

Unique Experiences
2021



Less than 2 hours away from Madrid

Located just 190 km away from Madrid, our clients can reach Abadía Retuerta in less than two hours. It is an enjoyable trip with very little traffic. Most of the route is on the highway, and the last 20 km go through a national road with spectacular scenery.



- High-speed train (AVE) Madrid – Valladolid (56 min).
- 30 kilometres from Valladolid Campo Grande train station.
- 50 kilometres from Valladolid Airport.
- 190 kilometres from Madrid.
- 300 kilometres from Bilbao.
- 430 kilometres from Oporto.

Enjoy a unique experience at your safe destination, now even safer

At Abadía Retuerta we have adapted the safety and hygiene measures for our unique experiences:

- Adaptation of our Unique Experiences activities in order to guarantee compliance with the safety measures.
- Obligatory use of PPE –Personal Protective Equipment–by our collaborators.
- Taking guests' temperature upon arrival at Visitor Center.
- Customers will receive a Safe Pack, which includes an FFP2 mask and hand sanitizer before their visit.
- Implementation of hygienic measures and disinfection of the equipment used during each winery visit.
- Installation of hand-sanitizer dispensers in common areas.
- Capacity reduction and restriction in the winery shop. Reorganization of spaces to comply with the safety guidelines.

Additional Information:

- Private Tours.
- Reservations required and subject to availability.
- Languages: Spanish and English.
- Cancellation policy: 48 hours.
- Safety and hygiene measures will be adapted to guarantee our clients' safety.



Around wine



Around nature



Around art

*Unique
Experiences*



Around fine dining



Around Wellness



Around wine



Abadía Retuerta Tour



Terroir Experience



Visit and Winemaker's Collection tasting



Oenological Immersion



Visit and full range tasting



Great Estates of Spain Experience "Travel around Spain" Tasting



Great Estates of Spain Experience "Themed" tasting



Abadía Retuerta Tour

A visit to Abadía Retuerta is more than just a winery tour; you'll be immersed in a very special place: an estate steeped in history, a unique terroir, which has been carefully cherished over the years.

- Available year-round.
- Estimated duration: 1.5 hours.
- Historical tour of the Abbey for customers who are not staying at LeDomaine.

THE EXPERIENCE

- **The Estate. Discover our natural heritage and the terroir:** Tour our estate in a private 4x4 vehicle, visit its viewpoints and discover its flora and fauna.
- **The wine. The force of gravity:** Tour of the Preparation Room and the Barrel Room.
- **The tasting. End of Tour:** Guided tasting of three wines: Selección Especial and two exclusive varietal Pago wines.



€40 / per person
(VAT included)



€33 / per person
(VAT included)

walking tour



Terroir experience

Abadía Retuerta promotes and highlights the terroir concept through its wines, understanding it as a compendium of not only the soils where our vines are rooted, but also the temperature that affects them, the grape varieties we grow, and the work our job involves. In this Experience, understanding and appreciating the vineyard takes center stage.

-  Available year-round.
-  Estimated duration: 1.5 hours.
-  Historical tour of the Abbey for customers who are not staying at LeDomaine.

THE EXPERIENCE

- **The Estate. Discover our natural heritage and the terroir:** By visiting three of our exclusive vineyard plots, you'll learn about the characteristics of the soil, temperature and grape varieties and how all these elements are integrated during the wine tasting.
- **The wine. The force of gravity:** Tour of the Preparation Room and the Barrel Room.
- **The tasting. End of tour:** Guided tasting of three exclusive Pago wines from the terroirs we visited during the Experience.

 1-6  +7 €50 / per person (VAT included)
walking tour

Visit and Winemaker's Collection tasting

Winemaker's Collection encompasses an entire series of national and international varieties planted on the estate by our oenologist Ángel Anocíbar, allowing us to study their nuances and their adaptation to the Douro terroir: future projects that are present-day realities.

-  Available year-round.
-  Estimated duration: 1.5 hours.
-  Historical tour of the Abbey for customers who are not staying at LeDomaine.

THE EXPERIENCE

- **The Estate. Discover our natural heritage and the terroir:** Tour our estate in a private 4x4 vehicle, visit its viewpoints and discover its flora and fauna.
- **The wine. The force of gravity:** Tour of the Preparation Room and the Barrel Room.
- **Winemaker's collection tasting. End of tour:** Guided tasting of three wines from our Winemaker's Collection: a tour of the world's varieties from Abadía Retuerta, including the nuances that our terroir contributes.

