



LUXURY RETREAT
in the heart of
PERELADA, COSTA BRAVA

21ST JUNE 2025 - 28TH JUNE 2025

What to Expect

Enjoy 7 nights in the unique region of Perelada, surrounded by sweeping vineyards and excellent architecture.

Join us as we soak up the unparalleled experiences of what Perelada has to offer, and indulge in a slower pace of life.

- ❁ Exceptional accommodation
- ❁ Morning guided meditation
- ❁ Up to 6 hours of yoga & wellness practices, daily
- ❁ Complete freedom to choose how much or how little practice you join
- ❁ Nourishing, organic & freshly prepared meals twice a day
- ❁ Complimentary drinking water
- ❁ Optional excursions
- ❁ Michelin star celebration meal with tailored wine pairing
- ❁ Evening meal in the local town
- ❁ Fixed price flights & transfers from our partner agent included with the price
- ❁ Full package ATOL protection

The Practice

- 🌸 Enjoy a range of yoga styles in the grounds of Hotel Perelada or the indoor studio – purpose built for health & wellbeing classes for the perfect practice temperature
- 🌸 Full equipped with yoga equipment
- 🌸 Panoramic views of the pool area during an outdoor lawn session or enjoy or enjoy all the other facilities with a full golf course, putting green, padel tennis court or the newly renovated driving range



Teaching Team



🌸 Clare Broomhead

Clare began her serious yoga journey in 2012 after a spinal injury. Having been given a fairly bleak prognosis from doctors, Clare took to yoga as a means to ease her pain and restore her health and movement. In 2017 she began her teaching path, undertaking a 300HR Yin TT with Dhugal Meachem. Since then she has completed a further 200HR Hatha and a combined 550HR Ashtanga training with Kino McGregor & Tim Feldmann, and David Swenson. She has deepened her knowledge by attending trainings & workshops with Sharath Jois, Manu Jois, Matt Ryan, Laruga Glaser and Marcus Veda for 4Beat training.

Clare's love for travel combined with her passion for yoga has allowed her to learn from some phenomenal teachers around the globe, particularly appreciating the time that she has spent in Goa. Her dream is to create a beautiful, harmonious yoga space, offering yoga for all whilst respecting the traditions of the various styles of practice. On retreats, she would like to welcome all to explore everything that yoga has to offer and cultivate the practice they need for their own self-development.



🌸 Jane Townsend

Jane is dance trained and has many years of experience teaching movement and wellness. After years of teaching, she started practicing yoga again. Wanting to share the knowledge that she had gained from her practice, the next step was a 200hr YTT followed by teacher trainings in Barcelona and Milan.

In 2020 she went to NY and qualified as a Dharma teacher with the legendary Sri Dharma Mittra. When Jane teaches, she pays careful attention to the student's individual needs. She infuses her high energy, humour and yogic knowledge into every practice. Jane is also a certified Pilates teacher.

The Hotel

Hosting 64 elegant and freshly designed rooms based on the use of noble materials, these rooms carry you to the origins of relaxation. Relax under a warm Empordà sky, surrounded by our gardens, where you can enjoy sun-filled days and wonderful sunsets.

Enjoy a memorable stay in the heart of the Empordà, let yourself be seduced by the comfort and elegance of its rooms, the tranquillity of its spaces and delight yourself with the finest gastronomy in the Costa Brava.



The Food

A love for land, and the treasures offered by the Mediterranean, Girona, the Costa Brava and the Empordà, are the basis of the restaurants in Perelada. Here the chefs, Paco Pérez and Javier Martínez, mark this traditional legacy with a highly creative kitchen to offer an exquisite and healthy gastronomic proposal.

Choose to dine in one of the following throughout your stay:

L'Olivera Restaurant – avant-garde and creativity by Paco Perez
(dinner restaurant included in the price)

La Masia Restaurant by Paco Perez
(breakfast restaurant included in the price)

Garden Bar – healthy, fresh and surprising

The 19th – cozy and casual

Castell Perelada Restaurant – cuisine with a star –
(Celebration Dinner included in the price)

Cellar 1923 Win Bar – a place for wine

The Rooms

Open the door of your room and feel the warmth of your home.

The rooms and suites at Hotel Perelada, are designed with a single objective: to maximize your well-being.

Soundproof rooms where you can reconnect with yourself, with Natura Bissé bath amenities to pamper your skin as well as your soul, and all the comforts you can imagine to make your stay absolutely pleasurable, such as views of the Perelada Golf Course, room service, minibar and WiFi throughout the hotel.

The bathrobe and slippers will be the finishing touch with which you can access directly to the wine spa at Perelada and close the circle of your new inner peace.

Standard Room – your home away from home, enhancing your stay with quality comfort (included in the overall package)

Upgraded rooms available upon request;

Garden Suites – a prestige setting on a par with great operas

Suites – design, space and comfort at the service of absolute relaxation

Deluxe room – the pleasure of waking up and contemplating an exceptional environment

Superior Room – comfort lies in details



Relaxing Spa

There is no better place to relax than in the Wine Spa on the Costa Brava. Here you will immerse yourself in a world of sensations, in a temple of wellness with a water area and heated pool, as well as additional spa treatments and massages.

As clients on retreat you have access to the Wine Spa for 60-minutes, daily, with the rest of the group.

Customise your stay with individual treatments from the in-house masseuse and professional beauty therapist. Request the Treatment List and pre-book any additional treatments with Holidays4Golfers.



Experiences

Included experiences to magnify your visit:



Celebration tasting menu and paired wines at the Michelin starred restaurant

Optional excursions to be added:



Golf driving range



Golf at Perelada



Padel Tennis



Hire electric bikes



Salvador Dali House Tour



Day trip to Cadeques (transport included)



Trip to the Cellar Perelada – Winery tour & Wine tasting





Visit us

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