



PREGNANCY & WELLNESS RETREAT

4TH - 6TH
APRIL
2025

€995 **€850**

3 DAYS & 2 NIGHTS

IN OUR NEW CALMING RETREAT SPACE TEMPLO, SOTOGRANDE

3 PRE-NATAL YOGA CLASSES

SPECIALISING IN EVERY STAGE OF YOUR PREGNANCY

1 PREGNANCY MASSAGE

TO HELP YOU RELAX DURING YOUR STAY

MIDWIFE LED BIRTH PREPARATION & BREASTFEEDING WORKSHOPS

TO HELP YOU FULLY PREPARE FOR YOUR JOURNEY INTO MOTHERHOOD

ALL FOOD AND HEALTHY SNACKS INCLUDED

ECO FRIENDLY, NUTRICIOUS FOOD DESIGNED FOR YOU AND YOUR BABY

 **Calle de la Iglesia, 5**
Sotogrande - San Roque
11312 - Cádiz, SPAIN

WWW.TEMPLOSOTOGRADE.COM

Join us and become part of an ongoing community of pregnant women by attending our eco-friendly Pregnancy and Wellness retreat based in Sotogrande.

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TEMPLO

SOTOGRANDE

PREGNANCY AND WELLNESS RETREAT

in Sotogrande, Southern Spain

*4th-6th April 2025



Join us and become part of an ongoing community of pregnant women by attending our eco-friendly Pregnancy and Wellness retreat based in Sotogrande.

By providing a holistic retreat focusing on maternal relaxation and antenatal preparation, we aim to make you feel relaxed during your pregnancy and fully prepared for the birth of your baby and into motherhood.

Either come along to prepare for your first arrival or the perfect way to escape to prepare for the arrival of your second or third!

This 3 day, 2 night all inclusive retreat at Templo is an offering for pregnant women either with your first or subsequent pregnancy to take some time out for yourself & nourish your body, participate in our prenatal yoga sessions, have a massage, join us for beach walks and ante-natal education classes. As well as an opportunity to participate in a craft session to make something for your little one.



During your time spent with us, you will experience:

- A beautiful relaxing stay at the newly refurbished retreat space, Templo
- Daily pre-natal yoga practice
- Antenatal support sessions
- Breastfeeding and postnatal workshop
- A relaxing 30 minute pregnancy massage
- Beach walks
- Opportunity to have a pregnancy photoshoot
- Nutritious meals cooked by our in house Eco chef, Bethany.
- Craft workshop to make a shell mobile; a little gift for your little one.
- Direct contact with Jess, an english speaking midwife who will be onsite at all times.



During your eco friendly pregnancy and wellness retreat you will be able to participate in our **pre-natal daily yoga practice** with Evelina, focusing on a fusion of chakra-focused Yoga and Pilates, designed to strengthen the pelvic floor and core, support a healthy pregnancy and growing baby and prepare your body for birth and a faster postpartum recovery. Each session ends with a calming chakra meditation to help you connect even deeper with your baby, leaving you feeling balanced, centered and grounded.





Alongside your relaxing yoga experience, Jess will be running daily **antenatal support sessions** and a **breastfeeding workshop**. These informative sessions focus on pregnancy, birth preparation, birth plans, options for labour, breathing techniques and much more. The in-depth breastfeeding and **postnatal workshop** will cover everything you need to know for the first 6 weeks following the birth of your little one. Jess will cover all the topics you need to know in order to make an informed decision and enable you to feel empowered on the lead up to and during your birth journey, as well as enable you to ask any questions you may have.



Your **relaxing pregnancy massage** from Sophie is a unique combination of massage therapy with myofascial release to increase space and comfort for the baby in utero. Through using a specially designed pre-natal table, this enables you to lie on your stomach for Sophie to give you a more in-depth treatment focusing on sore back and hips. The 30 minute massage will be given as part of the retreat which you can extend to one hour at a small extra cost.





