

HOLISTIC HEALTH TRAVEL

Plant-Powered Spain 2026

A Cultural, Culinary & Wellness Journey

WEEK 1 - Historic Spain Retreat (October 11-15, 2026)

Guided by Margarita, fluent in Spanish & French and trained in Art History. Explore the beauty, peace, and heritage of the Balearic Islands.

- Daily Spanish practice & lessons
- Visits to local farms, beaches & historic sites
- Art & history explorations
- Nourishing plant-powered meals
- Slow-paced cultural immersion

WEEK 2 - Music, Dance, Art & Yoga Tour (October 16-25, 2026)

A vibrant 10-day journey through Barcelona, Girona, Granada & Sevilla.

- Sagrada Familia, Park Guell & Gothic Quarter
- Girona's medieval walls & riverside views
- Granada's Alhambra & traditional Hammam
- Sevilla's Cathedral, Giralda Tower & Flamenco night
- Scenic train rides across Spain
- Vegan tapas tours & cooking workshops
- Art, music, yoga & movement woven throughout

WHAT'S INCLUDED

- Local transportation within each region
- Comfortable hotel accommodations
- Entry fees for select cultural sites
- Two hands-on cooking workshops
- Special excursions with local hosts
- Expert guidance from your tour leaders

WHY TRAVEL WITH US?

Holistic Health Travel curates journeys that nourish the whole self - mind, body, and spirit. This plant-powered Spain adventure blends cultural depth, wellness, community, and the joy of exploring one of the world's most enchanting destinations.

RESERVE YOUR SPOT

Spaces are limited for this immersive cultural experience. Join us for a plant-powered journey through Spain you'll never forget.