



Sobertopia Beach Retreat 2025

Day 1 Saturday 7th June

16.00 Arrival / Check-in - Unpack, settle in & explore the Beach Villa and its surroundings, your beautiful home during this retreat

18.30 Welcome drinks

19.15 Freshly prepared buffet-style dinner

20.15 Introductory group chat with N/A cocktails by the pool

Day 2 Sunday 8th June

08.00 – 09.00 'Unravel from your travel' Gentle Yoga practice

09.15 Freshly prepared breakfast

10.30 – 13.00 Padel Tennis Class plus 1-hr Free Play

13.30 Fresh and healthy lunch

14.00 – 18.00 Time for an afternoon of your choice: lounging at the pool, paddle surfing, getting a massage (at extra cost), reading, going for a run, writing in your Sobertopia journal, swimming... The world is your oyster!

18.30 Pre-dinner N/A Bubbly Hour on the terrace

19.15 Freshly prepared buffet-style dinner

20.15 Sunset Stroll on the beach

Day 3 Monday 9th June

08.00 – 09.00 Sunrise Yoga practice

09.15 Freshly prepared breakfast

10.30 - 12.30 Sound Healing - A relaxing guided meditation, followed by journaling

13.30 Fresh and healthy lunch

14.00 – 17.00 Time to unwind at the villa...

17.00 – 20.00 Today we hit town! Trip into the beautiful city of Malaga for a stroll (Malaga has beautiful architecture, cute little shops, and a great mediterranean vibe!), followed by tapas style dining in a typical Spanish restaurant

20.15 Delicious N/A drinks & a closing group chat on the terrace

Day 4 Tuesday 10th June

09.15 Freshly prepared breakfast

10.30 You Time... Soak up those last sun rays at the pool!

12.00 Time for check-out & goodbyes

THIS ITINERARY MAY BE SUBJECT TO SMALL CHANGES