

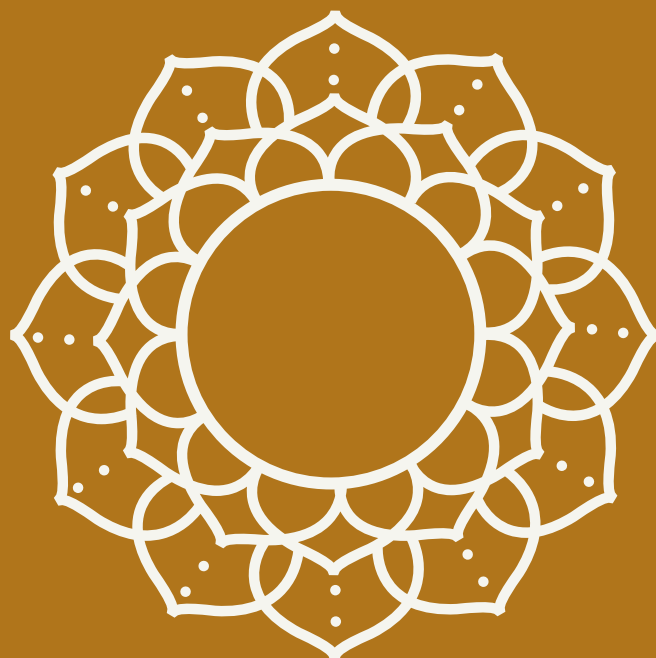
# CAPE VERDE YOGA RETREATS

RELAX YOUR BODY  
MIND AND SOUL.

SAL ISLAND

MAY - SEPT. 2023

Dunas de Sal  
DESIGN HOTEL




[www.hoteldunasdesal.com](http://www.hoteldunasdesal.com)

## WATER RETREAT:

- 7 Nights stay at Hotel Dunas de Sal
- Your option of Meal Plan
- 5 Yoga classes and 1 Breathwork Class
- Catamaran Tour
- 2h Kite Surf, Surf or Paddle Experience
- Beach Cleaning Activity

## BEACH RETREAT:

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- 7 Nights stay at Hotel Dunas de Sal
  - Your option of Meal Plan
  - 5 Yoga classes and 1 Breathwork Class
  - Turtle Hatching Experience
  - Horse Riding by the beach
  - Beach Cleaning Activity

## CULTURE RETREAT:

- 7 Nights stay at Hotel Dunas de Sal
- Your option of Meal Plan
- 5 Yoga classes and 1 Breathwork Class
- Cultural Island Tour
- 2 Traditional Dance Classes
- 2 Local Restaurant Experiences

## FULL WELNESS RETREAT:

- 7 Nights stay at Hotel Dunas de Sal
- Your option of Meal Plan
- 5 Yoga classes and 1 Breathwork Class
- Salt mine visit with Salt lake bathing
- 2 Body Treatments or Massages in our SPA
- Grounding and Breathwork at Local Garden Pachamama Ecopark

## BREATHE RETREAT:

- 7 Nights stay at Hotel Dunas de Sal
- Healthy Food Breakfast, Lunch and Dinner according to your meals plan preference
- Daily Yoga, Meditation and Pranayana
- 5 Breathwork Sessions
- 5 Freediving Sessions (with equipment)
- 2 Traditional Dance Classes
- Special Night Activities, Walks in Nature, Moments of Silence and Contemplation
- Island Tour



Book your accommodation through our website and e-mail us your choice of activities package to the following address: [geral@hoteldunasdesal.com](mailto:geral@hoteldunasdesal.com)

Water Retreat Activities	380 €
Beach Retreat Activities	320 €
Culture Retreat Activities	400 €
Full Wellness Retreat Activities	415 €
Breath Retreat Activities	1026 €

(Prices per person)