 1-6  +7 €50 / per person (VAT included)
walking tour



Oenological Immersion

Have the comprehensive wine culture experience by touring every corner of Abadía Retuerta LeDomaine: the Douro River, the pine groves, the moorland and the vineyards.

-  Available year-round.
-  Estimated duration: 3 hours.
-  Historical tour of the Abbey for customers who are not staying at LeDomaine.
-  Activity subject to weather conditions.
-  The cheese contains lysozyme (derived from eggs).

THE EXPERIENCE

- **The Estate. Discover our natural heritage and the terroir:** Tour our estate in a private 4x4 vehicle, visit its viewpoints and discover its flora and fauna.
- **A snack in the country. A stop along the way:** During the estate tour, we'll stop and enjoy a snack based on products from our region paired with one of Abadía Retuerta's wines.
- **The wine. The force of gravity:** Tour of the Preparation Room and the Barrel Room.
- **The garden:** We'll make a stop at the estate's biodynamic garden. Feel like a farmer for a day by picking fresh, seasonal vegetables.
- **Tasting and vineyard plots. End of tour:** Guided tasting of Abadía Retuerta Selección Especial, Blanco LeDomaine and our four Pago wines.

  **€150** / per person
(VAT included)
walking tour

* We'll visit the Garden during its growing season: between May and October.

Visit and full range wine tasting

Immerse yourself in our wine-making proposal: a complete tasting session of Abadía Retuerta wines, including the different varieties originating from select estates, the true protagonists of this activity full of memories for the palate.

-  Available year-round.
-  Estimated duration: 1.5 hours.
-  Historical tour of the Abbey for customers who are not staying at LeDomaine.

THE EXPERIENCE

- **The Estate. Discover our natural heritage and the terroir:** Tour our estate in a private 4x4 vehicle, visit its viewpoints and discover its flora and fauna.
- **The wine. The force of gravity:** Tour of the Preparation Room and the Barrel Room.
- **The tasting and the wine estates. End of tour with our full range:** Guided tasting of Abadía Retuerta Selección Especial, Blanco LeDomaine and our four Pago wines.

  **€80** / per person
(VAT included)
walking tour



Great Estates of Spain Experience “Travel around Spain” tasting

Abadía Retuerta proposes a trip around Spain through some of the wines and wineries that make up the Great Estates of Spain. A journey full of varieties, subtleties and surprises.

-  Available year-round.
-  Estimated duration: 1.5 hours.
-  Historical tour of the Abbey for customers who are not staying at LeDomaine.

THE EXPERIENCE

- **The Estate. Discover our natural heritage and the terroir:** Tour our estate in a private 4x4 vehicle, visit its viewpoints and discover its flora and fauna.
- **The wine. The force of gravity:** Tour of the Preparation Room and the Barrel Room.
- **Tasting of the great estates of Spain. End of tour:** Guided tasting of five wines on a journey around Spain through the Great Estates of Spain wineries.

WINE TASTING

- **Finca Terrerazo.** Vino de Pago El Terrerazo.
- **Finca Valpiedra.** Reserva.
- **Abadía Retuerta.** Pago Negralada.
- **Palacio Quemado.** Los Acilates.
- **Enrique Mendoza.** Estrecho.

 **€80** / per person
(VAT included)
minimum 4 people

Great Estates of Spain Experience “Themed” tasting

Abadía Retuerta has selected wines from the 29 wineries that make up the Grandes Vinos de España (Great Wines of Spain) project to show our visitors, through tasting sessions and a tour of our estate and winery, exciting examples of the different wine-making processes used in Spain.

-  Available year-round.
-  Estimated duration: 1.5 hours.
-  Historical tour of the Abbey for customers who are not staying at LeDomaine.

THE EXPERIENCE

- **The Estate. Discover our natural heritage and the terroir:** Tour our estate in a private 4x4 vehicle, visit its viewpoints and discover its flora and fauna.
- **The wine. The force of gravity:** Tour of the Preparation Room and the Barrel Room.
- **Tasting of the great estates of Spain. End of tour:** Guided tasting of five wines on a journey around Spain through the Great Estates of Spain wineries.

