdoor Deck & Gym
- 20-person Jacuzzi
- Massage Room
- Communal Terrace & House Living Room



- **Soak & Restore:** Enjoy the hot tub at the premise - perfect for unwinding muscles after practice.
- **Nature Connection:** Hikes, walks, or swims in nearby ocean; time outdoors.
- **Brotherhood Circles:** Casual sharing circles or conversations — a chance to connect more deeply, open up, and bond with other men.
- **Creative Flow:** Self-expression outside the yoga mat: Journaling, sketching, or music.
- **Silent Time:** Space for solitude, reflection, or meditation if someone prefers to go inward.

ACCOMODATION

3 ROOMS	5 ROOMS	3 ROOMS	3 ROOMS
Single bed rooms	King-size bed rooms	Ensuite king-size bed rooms	Ensuite with 2x king-size bed



Have a look at the rooms here: <https://casaagama.com/the-house/>

MEALS

Professional Catering

providing both BRUNCH + DINNER

Free access to the kitchen facilities

€ 50 per person/day x 4 DAYS



Vegetarian meals include (Brunch + Dinner):

- Brunch Buffet: A generous spread of warm and cold dishes, seasonal fruit, homemade spreads, fresh salads, bread, and sweet bites.
- Dinner: Shared platters or individual dishes inspired by world cuisines (Middle Eastern, Moroccan, Mexican, Canary fusion, etc.).
- Snacks: Light morning and afternoon bites (e.g. smoothies, cakes, energy balls).
- Drinks: Herbal teas, coffee, fresh fruit, and water available throughout the day Our menus are designed to support your retreat's flow and physical activity levels. All meals are vegetarian, mostly organic, and locally sourced. Vegan and gluten-free options are available upon request.

TRANSPORT

OPTION 1

Rent a car to explore the island to have maximum freedom.

OPTION 2

Shuttle service from/to the airport: 20 EUR

RATES

Early Bird until end of November 2026

4 NIGHTS

INCLUDED: Yoga, daily housekeeping (in common areas), coffee machine, tea, and filtered water, linens, bath towels, beach towels, bathrobes, soap and shampoo.

Single rooms with private bathrooms

- **1 ensuite** - 500 EUR + 200 EUR for meals
- **with external private bathroom** - 500 EUR + 200 EUR for meals
- o **Room with king-size beds and ensuite bathroom** - 450 EUR + 200 EUR for meals
- o **Room with two king-size beds and ensuite bathroom** - 450 EUR + 200 EUR for meals
- o **Room with king-size or twin beds and external private bathrooms**
400 EUR + 200 EUR for meals

Excluded

- Flight to Gran Canaria
- Additional services (e.g. hiking guides, massage therapists, etc.). You can book a massage therapist – contact Casa Agama for this option

Booking & Payments

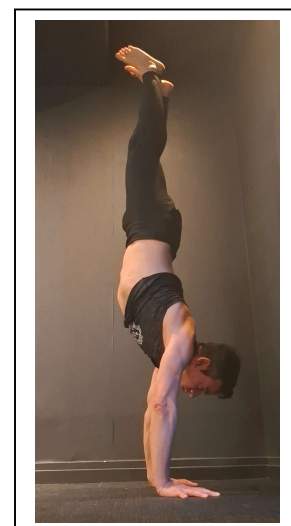
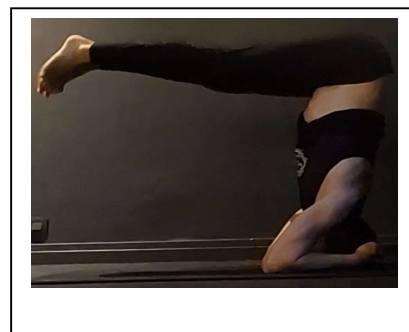
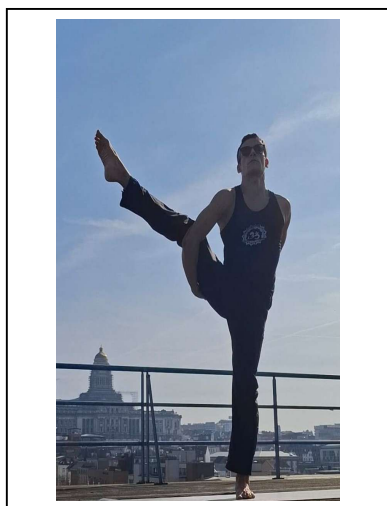
- To confirm your booking 10% deposit of the total amount is required
- Free cancellation until 31st January 2026
- Remaining balance due no later than 27th April 2026

QUESTIONS & BOOKING

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If you'd like to **extend your stay in Gran Canaria**, the island's vibrant **Pride Festival** begins on **May 4**, offering a wide variety of cultural, musical, and social activities open to everyone.