

QUANTUM TO HOST WELLBEING RETREAT AT HOSTAL DE LA GAVINA



Costa Brava's iconic seaside Resort, [Hostal de La Gavina](#) is delighted to announce its collaboration with [QUANTUM](#), a Madrid-based wellness retreat host specialising in self-discovery through sound meditations, breathwork and yoga.

Between **13-16 May 2024**, Hostal de La Gavina will be the backdrop of QUANTUM's wellbeing retreat. Taking the focus of 'finding your balance', the three-night residency will incorporate alfresco yoga flows to release and restore; sound bathing to help guests reach a deep state of meditation, clear the mind and relax the body; and psychedelic breath practice to facilitate mental, spiritual, and physical self-healing benefits.

The retreat will be hosted by Andrea Klimowitz, who is a licensed Psychologist and certified as a Meditation Teacher by Deepak Chopra. Born and raised in Madrid, Andrea has travelled the world observing different cultures' wellbeing behaviours. She has also lived in the USA and Germany where she learned about pioneering techniques to expand consciousness and push deep into the realm of self-discovery. During the retreat, Andrea will lead guests through two workshops discussing different tools to help them find their centre. During these sessions, guests will delve into the science behind sleep and sleep hygiene; explore how to meditate and why.

When it comes to free time, guests can enjoy The Gavina Spa by Valmont, which features an indoor pool, hammam, Sauna and treatment rooms with sweeping views over the Bay of S'Agaró. Additionally, the hotel is home to a 25m outdoor pool, gym, clay tennis and padel courts. Guests may also choose to hike along the Camino de Ronda coastal path, which can be picked up right outside of Hostal de La Gavina, where they will discover sweeping vistas and the picture-perfect yet largely undiscovered, Platja de Sa Conca.

QUANTUM's retreat at Hostal de La Gavina starts from €1,960 per person

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