WINE TASTING

- **Fillboa.** Selección Finca Montealto.
- **Gramona.** III Lustrós.
- **Abadía Retuerta.** Pago Negralada.
- **Alvear.** 3 Miradas vino de pueblo.
- **Cortijo los Aguilares.** Pago el Espino.

 **€80** / per person
(VAT included)
minimum 4 people



Around nature



*Picnic e-bike
Tour*



Harvest



*Beekeeping
day*



*Lavender
Experience*



*Horse ride around
the vineyards*



Falconry



*Retuerta
Exclusive*



*Stargazing
Experience*



*Mushroom Foraging
Experience*



Picnic e-bike Tour

Vineyards, ponds, forests and age-old trees are just some of the jewels of nature you can see while riding one of our Fta-Bike electric bicycles. You can also finish with a deserved aperitif under an oak tree, a centennial pine or from one of the many vantage points.

- 🕒 Estimated duration: 2 hours.
- ⚡ Activity subject to weather conditions.
- 👉 The cheese contains lysozyme (derived from eggs).

THE EXPERIENCE

- **The state. Discovering our natural heritage and the terroir:** Tour our estate on an electric bike, visit its viewpoints, discover its flora and fauna, learn about the cycles of the grapevine, observe our farming work, and taste in-season grape varieties picked directly from the vine.
- **Snack in the country. A stop along the way:** During our tour of the estate, we will stop to enjoy a snack based on products from our region paired with one of our Abadía Retuerta wines.
- **The wine. The force of gravity:** Tour of the Preparation Room and our Barrel Room.
- **The tasting. End of tour:** Guided tasting of three wines: Selección Especial and two exclusive Pago wines.

Bike description: Fat type Haibike electric bike with 26x4 tyres, Bosch Performance CX 250W motor



€60 / person
(VAT included)



Harvest

Learn first-hand how the grapes are harvested, the best bunches are selected, the grapes are pressed and the must is tasted. Finally, enjoy a tasting session of three wines: Abadía Retuerta Selección Especial and two exclusive Pago wines.

- 📅 Available from Monday to Friday.*
- 📅 Available from September to October.
- 🕒 Estimated duration: 2.5 hours.
- ⚡ Activity subject to weather conditions.
- 🥛 The cheese contains lysozyme (derived from eggs).

* Saturday and Sunday: subject to availability.

THE EXPERIENCE

- **The harvest. The importance of the grape harvest:** Explanation of the secrets of the harvest. Guests are provided with all the necessary materials for the experience in the field.
- **Harvesting. Field work:** Selection of the plot to be harvested and hand-picking of the grapes by the guests.
- **Grape treading. The musts:** The visitors will tread the grapes in the traditional manner to extract the musts, which will be tasted as they go along.
- **Tasting and snack. End of tour:** This harvest day will culminate with a guided tasting of Abadía Retuerta Selección Especial and two exclusive Pago wines along with a selection of homemade products from the region served individually.



€150 / person
(VAT included)

visita a pie



Beekeeping day

Put yourself in the shoes of a bee-keeper and learn about the life of a bee? This is also an option at Abadía Retuerta. Learn all there is to know about taking care of apiaries, producing honey and the life of these animals, and end your bee-keeping day with a tasting session of wines and honey-related products.

- 📅 Available from Monday to Friday.
- 📅 Available from May to September.
- 🕒 Estimated duration: 3 hours (mornings only).
- ⚡ Activity subject to weather conditions.
- 🥛 The cheese contains lysozyme (derived from eggs).

Each partaker will be given an individual kit.

THE EXPERIENCE

- **The apiary:** Explanation and recommendations on how to behave at the apiary in collaboration with Montes de Valvení Honey.
- **Heading to the apiary. The estate:** Discover the natural beauty and flora of our estate on the way to the apiary.
- **Observation of the bees:** Receive and put on protective gear. Observation of a beehive, identification of its inhabitants and the basics of bee handling.
- **The wine. The force of gravity:** Tour of the Preparation Room and our Barrel Rooms for white and red wines.
- **Tasting and snack. End of tour:** Back at the winery, our beekeeping workshop will culminate with a tasting of a selection of honeys, cheeses and wines.



€60 / person
(VAT included)



Lavender experience

When the flowers bloom, it's the perfect time to enjoy an unforgettable experience while exploring the lavender trails and discovering the flora and fauna of Abadía Retuerta.

- 📅 Available from June to September.
- 🕒 Estimated duration: 2.5 hours.
- ⚡ Activity subject to weather conditions.
- 👉 The cheese contains lysozyme (derived from eggs).

