

A scenic view of a hillside in Catalonia, Spain. In the foreground, a large, textured stone table sits on a paved area. To the right, a couple is embracing; the woman is wearing a red patterned cardigan and the man is in a light blue shirt. A large, mature tree with a thick trunk stands behind them. The background shows a lush green valley with a small town, a tennis court, and a view of the sea under a bright blue sky with wispy clouds. Potted plants are visible on the left and right sides of the foreground.

# Blossoming

Retreat worth a treat

CATALONIA, SPAIN  
Vall-llobrega

June 1-7th 2025  
October 5-12th 2025





# CONTENT

---

- The Beat of the Retreat
  - The Villa & its Setting
  - Daily Programme
  - Pricing
  - Meet the Team
  - Testimonials
  - Contacts & Logistics
- 

# THE BEAT OF THE RETREAT

---

If you feel you need a break, space for your well-being, recharging and blossoming, a week that will give you energy and vitality, join our retreat. This week is not the typical holiday, but a week specially tailored to replenish your reserves, to fuel your potentials and make you blossom, both inside and outside.

Set in the vibrant and picturesque surroundings of Catalan countryside, close and in view of the sea, you will be embraced by the beauty of nature.

Vall-llobrega is the area that enjoys the pleasures of the mountains without renouncing the sea breeze. Set in the heart of the valley at the foot of the Gavarres massif, it provides many silent and solitary paths to be enjoyed, with spectacular views of the Empordà plain stretching as far as the sea. Costa Brava's jewel.

Daily yoga practice, with sound healing meditations, exquisite plant-based cuisine, diverse hikes and beautiful beaches, with holistic therapies, invite you not only to rest and recharge, but to fully blossom by the end of a full week. The retreat holds the space for deeper inner work, growth, awakening, connecting, belonging, and blossoming.





A wholesome, nourishing plant-based diet will raise your energy, improve your digestion and bring you a sense of lightness. Diverse daily dishes of raw salads, abundant greens and fresh juices will fire-start your vitality and make your skin glow for the blossoming effect. Apart from health benefits, a plant-based diet will change your vibration and sense of self, and you will have the true opportunity to learn and experience how vibrant, tasty and fulfilling plant-based diet can be.

*"When we learn to eat properly,  
we begin to rebuild our bodies  
and to fulfill our purpose on this  
planet to grow in health,  
creativity, wisdom and  
compassion"*

*Ann Wigmore - pioneer of  
wheatgrass juicing*



Carefully chosen kriyas (sequence of postures) and pranayamas (breathing techniques) will tune you into your true self and help you to start letting go of all the habits and patterns that no longer serve you. The sound meditation will reach your heart, and every cell of your body. You don't need any previous experience in Kundalini or any Yoga.



*"What does yoga do for you?  
Yoga works to unite you;  
it gives you energy so that you  
can be transformed.*

*To bring you from unawareness  
to awareness is the purpose of  
Kundalini Yoga. Yoga does  
nothing more and nothing less."  
Yogi Bhajan - Master of  
Kundalini Yoga*

# THE VILLA & ITS SETTING

---

## **Casa de Cazadores**

This charming secluded hilltop Villa has its own large private pool with furnished sun terrace and badminton court, set in private grounds, approached by a long gated drive. There are two spacious dining terraces, comfortably furnished for 10 people to eat 'al fresco' under cover. The beach is 3km away.

The Villa offers spacious three double bedrooms, one twin, one triple room, 3 bathrooms and one communal toilet on the ground floor. Each room has its own terrace with superb views of the sea and surrounding countryside.





# DAILY PROGRAMME

---

## Day 1

Transfer from the airport to Vall-llobrega

After 16:00h Check in to the Casa de Casadores

Evening gathering with refreshments

## Provisional Day 2-7

08:00-09:00h Good morning drinks and fruits/nuts

09:00-11:00h Yoga practice and meditation

11:00-12:00h Brunch

12:00-17:00h Leisure time/beach/therapies/excursion\*

17:00-19:00h Hike

19:00-20:00h Dinner

From 20:00h Communal and bed time

## Day 8

08:30-09:30h Breakfast

11:00h Check out and drop off to Barcelona city center /or airport

\*The retreat offers the options to visit interesting local attractions including famous Dali's museum in Figueres, Girona and coastal town Palamos.



# PRICING

---

| NO | PRICING OF RETREAT  | PRICE<br>Single use | PRICE<br>Shared |
|----|---|---------------------|-----------------|
| 1  | Tower room-Master suite<br>double bed, en suite bathroom  | 1750 €              | 1550 €          |
| 2  | Lovers room<br>double bed, en suite bathroom              | 1650 €              | 1450 €          |
| 3  | Poppy room<br>double bed, shared bathroom with room 4     | 1550 €              | 1350 €          |
| 4  | Bodega room<br>twin beds, en suite bathroom               | 1450 € per person   |                 |
| 5  | Turquoise room<br>three beds, shared bathroom with room 3 | 1350 € per person   |                 |

## THE PRICE INCLUDES

- Transport from the airport (Barcelona and Girona)
- Transport to Barcelona city center / or airport after check out
- Transfers to the beach and back
- 6 nights, 7 days lux accommodation
- 1 daily buffet style meal, 1 warm dinner, snacks, fruits, teas
- 3 guided hikes/walks
- One reflexology treatment
- Wi-Fi in bedrooms and common areas
- Yoga mats and sarongs to cover
- Large pool, sun lounges, green garden and fire place
- Bed linen, towels and beach towels

## THE PRICE DOES NOT INCLUDE

- Airfare
- Transport from Barcelona to the airport on the last day (5€ local bus fare)
- Travel and Health Insurance
- Excursion to Figueres - 50€, Girona - 40€, Palamos - 20€

## IMPORTANT TO KNOW

- The minimum number of guests is 8 maximum 11
- Availability is on a "first comes first" basis
- A 30% non-refundable deposit applies on booking
- Guided hikes last around 1.5-2 hours
- The option for a private retreat can also be arranged

# MEET THE TEAM

---

**Jelena ter Haar** is a founder of this retreat. She is a holistic therapist for the last 24 years. She is a reflexologist, massage therapist and hypnotherapist. Jelena is also a medical nurse. She has been working in many established UK practices like Reflexions, Natural Mother, Neal's Yard Remedies for a decade.



