



WE ARE ONE



5-10 JANUARY 2027

BIANKA DUKA

YOGA UNDER THE SUN • GRAN CANARIA • SPAIN

www.underthesunretreats.club

UNDER THE SUN.

**Every January we promise to become someone new.
Eat better. Work less. Meditate more. By February
those promises have quietly disappeared.**

This January, come to Maspalomas instead.

Six days off the coast of Africa, escaping the european winter for sun, sea and warm air on your skin. Guided by Bianka's wisdom, the week has no fixed script — the opening circle tells her what the group needs, and everything unfolds from there. That's why no two retreats are the same, and why every one of them has been magical.

We'll hike, we'll swim, move and dance — not for fitness, just because the music is playing and the sea is right there. In the morning and evening, Neil cooks: New Year food with an Italian warmth and a South African braai soul, long tables, slow meals.

Come on your own or with a bunch of friends. You'll meet people you didn't know you needed. Together we can be more, dance harder, and leave lighter than we arrived.

Come. Trust. We arrive as individuals. We leave as one.



everything feels possible

The background of the entire page is a photograph of two tall palm trees against a clear, bright blue sky. The palm tree on the left is taller and more prominent, with its trunk extending from the bottom left towards the top. The second palm tree is shorter and positioned to the right of the first one. Both trees have lush green fronds.

WHY CHOOSE UNDER THE SUN?

SUNSHINE!

Escape the European winter for the warmth of Gran Canaria. January in Maspalomas brings average daytime temperatures of around 20–21°C, approximately 7 hours of sunshine a day, and very little rain. Perfect weather for yoga outside, long lunches and afternoons by the pool.

WORLD CLASS YOGA INSTRUCTION!

Our yoga instructors are highly experienced, with extensive backgrounds in both city and retreat yoga. They have been carefully selected to add incredible value to your journey.

YOU BE YOU!

Whether you want to relax, rejuvenate, or explore the nightlife, the choice is yours.

JOIN US IN MASPALOMAS?

Set against the breathtaking backdrop of the Canary Islands' natural beauty, this retreat offers a sanctuary for those seeking a pause from daily life—a space to realign, recharge, and rediscover inner balance. Whether you're new to yoga or an experienced practitioner, this is six days to move, connect, explore and see what unfolds.



MEET BIANKA

Bianka Duka
HOST

Bianka Duka is a passionate Amsterdam based yoga guide dedicated to helping individuals embark on their journey inward through mindful movement, breathwork, and meditation. With deep influences from Hinduism, Buddhism, and other spiritual traditions, Bianca creates an inclusive and nurturing space where everyone can explore their inner selves and connect with others. Her teaching philosophy emphasizes “working in” rather than “working out,” encouraging students to cultivate self-awareness and inner peace. Bianca is known for her thoughtful integration of narrative and storytelling in her sessions, drawing inspiration from the likes of Ram Dass to enrich the yoga experience.

The retreat includes a ceremonial cacao celebration, where participants come together to honour their journey and embrace newfound connections. Bianca’s inclusive method ensures that every participant feels welcomed and empowered, fostering a supportive environment for personal growth and transformation.

Neil Roake

CHEF

“After my December retreat at Aya House, I knew I wanted to gather a group and share this special place. I’m a creative working in the world of design but have made the joy of cooking, travelling, and eating good food one of my side-gigs. The food I will be cooking will be inspired by my latest book called ‘Castaway,’ which focuses on island food. I’ll dive into the local Canarian food culture, tickle your fancy with some Asian flavour bombs, island-hop through the Greek islands, and it will all culminate in our farewell celebration feast on the last night. Only good vibes, hot food, and chilled drinks. I look forward to meeting you.”





ABOUT THE FINCA

Your sanctuary in the Sun

Situated 11 km from the bustling tourist zone of Maspalomas and the world-famous Maspalomas Dunes, this modern Spanish finca houses 14 bedrooms, all with super king-size beds and dedicated bathrooms (some en-suite). The enormous garden is made for slow afternoons, the 20-person hot tub catches the sunset, and there's plenty of communal space for long dinners with the crew. Casa Agama's ethos is to offer an affordable, relaxed, non-judgmental, inclusive, and sociable environment.

Escape into the Wild

Step away from the mat and into another side of Gran Canaria. The island is criss-crossed with spectacular hiking trails through volcanic mountains, pine forests, deep ravines and tiny mountain villages.

One of the most iconic is **Roque Nublo**, the extraordinary volcanic rock formation high in the centre of the island. Hike up into the clouds, take in huge views across the mountains and, on a clear day, all the way to Tenerife.

Go with the group or take the day for yourself. Walk. Climb. Explore. Get a little lost.

Sometimes the best reset happens far away from the yoga mat.