Each partaker will be given an individual kit.

THE EXPERIENCE

- **Harvesting lavender. The stills:** Manual harvesting of lavender flowers by our guests for the subsequent extraction of the essences in a traditional still.
- **The estate. Discovering our natural heritage and the vineyard:** Exploration of the estate on foot and vineyard tour.
- **The wine. The force of gravity:** Tour of the Preparation Room and our surprising Barrel Rooms.
- **Wine tasting and food pairing:** Guided tasting of three wines: Abadía Retuerta Selección Especial and two exclusive varietal Pago wines from Abadía Retuerta. This is all accompanied by a selection of handmade products from our region to help you recover after your day in the country.
- **End of tour. Lavender essences:** An aromatic experience with the essential oils extracted from the harvested lavender.



€80 / person
 (VAT included)



Horse ride around the vineyards

Explore the most natural and relaxing experience you can imagine, a ride on horseback around our estate, feeling the breeze and fragrance of the land on which our wines are grown.

- 📅 Experience guided by one or some instructors.
- ⚡ Activity subject to weather conditions.
- 👉 The cheese contains lysozyme (derived from eggs).

THE EXPERIENCE (option A short program)

- Possibility of enjoying the experience without the visit to the winery.
- Snack and wine tasting of three wines not included.
- **Estimated duration:** 2 hours.
- Activity available to guests staying at LeDomaine.

THE EXPERIENCE (option B complete program)

- **The state. Discovering our natural heritage and the terroir:** Tour our estate on horseback to visit its viewpoints.
- **Snack in the country. A stop along the way:** During our horse ride around the estate, we will stop to enjoy a snack based on products from our region paired with one of our Abadía Retuerta wines.
- **The wine. The force of gravity:** Tour of the Preparation Room and our Barrel Rooms for white and red wines.
- **The tasting. End of tour:** Guided tasting of three wines: Selección Especial and two exclusive Pago wines.
- **Estimated duration:** 3 hours.
- Experience available to hotel guests and visitors.


 SHORT PROGRAM
€195 / person
 (VAT included)

COMPLETE PROGRAM
€260 / person
 (VAT included)



Falconry

Enjoy one of Europe's most historic of sports by participating in a bird of prey demonstration within the Estate's grounds. During the display, you will learn both about its history and about the different species of birds, their physiology and their characteristics.

-  Activity available to guests staying at LeDomaine.
-  Estimated duration: 1.5 hours.
-  Location: Hospedería Garden.
-  Activity subject to weather conditions.

THE EXPERIENCE

- Flight display of different birds of prey.
- You will have a chance to see these rare and powerful birds at close quarters and you will be given a unique insight into the relationship between bird and handler in the pursuit of wild quarry.

| | |
|---|--|
| Falconry Exhibition Display of 6 birds of prey in flight. 85" | €950 / per show (VAT included) |
|---|--|

| | |
|---|---|
| Falconry Exhibition Display of 10 birds of prey in flight. 105" | €1450 / per show (VAT included) |
|---|---|

| | |
|---|---|
| Flight display and bird exhibition Show. 95" | 1950€ / per show (VAT included) |
|---|---|



2-50



Retuerta Exclusive

Discover a different way to explore the world of wine by flying over the vineyards of Abadía Retuerta LeDomaine, the Douro River and pine groves. At sunrise, taking off in a hot air balloon at first light and flying across the sky is a one-in-a-kind experience. You'll enjoy a bird's eye view of the Castile countryside.

-  Estimated duration: 3 hours.
-  Activity available to guests staying at LeDomaine.
-  Activity guided by an expert hot air balloon pilot.
-  Activity subject to weather conditions.
-  Comfortable clothing and footwear is recommended.
-  Typical snack from the region served with a glass of Abadía Retuerta wine.
-  "Aerial initiation" diploma.

THE EXPERIENCE

- **Meet at dawn at the launch area:** you can watch the hot air balloon being assembled and even lend us a hand.
- **Landing and snack in the country:** One of the most fun and exciting moments is landing. Once on the ground, in the middle of nature, you'll be served a mid-morning snack with high-quality products from our land, finishing with a toast with one of Abadía Retuerta's wines.



