

FINCA LA BOBADILLA

★★★★★

ANDALUCÍA

BREATHE, MOVE & CONNECT

by Tribe Retreats

1 - 4 October 2026

01

BREATHE, MOVE & CONNECT/

Join us for a transformative retreat blending yoga, meditation, and energizing fitness.

Reconnect with your body, mind, and nature through conscious practices, authentic connection, and shared experiences — including the freedom and exhilaration of countryside horse riding set within open natural landscapes.

BENEFITS/

- Stress relief
- Boost energy
- Nature connection
- Horse encounters
- Mindful habits
- Body-mind balance
- Self-care time

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FINCA LA BOBADILLA, MÁLAGA

DATES/ 1st - 4th October 2026

LANGUAGE/ English

CHECK-IN/ 3 pm

CHECK-OUT/ 12 pm

*Limited spots available

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02

FINCA LA BOBADILLA/

A hidden luxury paradise between Málaga and Granada.

In the heart of Andalusia, nestled among the gentle hills of the Sierra de Loja, this exclusive 350-hectare retreat, part of The Leading Hotels of the World, unfolds across serene olive groves, open landscapes, and the natural rhythms of estate life.

From breathtaking views and a renowned spa dedicated to holistic wellness and relaxation, to moments of connection with the land — including its own horses moving freely through the countryside — allow Tribe Retreats to guide you on a journey of wellness, calm, and mindful indulgence.

@finca.labobadilla

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03

MEET THE TEAM/

Katie Grover & Lina Jurevičiūtė

Katie runs West Beach Fitness and loves helping people enjoy caring for their bodies.

With her guidance, you'll feel stronger, more energized, and inspired by your own progress.

Lina is a Vinyasa, Power, and Yin yoga teacher, also skilled in sound healing and Reiki.

Her warm, attentive style makes every session feel personal, transformative, and truly inviting.

@tribe.retreats

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PROGRAM/

Day 1

03.00 pm		Check-in
05.45 pm		Team and participants presentation
06.00 pm		Yin Yang yoga practice by Lina
08.00 pm		Dinner

Day 2

08.00 pm		Hiking
10.00 am		Breakfast
11.30 pm		'Nourish you Better' Workshop (group I)
11.30 pm		Guided Horse Ride (group II) *optional
01.30 pm		Lunch
05.00 pm		Cardio vs. Resistance class by Katie
06.00 pm		Yin yoga practice by Lina
08.00 pm		Dinner

Day 3

07.30 am		Fitness class by Katie
08.30 am		Vinyasa Flow yoga practice by Lina
10.00 am		Breakfast
11.30 pm		'Nourish you Better' Workshop (group I)
11.30 pm		Guided Horse Ride (group II) *optional
01.30 pm		Lunch
05.00 pm		Core Connection class by Katie
06.15 pm		Yin yoga & Sound Healing by Lina
08.00 pm		Dinner

Day 4

07.00 am		Sunrise run or walk *optional
08.00 am		Vinyasa Flow yoga practice by Lina
09.30 am		Closing Circle
10.00 am		Breakfast
12.00 pm		Check out

**The schedule is approximate and may be adjusted slightly as the retreat progresses.*

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05

INCLUDES/

- Accommodation for 3 nights
- Welcome drink
- Full board with local and seasonal products (adaptable for vegan, celiac and other food intolerances). Includes non-alcoholic drinks with meals.
- Daily Vinyasa & Restorative yoga classes
- Daily fitness sessions
- Meditation session & Sound Healing session
- Nutrition Workshop 'Nourish you Better'
- Guided horse ride throughout the estate
- Guided hiking and running session
- Guided horse ride throughout the estate
- Boots, helmet, and gloves for horse riding
- Access to Flow Spa: heated indoor pools, treatment rooms, Finnish sauna, infrared sauna, sensory showers and a Technogym outdoor fitness gym.
- Special offers and exclusive benefits on selected beauty spa products.

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06

WHAT TO BRING/

Although Finca La Bobadilla provides everything you'll need, we recommend packing:

- Comfortable shoes for walking around the estate and routes.
- Comfortable clothing for yoga, fitness, horse riding and outdoor activities.
- A notebook or journal to capture your thoughts and reflections.
- A good book for moments of relaxation.
- Sunglasses and a hat if you'd like to make the most of the Málaga sun.

And most importantly, the desire to enjoy every moment.

07

PRICE/

Double Room – single use: 2.389 €

Double Room – double use: 3.660 €

(1.830 € per person*)

For a more connected retreat experience, consider sharing a room with a retreat companion — simply email reservations@fincalabobadilla.com to arrange.



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*To register
for the retreat,
please contact:*

(+34) 95 108 57 40
reservations@fincalabobadilla.com



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RETREATS



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