

Yoga and Hiking in Asturias, Spain

with Lori Gholson



July 3-10, 2020

\$1825*

Hotel Fuentes Lucia is situated in a spectacular and untouched corner of NW Spain. The recently converted farmhouse is home to our retreat.

<https://spanishsteps.com/home/hotel-fuentes-de-lucia/>

Space is limited to 16 participants

*Double occupancy / airfare not included

The inward journey that Yoga inspires will be balanced by the outward exploration into surrounding mountains with hikes led by local guides. Hearty breakfast and dinner will be provided each day with lunches on your own. Transportation to and from Oviedo/Asturias Airport (OVD) and for day trips is included.



Registration opens March 12, 2019. A deposit of \$500 will reserve your spot. For more information please contact Lori Gholson: yogamom@peak.org.