As an optional extra we are offering you a chance to have a **pregnancy photoshoot** taken either inside the retreat itself or within the local area. Diana has many years experience of photography and produces naturally stunning photos of you and your bump!

As being part of the Pregnancy and Wellness retreat we are offering you two options:

1. Mini Photoshoot done during the retreat; 30 min photo session at a chosen location (close to the retreat) with 5 edited high resolution pictures - 70€
2. Full photoshoot after the retreat in your own time (can be booked in during your stay); 1 hour photo session with 20 high resolution pictures - 100€

An opportunity not to be missed!



Food

During your stay at Templo you will experience vibrant, seasonal dishes using locally sourced ingredients. During your Pregnancy and Wellness Retreat, Bethany will create a tailored nutritious menu suited for pregnancy including vegan, vegetarian, meat, and fish options. Bethany embraces international flavors, ensuring a unique culinary experience for every occasion.





ACCOMODATION AT TEMPLO

Templo Sotogrande is a newly renovated, luxurious accommodation with 11 bedrooms and 11 bathrooms across 4 single story houses, set around a private courtyard with an elevated saltwater swimming pool with direct sea and port views. The 400m² of rooftop terraces offer a stunning 360 degree view of the mountains, beach, port and sea.

Additionally, Templo has a multipurpose space for socializing among different guests with a large terrace overlooking the sea & a beautiful tranquil shared space for yoga, meditation and antenatal preparation classes.

Templo is located just 250m from Sotogrande Port and Torreguardiario beach. 1hr drive from Malaga Costa del Sol Airport and 25 minutes from Gibraltar Airport. In addition to all the above, Templo also offers:

- Wifi.
- Off street parking.
- Private and shared indoor and outdoor spaces.
- Roof terrace with panoramic views of Sotogrande and the Mediterranean Sea.
- Front line sotogrande port and beach view from every villa.
- Large interior patio featuring an elevated pool with direct sea views of Sotogrande beach and port.





RETREAT PRICES

€ 850

Includes

- 2 night stay in your own room at Templo in a shared apartment
- X2 breakfasts, x2 lunches, x1 dinner cooked in house by our eco chef Bethany. On the Saturday evening dinner will be arranged out in the local area.
- x4 hours of antenatal support sessions
- X1 Breastfeeding and postnatal workshop (lasting 3-4 hours)
- X3 hours of pre-natal yoga (spread throughout the weekend)
- x1 30 minute pregnancy massage during the weekend
- Craft making workshop
- Free 15 min one-to-one online zoom session with Jess as you're nearing your due date to give birth to re-cap any questions or doubts.
- A 10% discount on postnatal & breastfeeding visits within the surrounding area
- A 10% discount when booking our postnatal retreat day in the autumn

Optional extras:

- We offer partners to attend for lunch on Sunday and participate in the antenatal preparation class that follows for an additional 85€
- On call option to be in contact with Jess on whatsapp for questions on the lead up to birth and within the early days postnatal.
- 10% discount for an online private or group Hypnobirthing Course
- Additional 30 minute add on to your massage for 40€
- Dinner out on the Saturday evening
- Pregnancy photoshoot.





Sample Schedule of the Day:

Here is an idea of what to expect during your days spent at the Pregnancy and Wellness Retreat:

09:00 Breakfast

10:00 Prenatal Yoga Session

11 - 2pm A/N class with a tea, coffee & snack break

2:30-3:30 Lunch

4pm (optional) Beach walk / sea swim / relax by the pool / Photoshoot

4:45 Tea and cake

5 - 6:30pm - Photoshoot / Massage & Craft workshop

8:00pm Dinner

Would you like to bring a partner or a friend?

Partners are welcome to join you on the all inclusive eco friendly retreat at a discounted rate of **700€** as a room share & participate in the birth preparation classes; as well as relax and enjoy the retreat space and surrounding areas. However, if they are unable to attend, we invite them to join us for lunch on the Sunday as we will then run an interactive session after lunch for **85€**. This interactive antenatal preparation session with your partner will focus on birth positions and how you can support each other throughout your birthing journey & your journey to becoming parents. We can also discuss any doubts you may have.



