

An aerial photograph of a tropical coastline. The water is exceptionally clear, showing various shades of turquoise and deep blue. A large white boat with a blue stripe is anchored in the middle ground, with many people on deck. A smaller white boat is visible in the foreground. The coastline on the left is rocky with sparse green vegetation and a small sandy beach. The text 'Yoga Retreat in the Blue zone' is overlaid in white, sans-serif font across the upper right portion of the image.

Yoga Retreat in the Blue zone

Nourish Your Body and Soul

INDEX

Table of Content

01. Welcome and Purpose

02. Prime Location Highlights

03. Accommodation

04. Food Experience

05. Movement

06. Recreation and Socialisation

07. Teachers



Welcome and Purpose

Welcome to our yoga retreat in the heart of Gallura, North part of Sardinia island. Our exclusive villa “La Quercia”, seamlessly combines rustic design with unmatched comfort and coziness.



With 11 stylish rooms, modern amenities, and a central location, we provide the perfect base for discover Sardinia’s nature, in it’s original state.

Immerse yourself in the peaceful energy of the property, and then breath in the scents of Mediterranean scrub in the Blue zone of longevity.

Prime Location Highlights

Nestled in the heart of Gallura, in northern Sardinia, our family-run country house, offers a serene haven surrounded by majestic granite formations and the fragrant Mediterranean scrub.

Here, our yoga practices take place outdoors, immersed in nature's beauty and tranquility.

Join us for a truly rejuvenating retreat where nature, nourishment, and mindful practice come together in harmony.

Just minutes away from the fancy vibe of the Costa Smeralda and its famous beaches, shopping districts, and renowned dining spots,





ACCOMMODATION

Amenities and Services

Indulge in a stay of rustic comfort and timeless elegance at our villa.

Our accommodations, in cozy double rooms, meticulously designed with local materials, for a full immersive Sardinian experience.

FIND OUT MORE AND INQUIRE:
anugrahaunnikrishnan@gmail.com



FOOD EXPERIENCE

Full board

Each meal prepared by our expert chef is crafted from fresh local ingredients and inspired by traditional Sardinian recipes. Food will be prepared with local Bio produce and will offer classic Mediterranean dishes, as well as a journey through the flavors of Sardinian cuisine.

Indulge in a symphony of flavors created by our host chef, making each meal a moment to savor.





PRACTICE AND TRAINING

Movement

Each day on our Sardinia retreat we have two beautifully balanced yoga sessions and a pilates session designed to strengthen, energise, restore, and reconnect you with your body's natural rhythms.

Morning – Dynamic Flow

We begin with an energizing yoga practice that awakens heat and vitality through intuitive movement and mindful alignment that gently expand your sense of openness and effortless strength.

Evening – Deep Rest & Stillness

As the sun softens, we shift into calming Yin Yoga and Yoga Nidra sessions. These practices invite spaciousness into the body, releasing deep layers of tension while guiding the nervous system into profound relaxation. Slow stretches, long holds, and guided rest support emotional grounding and inner clarity.

Breathwork & Exploration

Throughout the week, breathwork (prāṇāyāma) is woven into both practices, helping you access deeper presence and a more fluid connection between breath and movement.

TRIPS*

Recreation and socialisation

Optional half-day excursions can be arranged.

Just a thirty-minute drive away are the Costa Smeralda's most famous beaches, as well as the centuries-old Olivastri groves, home to the oldest tree in Italy, estimated to be around 4,000 years old.

* Any excursions, not included in the price, can be organised, agreed upon with the interests of the group.