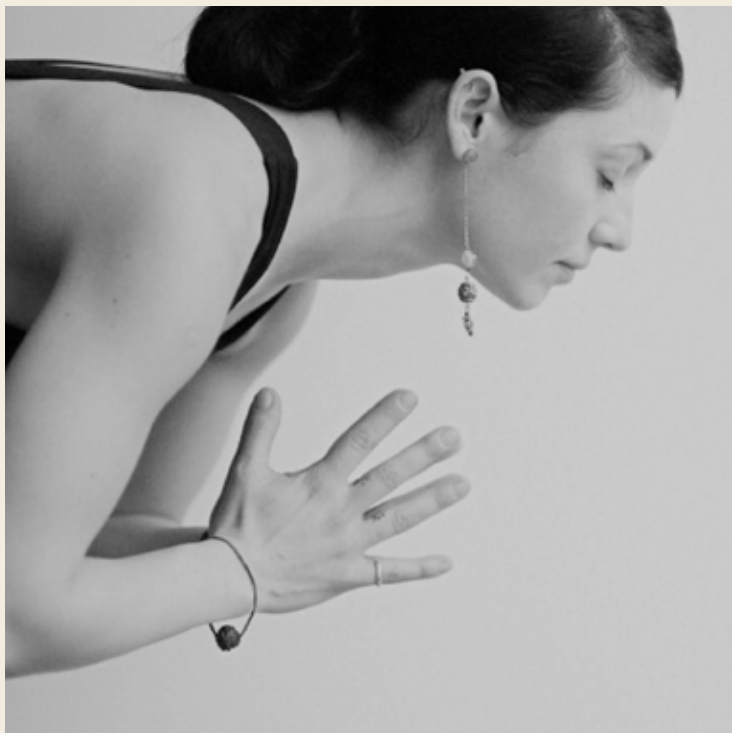




A JOURNEY INWARD

“Whatever you bring, we’ll make space for it to unfold.”

BIANKA DUKA





“Incredible yoga, incredible food,
beautiful location. I’ll be back for sure.”

Ronan O’Neill, Belfast, Ireland



**WE ARRIVE AS INDIVIDUALS.
WE LEAVE AS ONE.**





GO
WITH
YOUR
FLOW

Sample Daily Finca Agenda

SUNRISE YOGA (8-9 AM)

Energize your mornings with Bianka's creative, fun, and challenging flow. Expect mindfulness, breathwork, and meditation to strengthen body and mind, setting the perfect tone for a day of beach adventures.

BRUNCH 9 -10:30 AM

Join us in the UNDER THE SUN kitchen from 9am
Something baked, something sweet, something savoury, something spicy.
COFFEE, TEA, JUICE

DAY AT LEISURE

Soak up the sun. Order an in-house massage in our private massage cabin.
Browse our library. Explore the island. This is your retreat. You do you.
OPTIONAL COMPLIMENTARY EXTRAS INCLUDE
Guided 3 hr hike into the mountains
& A cooking class to brush up on a few new dishes.

EVENING CHILL YOGA 5-6 PM

Unwind with a slow flow session combining Hatha and Yin Yoga techniques, offering a deeper stretch to reset after a day in the sun.
Please bring your refillable bottle. Mats provided, or feel free to bring your own.

SANGRIA APERITIVO 7PM

Meet at the Castaway kitchen and charge your glasses with complimentary Sangria.
With or without the local banana liquor?

DINNER 7:30PM

Take your seats for a long, slow celebratory dinner together.

EVENING AT LEISURE

You will be able to get a taxi back to the finca from this taxi rank all through the night.
Average taxi price €18-20. Share the ride with some mates.
Don't forget your gate remote to get back into the finca

JOIN US?

SPACE TO ARRIVE

Six days to step away from familiar routines, slow down and begin the year with a little more space.

PRACTICE FOR EVERY BODY

Vinyasa, Yin Yoga, Yoga Nidra, meditation and somatic movement. You don't need to arrive with a certain level of experience—only a willingness to take part.

A DAILY RHYTHM

Morning movement, nourishing meals, time outdoors and space to rest. Each day follows a considered rhythm, without feeling overly scheduled.

CEREMONY AND CONNECTION

Cacao ceremonies, chanting, partner yoga and shared circles offer gentle ways to connect—with yourself and with the people around you.

TIME TO REFLECT

Quiet moments, honest conversations and practical workshops create space to notice where you are and what you might want to carry into the year ahead.

FOOD AROUND THE TABLE

Fresh, colourful vegetarian meals, prepared with care and shared together. Often, this is where the best conversations begin.

WINTER SUN

January in Maspalomas brings warm days, blue skies and time outside—on the mat, around the table and under the sun.

TIME TO REST

There is nowhere else you need to be. Read, swim, walk, nap or simply do nothing for a while.

WE ARE ONE

Come alone, as many people do. Practise together. Eat together. See what unfolds.

