

La Vida de Ensueño Yoga Retreat—Sitges, Spain

October 3-10, 2026



Friday, October 2

Program participants depart from the United States.

Saturday, October 3

Flights arrive at the Barcelona (El Prat) airport. The program conductors will meet participants as they arrive at the airport and escort everyone to the lodgings in Sitges. Transportation to the villa or lodge is included in the program cost. Spain is six hours ahead of U.S. Eastern Time.

We'll spend the rest of the day relaxing or walking around the old quarter of Sitges, renowned for its beaches, its quaint old quarter, art museums, the large Pride celebration each June and the International Fantastic Film Festival in October. We'll enjoy dinner with a view of the Mediterranean.

Hotel for all seven nights of our stay will be in Sitges, Spain.



Sunday, October 4

A self-serve breakfast is provided in the villa each morning of our stay. We'll start the day with meditation, stretching, and a dharma talk conducted by Chris. The session will emphasize living "[The Good Life](#)"—"[La Vida de Ensueño.](#)" At noon, we'll gather at the large dining table for a lunch featuring delicious, healthy fare prepared by a local chef. We'll have time this afternoon to enjoy the walkways along the Mediterranean and the beaches. The water is typically enjoyable in early October, without the crowds of the summer tourist season. Gay and clothing-optional beaches are close to the center of town. You might visit the Malvasia Interpretation Center, near the railway station, which is dedicated to the vineyards and the local wine produced in what was an 18th-century hospital. The center is open on Fridays and weekends.





Monday, October 5

After breakfast, we'll spread our yoga mats for a session on **"Ahimsa or Non-Harming"** both in our physical asana's and how we connect with the world. After lunch we'll have time to enjoy the sun and the Mediterranean breezes along the coast, or the Cau Ferrat art museum, also in the center, from the collection of Catalan artist and writer Santiago Rusiñol.

Tuesday, October 6

After breakfast, we'll gather for stretching, meditation and a dharma talk with Chris. We'll prepare lunch together with a guest chef and will enjoy the meal around our common table—outdoors if the weather permits. The afternoon is free. You may relax at the villa, enjoying its garden and the view of the Mediterranean, or you may choose to walk along the beach and stop in one of the town's many cafés to sample the tapas, the variety of foods served in several small plates and shared among friends.



Wednesday, October 7

After breakfast we'll enjoy a period of meditation with Chris. This afternoon, you might check out the award-winning Museu de Maricel in the center of town, with its collections of art from the early Gothic period to the 20th century. Don't miss the view of the Mediterranean from the steps of the Sant Bartomeu church, one of the town's emblematic old buildings.



Thursday, October 8

After breakfast we'll enjoy a session of stretching, yoga and meditation. In the afternoon you might explore the area's beaches. Or, see a new fantasy or horror film in one of several local cinemas. Sitges's International Fantastic Film Festival begins today. We'll conclude the evening with an optional gathering circle with Chris as we discuss aspects of the "Yogic Good Life"

Friday, October 9

Final Day! We begin the late morning with easy asanas and will revisit some of our favorite learnings. We'll have a group lunch where we prepare and eat the meal together, learning from our yoga practice. The afternoon is free for you to relax, make a final excursion on your own or pre-pack for our departure the following day. We conclude the evening with a closing circle, honoring the "Sangha" we've created.

Saturday, October 10

After a self-serve breakfast, your host will be available to shuttle you to the airport for your return home or to the train station to continue your journey elsewhere in Europe.

Fees and payments

Fee for the seven-night La Vida de Ensueño program is \$2600.00 per person, in a double-occupancy room. The fee includes:

--Seven nights double-occupancy lodging in a tourist-class villa or lodge in the vicinity of Sitges, Spain with self-served continental breakfast each day.

--Three special lunches prepared at the retreat center by the yogi and/or a local chef.

--In-out transportation from and to the Barcelona airport and local lodging.

--Gratuities to drivers and hotel staff.

Fee does not include airfare, meals or entrances not specified in the program, or travel insurance.

Supplement for a single room is \$1200.00.

This fee is based on a minimum of ten participants.

Payments are due on the following schedule:

May 15, 2026	\$ 500 due
June 15, 2026	\$2100 due (plus \$1200 single-room supplement if applicable)

Payment details will be sent once you have enrolled in the program.