4-6

| |
|--|
| €350 / person (VAT included) |
|--|



+7

| |
|--|
| €250 / person (VAT included) |
|--|



Stargazing Experience

Gazing at the Milky Way from this paradise, a natural setting with clear, high-quality night skies characterised by their minimal light pollution, is an unforgettable experience. In our “Jardín de la Hospedería”, opposite the Romanesque apse, guests can look through our telescope at the almost endless beauty of the sky.

-  Activity available to guests staying at LeDomaine.
-  Food and beverage is not included.
-  Activity subject to weather conditions and to the star calendar.
-  The activity may be shared with other clients*.

* If you prefer a private experience, please ask for price.

THE EXPERIENCE

- Welcome at the hotel reception to start the activity in the Hospedería Garden.
- Celestron CPC 1100 GPS telescope.
- Guide, support material and planisphere.

AVAILABLE IN THE FOLLOWING DATES*

- **6th, 13rd, 20th and 27th of May.**
- **3rd, 10th, 17th and 24th of June.**

* Check dates during the summer.



Mushroom Foraging Experience

Abadía Retuerta LeDomaine offers the chance to be a real "mushroom hunter". In unique surroundings, on a 700-hectare estate and accompanied by one of Castilla y León's leading experts in Mycology, discover the great variety of local mushrooms and their main characteristics.

-  Dates: from 22nd of October until 22nd of November 2021*.
-  Activity available to guests staying at LeDomaine.
-  Estimated duration: 3 hours (excluding lunch).
-  Activity subject to weather conditions.

*Dates may change according to the mushroom season.

THE EXPERIENCE

- **Introduction to the world of Mycology.**
- **Outdoor workshop – Mushroom Foraging:** Walk around the estate and learn about the mushrooms found during the walk before collecting mushrooms under the supervision of the mycology expert.
- **Aperitif** at the hotel.
- **Mushroom-tasting workshop.**
- **Lunch at Vinoteca** including dishes paired with seasonal mushrooms.

Comfortable clothing and footwear are recommended for this activity. Each partaker will be given an individual kit.

 2-6 **€237** / person
(VAT included)

 7-19 **€175** / person
(VAT included)



Around fine dining



*Countryside
aperitif*



*The Abbey
Vegetable Garden*



*Wine and cheese
harmony*



*Enogastronomic
wine experience
Vinoteca /
Calicata Terroir Bar*



*Bartender's
Secrets*



Countryside aperitif

Enjoy the surrounding countryside and take a break with a snack with the Abadía Retuerta seal of identity. Relax in the shade of the age-old trees growing on the estate.

- 🕒 Estimated duration: 2 hours.
- 🏰 Historical tour of the Abbey for customers who are not staying at LeDomaine.
- ⚡ Activity subject to weather conditions.
- 🥛 The cheese contains lysozyme (derived from eggs).

THE EXPERIENCE

- **The state. Discovering our natural heritage and the terroir:** Tour our estate in a private 4x4 vehicle, visit its viewpoints and discover its flora and fauna.
- **Snack in the country. A stop along the way:** During our walk around the estate, we will stop to enjoy an individually served snack based on products from our region paired with one of our Abadía Retuerta wines.
- **The wine. The force of gravity:** Tour of the Preparation Room and our Barrel Room.
- **The tasting. End of tour: Guided tasting of three wines:** Selección Especial and two exclusive varietal Pago wines.



€60 / person
(VAT included)

walking tour



The Abbey Vegetable Garden

Enjoy the experience of being a gardener for a day on Abadía Retuerta LeDomaine's biodynamic vegetable garden and relive what the 12th-century monks did in that very place, picking fresh seasonal vegetables and greens ready to be cooked and enjoyed.

-  Available from May to October (both months included).
-  Activity available to guests staying at LeDomaine.
-  Estimated duration: 1 hour.
-  Comfortable clothing recommended.

THE EXPERIENCE

- **The vegetable garden:** Guided tour around the vegetable garden with explanations of the six areas that are being grown: aromatic plants, flowers, the box garden, the Parades en Crestall system, berries and the traditional vegetable garden. You will enjoy collecting the vegetables and greens that are ready and enjoy the aromas of the plants.
- **The tasting. After they have been collected, participants will taste what they have picked:** Tomatoes, onions, cucumbers and more, enjoyed with Castillo Canena oil and one of our wines from the Winemaker's Collection.