LEADING TEACHER



Anugraha Unnikrishnan

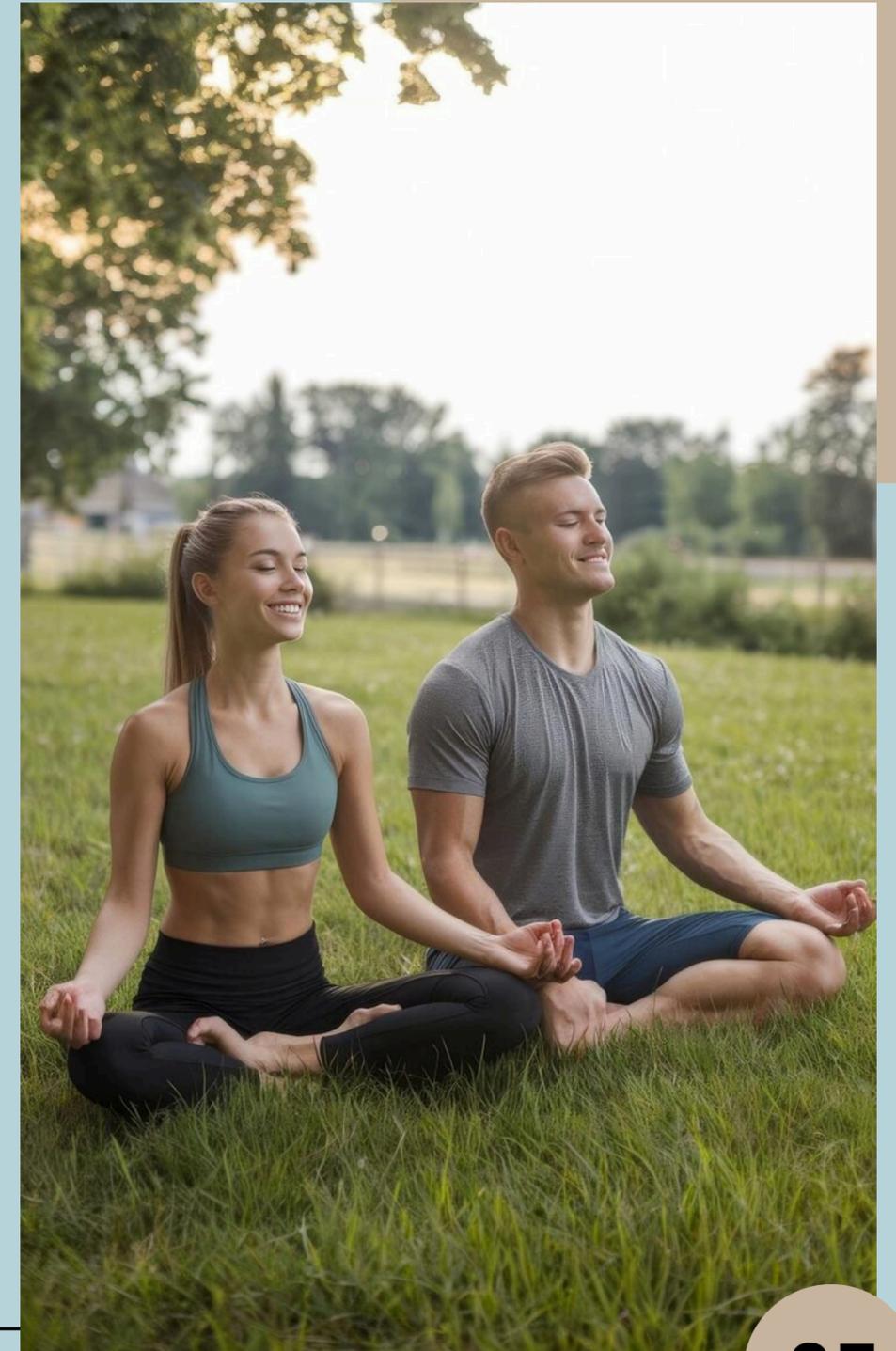
Anugraha, based in Amsterdam, brings over 20 years of practice and teaching experience. Her classes, ranging from dynamic flows to nurturing yin, cater to all levels, creating a welcoming space for growth and personal connection. She guides students on their unique journeys, fostering balance and equanimity. Her classes are playful, challenging, and immersive.

TEACHER



Krassimira De Cloe

Krassimira is a former gymnast and gymnastics coach who worked with the Italian National Rhythmic Gymnastics Team. Her training today is centered on total-body toning, focusing on movement control and injury prevention.



Offer for 15 -20 April

WHAT'S INCLUDED:

- 5 full board days/ 5 nights stay in the country house
- Daily Yoga and Pilates practices
- Breathwork and Meditation
- Curated meals prepared by our host Chef
- Coffee, tea, water
- Group hikes and walks

euro 1400 p/p in double occupancy

euro 1900 p/p in single occupancy

early bird offer till 14/02 euro 100 discount

WHAT'S NOT INCLUDED:

- Flights to the Airport of Olbia (Sardinia)
- Airport transfer to the property
- Group transfer available on request, subject to sufficient demand
- Please bring your own yoga mat and blocks

BOOK YOUR SPOT

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CANCELLATION POLICY

- 100% refund up to and including 14/02/2026
- 50% refund up to and including 14/03/2026
- 0% refund from 15/03/2026