



CAMIRAL

GOLF & WELLNESS



YOGA & BRUNCH SERIES

Connect with the moon

Join us for a monthly wellness escape at Camiral's Wellness Centre, guided by Sara Juan, specialist in Navakarana Vinyasa yoga. Each session is aligned with the lunar cycle, offering a unique blend of mindful movement, water rituals, and nourishing seasonal food.



10:00 am (60 min)

Navakarana Yoga

Breath-led movement to restore balance, strength, and inner calm.

11:00 am (60 min)

Thermal Experience

Unwind in our wellness area with access to hydrotherapy pools, sauna, steam room and more.

12:30 pm (60 min)

Healthy Brunch

Refuel with a delicious, wholesome brunch served in our Wellness Kitchen.

Price: €60 per person

Limited spaces · Booking required



LUNAR PHASES

Waxing Moon

Growth & expansion
3 May · 27 September

Waning Moon

Release & purification
19 July · 15 November

New Moon

Introspection & rest
21 June · 18 October ·
20 December

Full Moon

Peak energy
9 August



CLICK HERE to reserve or contact us:
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www.camiral.com