

SUSTAINABLE LIVING . HEALING PRACTICE . COMMUNITY



RETREATS @



Casa el Riego

GUIMAR, TENERIFE, CANARY ISLANDS





ABOUT CASA EL RIEGO

Casa el Riego is a 120 year-old house located on the eastern part of the island which hasn't been touched by mass tourism yet and is offering best climatic conditions.

The house is the heart of an ecological finca of 9400 m2 with a big number of tropical and local fruit trees and greens. It is well located between the North and the South of the island and a great departing point for numerous excursions.

Our family wants to promote sustainable living, healing practices and community and is happy to welcome you to our little oasis!

COMMODITIES



ROOMS

The main house comprises 6 double rooms, each one with its own bathroom and with a total capacity of 13 persons. It has 2 rooms with 2 individual beds, 1 room with a 180 cm double bed, 1 room with 3 individual beds, 2 rooms with 140 cm double bed.



OUTDOOR PRACTICE SPACE

Our rooftop with incredible views on the mountains and the sea has room for 12 yoga mats. We also provide yoga mats, stripes, bolsters and blocs.



INDOOR PRACTICE SPACE

As from January 2025: Beautiful indoor practice space for max 12 yoga mats (included in the price). We will then also offer the use of 140 meter massage mats (prices on request).



KITCHEN

For cooking there is a spacious and well-equipped common kitchen with drinking water. During the retreats it can be perfectly used to do the catering and for the guests to supply themselves with drinking water. The common outdoor area has a big table underneath a pergola to eat with beautiful views on the sea and the mountains.



GARDENS

The house is embedded in an ecological finca with 9400 m2 land of which 3000 m2 are exploited with many different types of trees and a veggie garden which provide us with fruits and vegetables all year round.



POOL

We dispose of 12x4 meter salt water pool (not heated during the winter months).



FIREPLACE

Bonfires with splendid views on the whole valley can be organized on demand to let go the day.



INTERNET

We dispose on a 5G connection in the whole space (also in the rooms).

A vibrant outdoor scene featuring a stone patio table in the foreground with five glasses of green smoothie topped with fruit and granola. A teal wicker chair is positioned behind the table. In the background, there are lush green orange trees laden with fruit, a rustic stone wall with a white ceramic bird sculpture, and a black lamppost with three glowing lanterns. The setting is a sunny terrace with a mountain visible in the distance under a clear blue sky.

"YOU HAVE THE
POWER TO PROTECT
YOUR PEACE."



PRICES

Accommodation

The prices comprise the rental of all rooms, the common spaces and the use of Yoga mats and accessories. The prices are per night for a minimum of 5 nights. Shorter stays are also possible for an extra fee of 60 euros/night.

01.05. – 15.10.2025 400 Euro
15.10. – 15.12.2025 450 Euro
13.01. – 30.04.2026 500 Euro
(Including indoor space)
01.05. – 15.10.2026 450 Euro
(Including indoor space)

Cleaning fee 180 Euro

Optionally we also offer individual prices per night and room. See more under Conditions.

Catering

minimum 6 persons

We offer healthy, ecological vegetarian or vegan cuisine with products from our gardens and local farms. We bake our own bread.

Brunch 15 Euro/person
Fruits (all day) 5 Euro/person
Dinner 20 Euro/person
OR
Breakfast 10 Euro/person
Lunch 15 Euro/person
Dinner small 15 Euro/person

YOGA, QI GONG CLASSES & BODYWORK

Yoga and Qi Gong classes can be booked optionally and are provided by Marco Bartolomeo.

There is also the possibility to book individual treatments/massages or workshops with Marco. Over the years, he has developed his own style of Thai yoga massage called SOUL IN TOUCH Thai Yoga Bodywork – a gentle and loving, yet deep and powerful way of treating people. More information about his work at www.marcobartolomeo.com

YogaQiFlow and Qi Gong classes:

15 Euro/person (min 6 Persons) or 90 euros per class

Hollistic Massages (Soul in Touch)

