

Casita Yoga Holidays in Tenerife

Time for yourself, movement, relaxation, and nature

In the midst of Tenerife's impressive nature - between Mount Teide and the ocean - I offer a week for body, mind, and soul:

Yoga holidays that are more than just a class program. They are an invitation to reconnect with yourself, take a deep breath, recharge, and take home beneficial routines for daily life.

I'm Bianca, born in 1976, a yoga therapist, physiotherapist, Pilates instructor, and movement educator with nearly 30 years of professional experience. My yoga is grounded, body-oriented, and mindful. I teach classical Hatha Yoga, complemented by therapeutic elements, mobilization, and conscious breathing. I always adapt my yoga teaching to individual needs.

Who are the yoga holidays for?

For beginners and advanced practitioners alike, for all ages, for people who enjoy movement or wish to reconnect with themselves - without any pressure to perform.

What to expect:

- * small group
- * 12 yoga classes* / workshops
- * gentle rituals for regeneration and letting go
- * space for retreat & experiencing nature
- * inspiration for home - small routines you can keep

You don't need to be particularly flexible. Whether you're trying yoga for the first time or have been practicing for years - you are welcome.

You'll learn how to feel yourself better, how to be more present - physically and mentally.

How to find lightness, gather new energy, and discover small rituals for yourself. And maybe you'll fly home with a smile.

Casita Yoga Holidays Tenerife

	Sa.	Su.	Mo.	Tu.	We.	Th.	Fr.	Sa.
<i>08:30 – 09:45</i>		Yoga & Meditation		Yoga & Meditation			Yoga & Meditation	Free Yoga Practice – Your own flow, I'm here for you
<i>10:15</i>		warm porridge	warm porridge	warm porridge	warm porridge	warm porridge	warm porridge	warm porridge
<i>11:00 – 12:15</i>			Yoga-Workshop: healthy back			Yoga Workshop: Relax for shoulder and neck		Room-Check-Out (bis 11:00)
<i>12:30</i>		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>13:30 - 14:30</i>				Mindful Walk for the Senses (30 – 45 min.)		Strong feet – Steady balance (30 min.)		
<i>14:00 – 17:30</i>	Check In (15:00 – 17:30)				Trip to the Sea		Yoga-Workshop: Soft Inversions Practice	
<i>18:00</i>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
<i>19:30</i>	Welcome and Introduction							
<i>20:00 – 21:00</i>		Yin Yoga – Let Go & Relax	Yin Yoga – Let Go & Relax	Yin Yoga – Let Go & Relax	Music and Dance	Eye Yoga & Face Massage	Reflection & Closing Circle	
<i>21:00 – 22:00</i>					Fire Bowl			

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Enjoy a holistic yoga and relaxation program, high-quality sustainable accommodation, and 100% organic catering. Always freshly prepared with regional ingredients.

Accommodation:

- Sea-view room with private shower, separate lounge
- Large garden paradise with sea view, small pool, lawn, and many quiet corners
- Fully equipped yoga house in the garden, available all day
- Vegan-vegetarian full board, freshly prepared daily, 100% organic, based on Ayurvedic cuisine * Organic tea bar and filtered water available at all times
- 12 yoga classes* / workshops, sea excursion, fire bowl, music & dance
- Liver compress to support detox and relaxation
- Ayurvedic accessories: tongue scraper, organic oil-pulling oil, organic hand soap
- Original Finnish outdoor sauna with wood heating (at extra cost)

Included in the Basic Package:

- 1 x 90-minute massage, including detox foot bath

Want more than the one massage in the basic package? Choose the Deluxe Package!

Included in the Deluxe Package:

- 3 x 90-minute massages including detox foot bath
- 2nd and 3rd massage optionally with detox foot bath or yoni box treatment (steam bath for the pelvic area)
- 30-minute Ayurvedic infrared sweat cabin

We look forward to welcoming and pampering you!