MEET THE TEAM



Shari

Having lived in this wonderful community for 18 years, Shari noticed a huge gap in the local market and chose to bring luxury retreats to this beautiful area. When first moving here with her 1 year old son she felt lonely and isolated and decided to make it her mission for ex-pats and holiday makers to have a more positive experience. Since Shari's arrival the wellness industry has spiralled out of control making connection, discovery, kindness and mental awareness at the forefront of her mission. Templo is the hub of all of this; a community within itself and she is so excited to share this space and experience with everyone!



Jess

Meet Jess, a midwife and a mum. Jess qualified as a midwife in 2011 she has, since then practiced midwifery in different parts of the globe. From the UK to Morocco, as well as volunteering in different parts of Uganda. Her passion for caring for women and their babies is her number one focus and after becoming a mother herself she has felt this desire and passion to grow even further.

Having also practiced midwifery in Spain, she has decided to support and educate women through their pregnancy & birthing journey as well as their postnatal journey and well into the 4th trimester with home visits and breastfeeding support.

Jess is currently completing a masters in Breastfeeding and currently runs personalised antenatal classes & breastfeeding workshops to women and their partners.

It has been Jess's passion to help set up and run opportunities for retreats to enable pregnant women to feel empowered, ready for the birth of their babies and their journeys into motherhood!





Sophie

Meet Sophie, our prenatal massage therapist. Sophie has been practising massage for over 15 years and specialised in pre-natal massage for over 10 years. As well as providing relief and healing for her clients and is a John Barnes Myofascial Release Advanced as well as being informed in herbal medicine, Oriental medicine and trauma. Sophie listens, educates, supports and reassures; guiding you through the journey of care and comfort for you and your baby.



Evelina

Evelina is a certified Pilates teacher, a Yoga Alliance Professionals-accredited Yoga teacher and an accredited Nutritionist. With over 4 years teaching, Evelina has supported women through their pregnancy journey using yoga & meditation as a way to strengthen the pelvic floor and core, support a healthy pregnancy and growing baby to prepare your body for birth and a faster postpartum recovery.



Bethany

Bethany has lived in Andalucia for 14 years and has travelled extensively, all of which has fuelled her love and passion for different cuisines and flavours. With 10 years of experience as a private and retreat chef, she specialises in creating vibrant, seasonal dishes using locally sourced ingredients. Bethany's approach to cooking is mindful, focusing on fresh, high-quality produce with care and attention to detail. Her work embraces international flavors, ensuring a unique culinary experience for every occasion.





BOOKING AND CANCELLATION POLICY

- Recommended from 20 weeks of pregnancy, however please get in touch with any queries
- To secure your place in the Pregnancy and Wellness Retreat 50% payment is required on booking via bank transfer, bizum or paypal
- The remaining 50% should be paid 30 days prior to arrival
- For cancellations 6 weeks prior to arrival 100% refund will be given
- For cancellations 4 week prior to arrival 50% refund will be given
- For cancellation 2 weeks prior to arrival no refund will be given
- Health insurance or Seguridad Social for your pregnancy is required in order to participate
- If traveling from abroad, travel insurance is not included but highly recommended
- *Dates subject to availability (minimum 5 women required to confirm dates).

Testimonies

"Jess, your experience is second to none, and your approach was fantastic. We are both going into parenthood full of confidence and reassurance... You made us feel comfortable asking questions and couldn't feel happier sharing our experience with you."

"I feel so much stronger and prepared for birth compared to my first pregnancy"

"Evelina's style helped me to continue to stay active while creating a calming atmosphere which helped my pregnancy nerves"

"Cannot recommend Jess more highly; she is kind, professional and reliable. She made me feel competent and confident in looking after my tiny baby after my birth"

Please get in touch

Email: shari@templosotogrande.com or midwifeencasa@gmail.com

Whatsapp or Call Jess +34 630479938