On the table> 60 min: 60 euro, 90 min: 90 euro, 120 min: 120 euro

On the mat> 90 min: 100 euro, 120 min: 135 euro

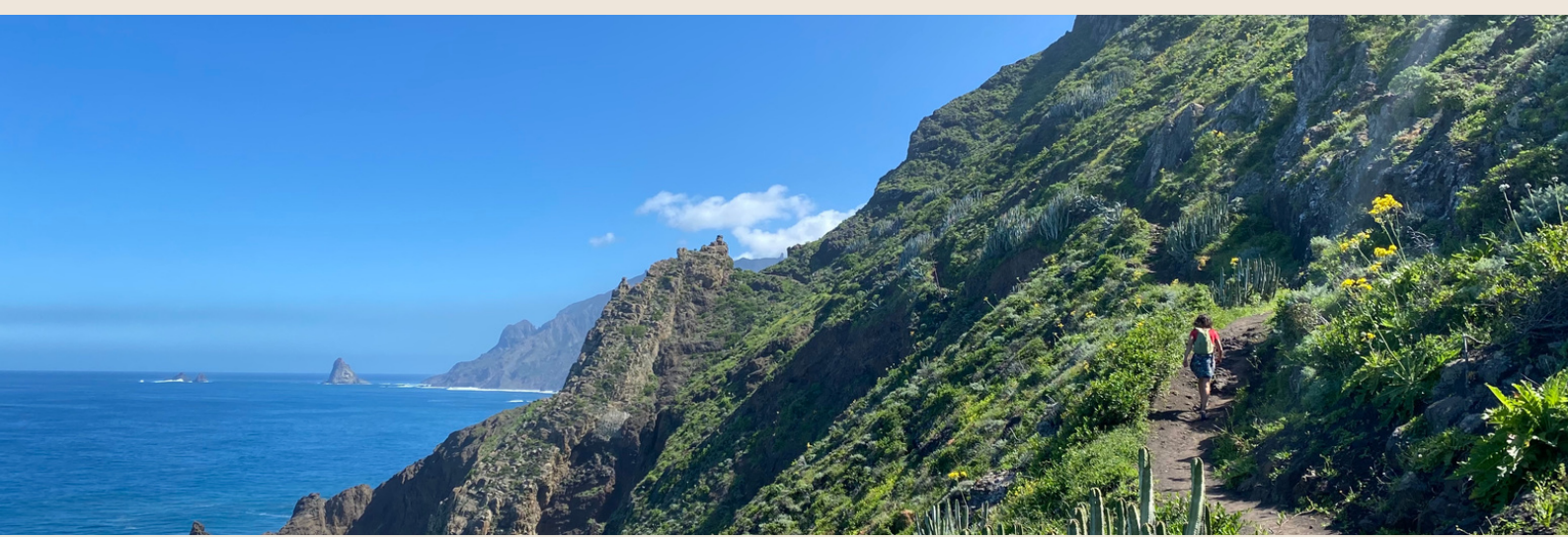
SOUL IN TOUCH Workshops from 2 hours up to three days. Prices on demand.

After this workshop you can give a 30-minute Soul in Touch Thai Yoga Bodywork Massage.

Optionally on demand:

Thai massage mats 140 cm (10 Euro/per mat/per day, after 3 days 5 Euro/per mat/per day)





EXCURSIONS & AIRPORT TRANSFER

We offer all kind of excursions for a minimum 5 persons. The following excursions are example excursions that can always be adapted to your needs.

Anaga experience 50 Euro/person
Includes transfer (via La Laguna) to the spectacular mountains of Anaga from Casa el Riego, a hike of approx. 1,5 hours, picnic and transfer back (via Santa Cruz). Total time of the excursion approx. 5 hours.

Teide experience 50 Euro/person
Includes transfer to the volcano Teide from Casa el Riego, a hike of approx. 1,5 hours on the foot of the Teide, picnic and transfer back (roundtrip). Optionally and on demand: Instead of picnic, lunch at a typical restaurant in Vilaflor) Total time of the excursion approx. 5 hours.

Malpais de Guimar 30 Euro/person
Includes transfer to the nature reserve of Malpais de Guimar from Casa el Riego, a hike of approx. 2 hours, snack and transfer back. Total time of the excursion approx. 3 hours.

Airport transfer:
We offer max two airport shuttles for each, the check-in and the check-out day.
60 Euro per shuttle.

RESERVATION & PAYMENT CONDITIONS

Option 1

Exploitation of the whole house

You make your own prices.

Upon reservation, 50% of the total room fee is due and is considered as a deposit.

30 days before the beginning of the retreat, the second half of the total fee is to be transferred. The participants book the rooms directly through the retreatholder.



Option 2

Collaboration:

We offer an individual price per person based on the desired services. A deposit of 25% of the total daily price is required to make a reservation. Participants book their rooms (and meals) directly through Casa el Riego. Cooperation agreements can be made at least four months in advance. If the minimum number of 6 participants is not reached two months before the start of the retreat, the retreat will be canceled or rooms will be opened up for individual guests.

Please find more information and impressions on the house on www.casaelriego.com or send us an email to info@casaelriego.com