

TASHI DAWA YOGA

SARDINIA

R E T R E A T S 2 0 2 6

Join Tashi Dawa in Porto Rafael for dynamic morning practice, restorative evenings, coastal walks, nourishing meals and time to unwind by the sea.



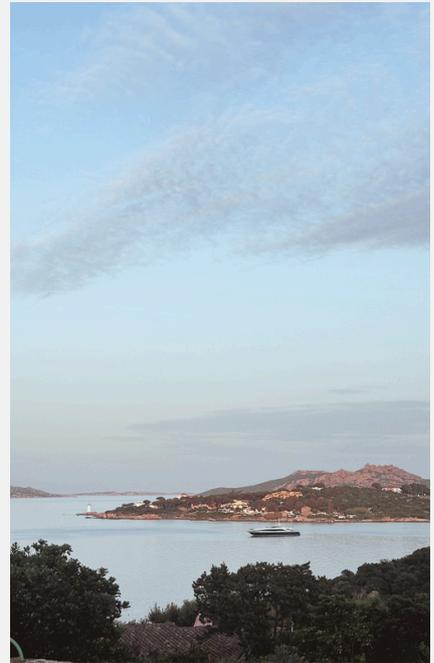
17 - 23 May / 24 - 30 May / 11 - 17 October / 18 - 24 October



DISCOVER THE BEAUTY OF SARDINIA

Set above the sea in the quiet coastal village of Porto Rafael, this 6-night retreat is a chance to reset through movement, rest, and connection. With twice-daily yoga, nourishing vegetarian meals, wild swims, walking trails, and the option to explore nearby islands, the rhythm is both energising and easeful. Come for the space to breathe, the warmth of community, and the beauty of Sardinia.

MOVE, SWIM, EAT, REPEAT



ADVENTURE & SUNSHINE



Set on the northern coast of Sardinia, Porto Rafael offers a quiet backdrop of coves, stone pathways and open sea views. The village is known for its understated charm and easy access to beaches and coastal walking routes, making it a practical and appealing base for a week of yoga and rest.

The retreat follows a steady daily rhythm: dynamic practice each morning, restorative movement in the late afternoon and ample unscheduled time between sessions.

This structure allows you to keep a steady rhythm in your practice while still enjoying the surrounding landscape at your own pace.

Meals are vegetarian and served buffet-style, prepared with fresh Mediterranean ingredients. You'll have a light breakfast, a generous brunch and dinner each day, with the option to dine at a local restaurant mid-week. We do not serve alcohol at the retreat, though there is a beautiful seaside bar just a few minutes away if you wish.

Afternoons spent exploring nearby beaches, swimming in sheltered bays or walking coastal trails. Massage and bodywork sessions with experienced therapists support a more complete reset from pace, pressure and overload.

THE RETREAT CENTRE



The Porto Rafael retreat centre blends traditional Sardinian architecture with a clean, contemporary style. The villa is designed specifically for retreat living, with a dedicated yoga shala, relaxed dining and lounge areas, and generous outdoor spaces that offer both quiet corners and places to connect.

The main villa has seven guest rooms, with a second villa just two minutes away offering another four. The accommodation is simple, comfortable and well-located, giving guests easy access to the shared spaces while allowing a choice between greater privacy or a more communal atmosphere.

Across both villas, the flow between indoor and outdoor areas supports rest, ease and natural interaction throughout the retreat.

The shared spaces are central to the experience. The indoor yoga shala hosts all daily practice, and there are several alternative practice areas to enjoy: a spacious terrace with sea views, a Mediterranean-style garden and a peaceful rooftop sun deck, allowing sessions to move outdoors when the weather is right.

Outside, the large infinity pool, stone terraces, olive trees and sculpted granite rocks create a serene setting for swimming, resting or reading between classes.

MEET THE TEAM

TASHI DAWA - YOGA RETREAT LEADER



Tashi Dawa has been teaching yoga for more than twenty years, and her experience shows in the clarity, confidence and ease she brings to every class. Her approach is rooted in long-standing practice, shaped by advanced training in Ashtanga, years of leading retreats across Europe and a commitment to integrating movement, breathwork and meditation into a cohesive, intelligent method.

What sets Tashi apart is her ability to hold a space that feels both rigorous and relaxed. Her morning practices are purposeful and steady, guided by anatomical understanding and an instinct for sequencing that comes only with experience. In the afternoons, her restorative work and breath-led techniques create a balanced rhythm that supports practitioners at every level.

Tashi's teaching style is contemporary, poetic and adaptable yet firmly grounded in tradition.

CAROLINE TAUTZ - BODYWORK PRACTITIONER & SOMATIC THERAPIST

Caroline combines a range of bodywork and movement-based therapies, tailored individually for each person.

Modalities include myofascial release, deep tissue massage, gentle "listening touch" via Dermoneuromodulation (DNM), movement therapy inspired by Feldenkrais, yoga-massage, and oil-based therapeutic sessions.

