

*Discover your inner peace*

# Mindfulness in Cabanes



ORGANISED BY:



Ajuntament  
de Cabanes



**Cabanes**  
*mediterrània & natural*

ACTIVITIES BY:

**MÀKIA**  
HOLISTIC YOGA





## CONNECT WITH THE INTERIOR SERENITY

Welcome to a unique experience that combines the inner peace of yoga with the beauty of the most magical places in our town. Come and join our yoga sessions, SUP yoga, and stretching in idyllic natural settings that will leave you inspired and revitalized. Let the calmness guide you as you find your balance in the poses and breaths, connecting with yourself and the surrounding environment. Discover the beauty and serenity that surrounds us as you find your inner balance amidst these unique and inspiring environments.



# Schedule

**FRIDAY, APRIL 4**

**18:00h - 19:30h**

Yoga and Sound Therapy.  
Location: Sitjar Square.

**FRIDAY, MAY 23**

**18:30h - 20:00h**

Holistic Yoga: improve flexibility and (re)learn the art of breathing [amāvāsyā | new moon].  
Location: The Roman Arch.

**SUNDAY, MAY 25**

**09:30h - 11:00h**

Muscle chain stretching and body potential.  
Location: La Ribera

**SUNDAY, JUNE 1**

**09:00h - 10:30h**

Yoga and Sound Therapy.  
Location: Ermita de les Santes.

**SUNDAY, JUNE 15**

**09:30h - 11:00h**

Muscle chain stretching and body potential.  
Location: Football field.



# Schedule

## SUNDAY, JULY 27

**09:30 - 11:00 AM**

Muscle chain stretching and body potential.  
Location: Ermita de les Santes

## SUNDAY, AUGUST 31

**09:30 - 11:00 AM**

Muscle chain stretching and body potential.  
Location: Municipal Swimming Pool of Cabanes

## SATURDAY, SEPTEMBER 6

**09:30 - 11:00 AM**

Muscle chain stretching and body potential.  
Location: Plaza del Sitjar

## SUNDAY, SEPTEMBER 7

**5:00 - 6:30 PM**

Yoga and sound therapy.  
Location: Plaza de la Iglesia



# Schedule

## SUNDAY, OCTOBER 5

07:45 - 09:15 AM

Yoga and sound therapy.  
Location: Paseo Marítimo Torre la Sal  
(in front of Tourist Info)

## SUNDAY, SEPTEMBER 21

10:00 - 11:30 AM

Holistic yoga:  
spinal column, core, and mental  
focus.  
Location: Paraje Natural de les Santes

**FREE ENROLLMENT AT:**

Turism office of  
Cabanes

Plaça de l'Esglesia,  
2 (Cabanes)

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