

DISCONNECT IN ANOIA



Private host

I am Frank, I look forward to share a mindfulness session surrounding the magical woods of Anoia.

Anoia offers a journey of relaxation and wellbeing, designed to help you switch off from the stresses of city life and reconnect with nature.

This will be a peaceful experience focused on personal growth, set in a serene environment, featuring gentle activities, quality rest, and time to look after your body and mind, whilst discovering new landscapes and people in an atmosphere of calm and tranquillity.

PRICE

Desde 1.017 €*
Stay 7 days & 6 nights

(*) Price per adult. Minimum 2 adults.

ITINERARY



Rubió

DÍA 1. ARRIVAL AT RUBIÓ

Check-in at the accommodation.



Calaf

DÍA 2. THE PLANA OF ANCOSA

You will enjoy a route to discover the remains of an old convent and the thousand-year-old “Roure” of Ancosa, an impressive oak tree linked to ancient rituals and ceremonies. The experience ends with a mindfulness session guided by a specialist to connect with nature and the history of the place.

DÍA 3. CALAF

Electric bike rental and guided route through Calaf, accompanied by a yoga session in nature.



Copóns

DÍA 4. CÓPONS

Enjoy a hands-on ecoprint workshop, from gathering dye plants and preparing the fabric to creating your design and steaming it with natural botanicals. Includes a break with local products.

e-bike

INCLUDED

Stay on a bed and breakfast basis. Exclusive experiences with a local host, tastings, and a boat trip. Basic travel insurance. Taxes included.

NOT INCLUDED

Transfers. Tips. Meals not mentioned. Other services not specified.

ITINERARY



Sant Pere de Sallavinera



Sant Pere de Sallavinera



Rubió

DÍA 5. SANT PERE OF SALLAVINERA

‘Elimination of restrictive beliefs’ workshop: local hosts will help you identify and analyze your limiting beliefs in order to transform them and create a positive impact. They will guide you throughout the process, developing strategies, skills, and changes to open new possibilities in your life.

DÍA 6. RUBIÓ

At the accommodation, travelers will enjoy a personalized healthy cooking workshop, a space dedicated to promoting healthy habits through food. The workshop includes learning about different diets such as vegetarian and vegan.

DÍA 7. REGRESO A CASA

Breakfast and check-out.

e-bike

INCLUDED

Stay on a bed and breakfast basis. Exclusive experiences with a local host, tastings, and a boat trip. Basic travel insurance. Taxes included.

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