

Voted Top Fitness Retreat Internationally by Forbes







En-suite Rooms

Heated Swimming Pool

Private Gym & Yoga Studio

Onsite Tennis Courts

Al Fresco Dining

Air Con Throughout

Beautiful Grounds & Setting

the Retreat

LOCATION

BENISSA IS ONE OF THE OLDEST TOWNS IN THE COSTA BLANCA. SITUATED 275M ABOVE SEA LEVEL IN THE PROVINCE OF ALICANTE.



BENISSA BENISSA TOWN

Benissa is an ancient town located on the Costa Blanca, consisting of a medieval town center and a coastal area. The town centre of Benissa is charming, with the striking Purissima Xiqueta Cathedral standing out in the large town square, surrounded by various bars and restaurants, making it a perfect place for visitors to enjoy.



CUMBREDEL SOL BENISSA COSTA

Benissa's coastline boasts a variety of beaches, coves, and cliffs. La Fustera is considered the best beach in Benissa, with a small sandy shoreline. Another favorite is Bassetes beach, which is home to Benissa's Club Nautico and several excellent restaurants. A great location for water sports, stand-up paddleboarding, and scuba diving.



PRIVATE CHEFS & CATERING
TREATMENTS AND THERAPIES
EXCURSIONS/ACTIVITIES
HEATED SWIMMING POOL
TENNIS COURT
VOLLEY BALL
FRENCH BOULES
YOGA ROOM WITH PROPS
OUTDOOR YOGA PLATFORM
GYMNASIUM

TABLE TENNIS & POOL TABLE
OUTDOOR KITCHEN AND BAR
SUNBEDS AND CABANA BEDS
AIR CON IN ALL BEDROOMS
HAIRDRYERS IN ROOMS
ALL TOWELS PROVIDED
FRESH BED LINEN





FLOURISH & FLOW

Room PACKAGE 1

En-suite Room

Twin or Double

All Meals, Snacks & Soft Drinks

All Classes & Workshops

£777 for 3 nights (Sharing) £1400 for 3 nights (Single Occupancy)





Rest. Relax, Revive.





FLOURISH & FLOW

Room PACKAGE 2

En-suite Room

Twin or Double

Sun Terrace

All Meals, Snacks & Soft Drinks

All Classes & Workshops

£888 for 3 nights (Sharing) £1600 for 3 nights (Single Occupancy) FLOURISH & FLOW

Room PACKAGE 3

Private Garden Room with En-suite

Sleeps 4

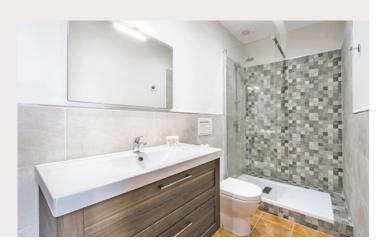
Patio Terrace

All Meals, Snacks & Soft Drinks

All Classes & Workshops

£888 for 3 nights (sharing)





Feeling Mourished

FLOURISH & FLOW

FOOD OPTIONS

FLOURISH & FLOW

ALL INCLUDED
VEGAN / VEGGIE OPTIONS
BUFFET STYLE BREAKFAST, LUNCH & DINNER
SNACKS
SOFT DRINKS
HOT DRINKS











FLOURISH & FLOW



WHATS HAPPENING?

YOGA

PILATES

FLOATING SOUND JOURNEY

QI GONG

SOUND BATHS

MEDITATION

PELVIC FLOOR WORKSHOP

ALL CLASSES INCLUDED IN COST OF SESSION

ADDITIONAL ONE TO ONE SESSIONS AVAILABLE* *MASSAGE, REIKI, PT, TRAPEZE 121 AT SMALL ADDITIONAL COST

Jaking Time For You
PAYMENT
PLAN

FLOURISH & FLOW

Non Refundable Deposit £150 by 1st Aug 2024.

Lump Sum (Remaining Balance) Payment - by 1st Jan 2025.

Payment plans schedule paid in full by 1st Feb 2025.

Transfer to villa included depending on your chosen flight times.

Flights & Baggage not included.

Contact us for more details.

transcendtribe@mail.com