



AMAGATAY  
MENORCA

# BALEARIC BLISS

## YOGA RETREAT

BY WITH MARIA  
29TH MAY - 1ST JUNE, 2026



# WELCOME TO

# AMAGATAY MENORCA

Surrounded by olive and wild olive trees, Amagatay is a Menorcan sanctuary where time seems to pause. Its 19th-century charm, marés stone walls, and wooden beams create an atmosphere of authenticity and calm.



Each day includes yoga sessions led by an expert instructor, suitable for all levels. You will be gently guided toward a profound reconnection with yourself and the land, offering the perfect opportunity to deepen your practice, explore the surroundings, or simply savor moments of bliss in the unique tranquility of Menorca.







# ABOUT THE INSTRUCTOR

María Herminia Diaz Cid is a Yoga and Meditation Instructor with over 15 years of experience and more than 300 certified hours across various disciplines, specialising in Hatha Yoga.

Her profound expertise extends to developing the logistics and guidance of international yoga retreats, an area in which she specialises to ensure an impeccable experience for those who choose to join her gatherings.



Her methodology reflects a traditional approach, offering inclusive, challenging, and inspiring classes.

María Herminia guides her students to cultivate a direct connection with themselves in the here and now, inviting them to include yoga in their daily lives as a tool for gradual, gentle and profound transformation.







# YOUR AGENDA FOR

# 4 DAYS

29th May - 01st June, 2026





# AGENDA

DAY 01

FRIDAY, 29.05.2026

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- 03:00 pm Check-in and welcome drink
- 06:15 pm Opening ceremony: Sunset Yoga
- 08:00 pm Dinner



Upon arrival at Amagatay, you will be greeted with a refreshing welcome drink, allowing a moment to settle in and gently enter the retreat container.

As the sun sets, the opening ceremony invites participants to fully arrive through a Sunset Yoga session and set intentions for the days ahead.

The evening finishes with a delicious group dinner in a serene atmosphere, the ideal way to complete our first day together.



# AGENDA

DAY 02

SATURDAY, 30.05.2026

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- 08:00 am Morning snack
- 08:45 am Yoga & Meditation session
- 11:00 am Brunch time
- 12:00 pm Free time
- 05:30 pm Garden Yoga
- 07:15 pm Dinner

This day is dedicated to embracing the land and its beautiful surroundings. It begins with a light morning snack, followed by a guided Yoga and Meditation session to start the day well.

Enjoy a nourishing brunch, then take some free time to explore the area, relax by the pool, or simply be (and bring your favorite book!).

By late afternoon we reunite for a soothing Yoga session in the garden, and the day ends with a delicious group dinner.





# AGENDA

DAY 03

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SUNDAY, 31.05.2026

- 08:00 am Morning snack
- 09:00 am Yoga & Meditation session
- 11:00 am Brunch time
- 12:00 pm Special activity
- 06:45 pm Gentle Sunset Yoga
- 08:00 pm Dinner



The third day begins with a light morning snack and a guided Yoga and Meditation session, continuing to lay the sparks of bliss within us.

We will share a nourishing brunch, followed by a special activity crafted with the intention to fully immerse us in the essence of Menorca.

The day finishes with a gentle Slow Sunset Yoga session and a relaxing group dinner, almost ensuring a restful night.



# AGENDA

DAY 04

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MONDAY, 01.06.2026

- 08:00 am Morning snack
- 08:45 am Yoga workshop
- 11:00 am Brunch time
- 12:00 pm Check-out



Our last day begins with a light morning snack, followed by a beautiful immersion into a signature Balearic Bliss Yoga Workshop and Closing Ceremony.

We will share a final group brunch before check-out, with the deep wish that you carry the bliss forward wherever you head next after the retreat.







BOOK YOUR  
SPOT HERE!



FOR MORE INFORMATION:

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