Her sessions often blend therapeutic movement or yoga/movement work with table-based massage, aiming to support physical and energetic balance, address posture, chronic tension, somatic holding patterns, and overall body awareness.



MEET THE TEAM

EMILY MCLENDON – RETREAT HOST & STRENGTH TRAINER



Emily has been a retreat host for Tashi's retreats for the past two years. She offers practical support and creates an atmosphere that feels welcoming and well organised.

Emily offers private strength training sessions during the retreat, drawing on her extensive background in movement science and athletic performance. She holds a Bachelor of Science in Kinesiology and has extensive experience across fitness and sport, including CrossFit and national-level Olympic weightlifting. Emily is a CrossFit Level 1 coach and a USAW Sports Performance Coach.

She recently graduated from the YogaEasy teacher training and integrates strength training, yoga and mindful movement.

SIMON KNOCKTON – MIND-BODY THERAPIST

Simon joins the retreat team as a mind-body therapist, offering a calm, attentive presence and one-to-one sessions that support clarity, regulation and deeper self-awareness. His work complements the retreat rhythm, providing guests with an opportunity to pause, reflect and reconnect beneath the surface of daily habits.

Simon is a certified Mind-Body Medicine Practitioner, trained through the American Institute of Mind Body Medicine. His approach draws on nervous system awareness, guided inquiry and embodied listening, helping guests explore the relationship between physical sensations, emotional patterns and lived experience in a grounded, accessible way.



MEET THE TEAM

SIMONA SCARONE - RETREAT CHEF

Simona Scarone brings a rich and varied background to her work in the kitchen. Originally a classical musician in Rome, she spent twenty years immersed in performance before following her long-held passion for cooking. She went on to run a vegan restaurant for five years, developing the depth of skill and creativity that now shapes her retreat cuisine, classes and events.

Her food on retreat is nourishing, flavourful and generous. We offer a vegetarian menu, and dietary preferences are happily accommodated.



SALVATORE NURRA - HIKING GUIDE



Salvatore Nurra is a well-regarded guide in the Sardinian hiking community, especially along the dramatic north-west coast. His deep knowledge of the landscape, history and local stories brings each walk to life, offering a thoughtful and engaging context that enhances the beauty of the region.

He leads our group on a memorable hike to the hidden beach of Cala di Trana, where we experience Sardinia's raw coastline and enjoy a secluded swim in crystal-clear waters.



DAILY YOGA

Each morning we share vigorous practice in the yoga shala; a beautiful practice space with natural light and the gentle morning breeze.

Tashi's teaching combines movement with precision & purpose and a light poetic touch. Her experience is obvious as she adapts sequences and context that is both intelligent and accessible to everyone in the room.

Tashi offers two morning sessions: a Level 2 practice for those exploring inversions, strength work and deeper physical release, and a Level 1 session focused on longevity, joint health and building functional movement patterns.

Both options share the same intention, to create space, steadiness and confidence in the body.

sunlight / sea air / mindful living / movement / simplicity / beauty / coastal culture



“Tashi offers retreats that are well-structured and genuinely supportive. She is quite a character. The yoga was intelligent, fun and accessible, I finished the retreat with new friends, a clearer mind and a much stronger body” Jane, London. Sardinia Guest 2025

DISCOVER PORTO RAFAEL



Porto Rafael offers the perfect balance of adventure and tranquillity.

Practising yoga on sun-drenched terraces, strolling along coastal paths, breathing in the salty Mediterranean air, all while immersed in community, calm, and conscious living.

Nestled on Sardinia's rugged northern coast, Porto Rafael is surrounded by turquoise Mediterranean waters, rocky coves, pine-covered hills, and hidden beaches creating an idyllic backdrop for reflection, adventure, and serenity.

The area offers a variety of coastal and inland trails providing panoramic sea-views, opportunities to explore Mediterranean flora and fauna, and gentle to moderate hiking suited for all levels.

The closest airport is Olbia - Costa Smeralda International Airport (OLB). From there, you can rent a car or jump on the group transfer, making arrival smooth and straightforward.

A retreat with yoga and breathwork, nourishing food, coastal walks, beach days, optional massage, and the chance to unwind in authentic Sardinian simplicity.



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COASTAL BLISS & COMMUNITY



GETTING THERE

The closest airport to Porto Rafael is Olbia Costa Smeralda (OLB), located on the northeastern coast of Sardinia. Group airport transfers are available for retreat guests at a cost of €130 per vehicle, accommodating up to eight passengers sharing the cost between them. The drive from Olbia to Porto Rafael takes approximately one hour and offers a smooth and scenic introduction to the region.

Car hire is recommended if you want to see the local sights, taxi's are available.

PRICES – PER PERSON

Private Rooms

- standard €2500
- budget €1950

Twinshare / Couples

- standard €1650pp
- budget €1450pp

All prices include your room, all meals and the yoga and group activities.



WWW.TASHIDAWA.COM/SARDINIA

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