Your Casita Yoga Holidays Team

*With fewer than 3 guests, we reserve the right to reduce instructed yoga time. The offer may be adjusted depending on the weather.

Practical Information for Your Casita Yoga Holidays in Tenerife

- We begin our shared program on arrival day with dinner.
- Arrival on the first day: between 3:00 PM and 5:30 PM.
- Room check-out on departure day: please by 11:00 AM at the latest.
- You may still use the facilities until 12:30 PM.
- We end our shared program with lunch at 12:30 PM on the day of departure.
- Our yoga and Ayurveda house is a place free from alcohol, drugs, and smoking.
- We do not offer coffee. If desired, you can bring instant coffee - there is no coffee machine on-site.

Climate and Clothing Tips:

- From November to March/April, mornings and evenings or cloudy/rainy days can be cool. It rarely drops below 10 degrees C at night and 15-16 degrees C during the day. In the sun, it can feel hot year-round.

Please bring:

- Headlamp or flashlight - helpful for evening walks to the yoga house or stargazing * Only biodegradable cleaning products - no sewage treatment plant
- Slippers for cool tile floors
- Garden shoes that are easy to slip on and off
- Bath towel for the pool or ocean
- Possibly old underwear with minimal fabric (massages involve oil)
- Comfortable hiking or running shoes for light walks
- Flip-flops or "oil socks" for walking to/from massage

Casita Yoga Holidays in Tenerife

Dates 2025-2026

December 2025

- 27.12.2025 - 03.01.2026

January 2026

- 17.01.2026 - 24.01.2026

- 24.01.2026 - 31.01.2026

February 2026

- 21.02.2026 - 28.02.2026

March 2026

- 14.03.2026 - 21.03.2026

May 2026

- 02.05.2026 - 09.05.2026

June 2026

- 13.06.2026 - 20.06.2026

*All yoga retreat weeks can be booked individually.

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Prices:

New Year Yoga Retreat (27.12.2025 - 03.01.2026)

Basic Package: EUR 1,405 (DR) EUR 1,605 (SR)

Deluxe Package: EUR 1,775 (DR) EUR 1,975 (SR)

Early Bird Offer: Book by September 30, 2025 and receive EUR100 off New Year week packages.

Prices for all regular yoga retreat weeks starting January 2026:

Basic Package: EUR 1,305 (DR) EUR 1,505 (SR)

Deluxe Package: EUR 1,675 (DR) EUR 1,875 (SR)

Casita Ayurveda Tenerife - www.casita-ayurveda.com

info@casita-ayurveda.com

Bianca: +49 (0) 176 24 01 63 57

Fabienne: +34 613 88 81 03, +49 (0) 176 23 58 69 40

**Bianca - Physiotherapist,
Yoga Therapist,
Bodyworker &
Nature Enthusiast**



Born in 1976, I have been joyfully and passionately supporting people in movement, stillness, and personal growth for almost 30 years.

As a physiotherapist, yoga therapist, Pilates instructor, and fitness and aerobics trainer, I have a deep connection to the body - and I love sharing movement as a path to inner balance and vitality.

My courses, workshops, and retreats are shaped by holistic thinking, a deep connection to nature, and a keen sense for what people need in the moment. I am a bodyworker with heart - clear, empathetic, humorous, and powerful. Tenerife stole my heart.

I first visited the island in summer 2021 - and immediately fell in love: with the desert in the south, the mountains in the north, and the mild yet powerful climate. As a passionate diver, climber, and hiker, Tenerife is a place of abundance and inspiration for me.

In 2024/2025, I spent the winter on the island in a van with my son and our dog - and that's when I met Fabienne and Tobias and discovered their lovingly designed little paradise: Casita Ayurveda. From that meeting, a wonderful connection was born - and the idea to offer yoga holidays together at this special place.

I look forward to accompanying you on this journey with my energy, experience, and cheerful-calm presence - toward more presence, clarity, relaxation, and vitality.