€30 / person
(VAT included)



Wine and cheese harmony

Is it true that wine and cheese don't go tastings? What we must do is to identify the cheeses that best complement each wine and viceversa: a journey through different regions of Spain through their cheeses, paired with Abadía Retuerta's wines.

-  Available year-round.
-  Activity available to guests staying at LeDomaine.
-  Estimated duration: 1 hour.
-  The cheese contains lysozyme (derived from eggs).

THE EXPERIENCE

- **Introduction to the history of Abadía Retuerta LeDomaine.**
- **"Wine and cheese harmony" tasting:** Guided tasting of three Abadía Retuerta wines selected to pair perfectly with three cheeses from different regions, individually served.



€33 / person
(VAT included)



Enogastronomic wine experience Vinoteca / Calicata Terroir Bar

Complete your visit to Abadía Retuerta with a lunch at Vinoteca, our gastro-bar where you can enjoy a creative version of Spanish cuisine, or at Calicata Terroir Bar where you can enjoy an updated traditional cuisine which focuses on the local product, the growers and our own vegetable garden, always with the touch of the Chef Marc Segarra.

- 📅 Available from Sunday to Friday.
- 🕒 Visit without lunch: 1.5 hours. Beverage is not included.
- 🏰 Historical tour of the Abbey for customers who are not staying at LeDomaine.

THE EXPERIENCE

- **The state. Discovering our natural heritage and the terroir:** Tour our estate in a private 4x4 vehicle, visit its viewpoints and discover its flora and fauna.
- **The wine. The force of gravity:** Tour of the Preparation Room and our Barrel Room.
- **The tasting. Discovering the wine:** Guided tasting of three wines: Selección Especial and two exclusive Pago wines.
- **Lunch at Vinoteca / Calicata Terroir Bar enjoying with Garduña / Calicata Menu:** During lunch, enjoy Abadía Retuerta wines and wines from friendly wineries.

👤
2-6
€80 / person
(VAT included)

Bartender's Secrets

If you want to be the best host and surprise your guests, our Cocktail Workshop will help you become an excellent mixologist. You'll enjoy a fun, exciting mixology master-class while learning all the secrets, details and techniques of craft cocktail-making first hand. You can't miss it!

- 🏠 Experience available to hotel guests.
- 📅 Available from 17.00 o 19.00.
- 🕒 Estimated duration: 2 hours.
- +18 Participants must be of legal age.
- 📖 You will receive a cocktail recipe book.

Each partaker will be given an individual kit.

* For groups of more than 8 people, the experience will take place at one of the hotel venues.

THE EXPERIENCE

You'll have exclusive use of our emblematic Sal3n Chimenea* (Fireplace Lounge), with wonderful views of the sea of vineyards.

- **Introduction:** Welcome cocktail and brief introduction to the history of cocktail making.
- **Utensils/Spirits:** Explanation and tasting of all the ingredients that will be used to prepare the different cocktails.
- **Preparation:** Time to mix the cocktails, among them, our wine mojito.
- **Non-alcoholic gin and tonic/cocktails:** Myths, truths and preparation.
- **Questions and answers** with our Bartender while enjoying your cocktail and a delicious tapa.

👤
2-7
€150 / person
(VAT included)

👥
8-30
€120 / person
(VAT included)



*Around
art*



*Experience
the Art*



Experience the Art

A walk through the history of Abadía Retuerta displayed in its Romanesque and LeDomaine architecture.

A guided experience to discover the Collection held in this unique setting: from the Italian Renaissance to the 20th century; Palma the Younger, Guardi, Pannini, Joan Miró and Rückriem feature around every corner. French tapestries, Spanish bargueños: proposals to enjoy every detail of a centuries-old historical heritage at your fingertips.

🏠 Experience available to hotel guests.

🕒 Estimated duration: 1.5 hours.

THE EXPERIENCE

- *Meet the guide at the hotel reception to begin a private and exclusive tour.*
- *The experience will end with a guided tasting of one of Abadía Retuerta's wines: the recovery of a vineyard that, with the Duero's influence, is now outstanding.*



€50 / per person
(VAT included)



Around Wellness



*Yoga and
Mindfulness*



*Laughter
Yoga*



Water Yoga



*Natura Bissé
Master Class*



*Tibetan Singing
Bowls 'Sound
Therapy'*



Yoga and Mindfulness

Two different ways to unwind. A wonderful path of self-knowledge and deep relaxation. In a world of multitasking and living at light speed, Yoga and Mindfulness can help us to enjoy life and form a deeper connection with ourselves.