Jelena also has a big passion for healthy and tasty food and cooking. Her gastronomy consists of balance between art and science, sprinkled with love, to create the most delicious, alkaline and nourishing food.

*Her mindful touch is unblocking all the energy paths, leaving your body well purified and relaxed.*

For over 10 years, she has been a therapist and chef on retreats internationally. She has designed and delivered a range of live and Zoom workshops and presentations, and has shared her expertise on TV and in published media. She established a regular clientele developing her personal signature to therapies she qualified for. Her clients include well-known personalities in the worlds of sport, entertainment, the arts, and politics.

**Sanda Lukic (Sarandeep)** is a Kundalini yoga teacher and sound healer. Her encounter with yoga happened more than 20 years ago in the USA, during her studies in journalism. Since then, she attended countless seminars and courses in the field of yoga, meditation and Eastern studies, while actively practicing and teaching hatha yoga.

*As her spiritual name suggests, Sarandeep ("sanctuary of light") is on a mission to spread the light of joy, love and compassion, helping others return to their true nature and realise their infinite potentials.*



She qualified with the world-famous teacher, Gurmukh Kaur Khalsa (Kundalini Research Institute). Inspired and transformed by this powerful practice, she immediately started teaching and over the coming years continued her additional education in Kundalini yoga, yoga therapy and sound healing. She has organised numerous wellness and yoga retreats internationally.



**Charles Church** is a UK based actor and singer who has experienced Vall-Illobrega from childhood till today. He knows every path, every stone, every beach, and every tree in the area so he could possibly take you for hikes with his eyes closed. He has chosen three picturesque routes for you to feel peaceful yet energised by the local beauty.

*Charlie has been for long involved in shamanic and other forms of healing and he finds nature his favourite place to be in.*

Apart from hiking, he will be involved in logistics and transport (and if we are lucky he will be singing to us 😊).



**Maja Majstorovic** has diverse experience working in several different types of travel agencies for 15 years, from business, congress, nautical, to party, leisure, and retreats. She was organizing travels, events and tours internationally, and successfully created many tailor-made itineraries.



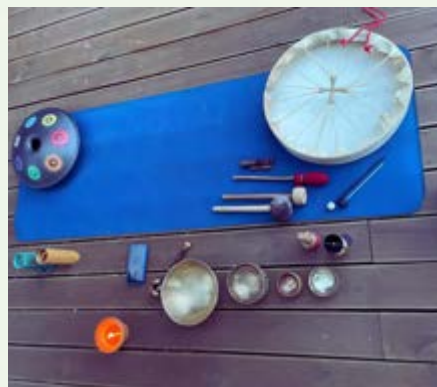
*Maja's diverse and broad skills, years of experience and natural hospitality touch are bringing a unique taste to our retreats.*

She has been closely involved in the design and realisation of our retreats. Her affinity to health and diet has inspired her to qualify as a vegan chef with All Greens (UK). Blending with Jelena's extensive culinary skills, they bring mastery to your menus and pleasure to your senses.

---

*As Salvador Dali said: " When we find an image resembling some dream image, it seems to us that we have known it before and thus we maintain that merely seeing it has already made us dream."*







# TESTIMONIALS

---

*"I tried yesterday (without much success) to make tahini beetroot sauce, and then all the images of many divine, healthy, and beautifully decorated dishes started to come back. Only at that moment I fully realised how much effort, energy, love and attention was needed to create such magic! Big gratitude and bow to wonderful magicians, Jelena and Maja. The whole experience was excellent, the one that leaves a deep impact and great memories. Thank you all, as you were part of the experience that I will remember as a feeling of love."*

B.S.

*"Thank you for the most awesome week, dear Jelena, it has been totally fabulous. You are amazing and you have an incredible team."*

F.S.

*"This week has been absolutely wonderful. It has been so peaceful and restorative.*

*I've been soaking in the beauty of this serene retreat, surrounded by nature, and embracing all the tranquil vibes.*

*A special thank you to Jelena for vibrant, plant-based dishes that have nourished both body and soul.*

*So much color, so much love infused into every meal. Jelena's vegan creations were a beautiful reminder to cherish our bodies with wholesome goodness.*

*I also want to express my gratitude to incredible Kundalini yoga teacher.*

*She guided us through morning yoga and meditations, and in the evenings, she held the space with her offering of healing sound baths.*

*I'm feeling deeply grateful for this time to slow down, reconnect, and embrace the beauty around me.*

*This time of rest and connection has been truly fulfilling, reminding me to savor the little moments that make life whole."*

N.M.

# CONTACTS & LOGISTICS

---

## CONTACTS

### **Jelena ter Haar**

Tel,Viber,Whatsapp:

+381 62 774 244

jelenaterhaar@yahoo.co.uk

### **Sanda Lukic**

Tel,Viber,Whatsapp:

+381 65 529 1515

sanda.lukic@gmail.com

## LOGISTICS

### **Casa de Cazadores**

Urbanitzacio Vall-Ilobrega, 22

17253 Vall-Ilobrega

Girona, Spain

### LOCATION LINK



- The closest airports to Vall-Ilobrega are Barcelona (117km) and Girona (45km)

Design and development: maja.majstorovic@yahoo.com