- 📅 Available from February to December.
- 🏠 Activity available to guests staying at LeDomaine.
- 👤 Class taught by certified instructor.
- 📅 Subject to instructor's availability.
- 🕒 Estimated duration: 1 hour*.
- ⊗ Cancellation policy: 72 hours.

* In case of demanding 90 minutes activity, price upon request.

THE EXPERIENCE

Classes are adapted for each client's level, physical needs and personal preferences, applying the correct techniques to help you unwind:

- Reducing stress, anxiety and fatigue.
- Achieving a sense of calmness and profound relaxation throughout the body, physically, mentally and emotionally.

Possibility of groups larger than 12 people, as the class may be held outside or in another room in the hotel.



€140 / per session
(VAT included)



€195 / per session
(VAT included)



Yoga de la risa

Laughter yoga is a technique that invites you to laugh for no reason at all. We highly recommend this activity to work teams, as it allows coworkers to have fun together and form closer bonds.

- 📅 Available from February to December.
- 🏠 Activity available to guests staying at LeDomaine.
- 👤 Class taught by certified instructor.
- 🕒 Estimated duration: 1 hour*.
- ⊗ Cancellation policy: 72 hours.

* Saturday and Sunday: subject to availability.

THE EXPERIENCE

- The goal is to learn the basic concepts and practices of this technique.
- Fun group exercises will be combined with deep breathing to promote wellness, happiness and lots of laughter.

Possibility of groups larger than 12 people, as the class may be held outside or in another room in the hotel.

 7-12
€195 / activity
(VAT included)



Water Yoga

Everyone knows about the relaxing effects of yoga and water, as well as their therapeutic benefits. By combining the two, we get an activity that will relax you, reinvigorate your mind and body, refresh you and entertain you. All of that in a single activity! Not bad, right?

- 📅 Available from February to December.
- 🏠 Activity available to guests staying at LeDomaine.
- 👤 Class taught by certified instructor.
- 🕒 Estimated duration: 1 hour.
- ⊗ Cancellation policy: 72 hours.

THE EXPERIENCE

- Class held in the water in our heated indoor pool. Yoga, mindfulness and relaxation will be combined.
- The activity will involve stretches adapted to all levels.

 2-7
€195 / per session
(VAT included)



Natura Bissé Master Class

Guided beauty session at Spa Sommelier to learn about the needs of your skin and the best beauty routines. A fun, educational activity to discover which Natura Bissé products are the most suitable for your skin, as well as the correct way to apply them.

With this experience, you'll learn the best tricks for a simple, effective beauty routine.

-  Available from February to December, from Sunday to Thursday.
-  Minimum duration of 60 minutes.
-  We recommend dressing comfortably and not wearing makeup.

THE EXPERIENCE

- *Spend a unique afternoon* with your friends and/or coworkers while you learn as a group about the best personalized beauty routines.
- *During this beauty party, you'll have a fun learning experience* while discovering which Natura Bissé products are the most suitable for your skin, as well as the correct way to apply them.

 2-8
€75 / person
 (VAT included)



Tibetan Singing Bowls Sound Therapy

The Tibetan Singing Bowls are one of the most powerful tools to help our mind focus on the present moment. Physically they help restore the natural frequency of each body cell and mentally they stimulate our brain waves, inducing a deep state of relaxation. On a different level, they also break energy blockages and introduce new energy.

-  Available from February to December.
-  Activity available to guests staying at LeDomaine.
-  Class taught by certified instructor.
-  Estimated duration: 30 minutes.
-  Cancellation policy: 72 hours.

THE EXPERIENCE

- **Group Meditation – Sound Bath***: The sound bath is a deeply relaxing and meditative experience. This meditation will help you change from the normal vigilant conscience into a relaxed conscience or, more deeply, into a meditative state. This experience is suitable for beginners in meditation and for those more experienced who would like to obtain the benefits of meditation in a more effective way.

* Maximum: 6 assistants per session.

 1-6
€80 / per session
 (VAT included)



Abadía Retuerta LeDomaine
Carretera Nacional 122, km 332,5
47340 Sardón de Duero, Valladolid/Spain
+34 983 680 368 | reservations@ledomaine.es
www.abadia-retuerta.com



A MEMBER OF

THE LEADING HOTELS
OF THE WORLD®