YOUR INVESTMENT

includes

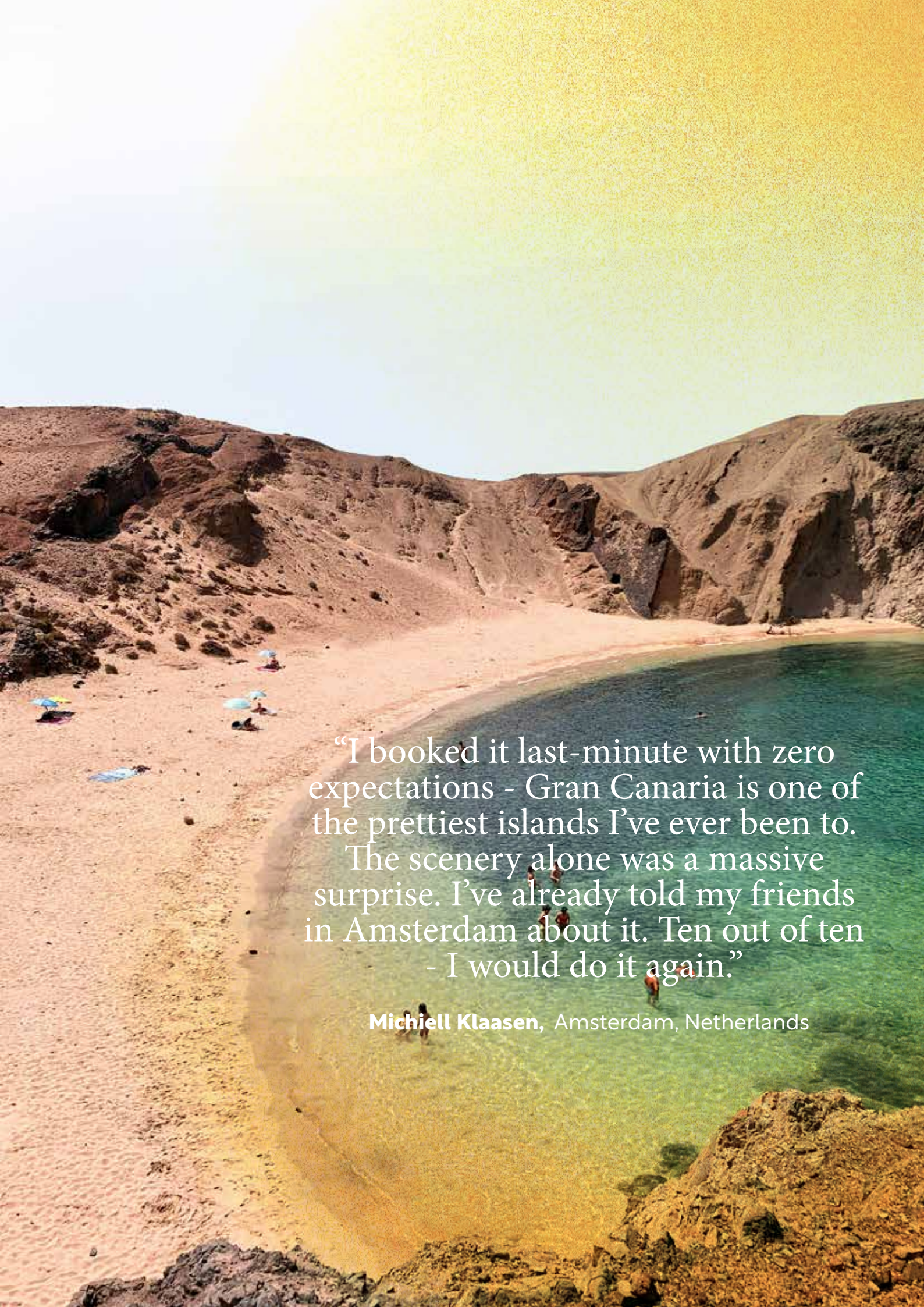
5 nights accommodation

- **Daily brunch + dinner**
- **Twice daily yoga sessions**
- Total of 14 rooms**

- **Shared Room (2 king beds) — €895 pp**
- **Shared Double Room — €795 pp**
- **Single Room — €995**
- **Single in Double Room — €1350**

WHO IS IT FOR?

- **Anyone who wants to begin 2027 with intention**
- **Those who need space to slow down and reconnect**
- **Curious beginners and experienced practitioners**
- **People who enjoy movement, rest and shared practice**
- **Solo travellers open to becoming part of a group**



“I booked it last-minute with zero expectations - Gran Canaria is one of the prettiest islands I’ve ever been to. The scenery alone was a massive surprise. I’ve already told my friends in Amsterdam about it. Ten out of ten - I would do it again.”

Michiell Klaasen, Amsterdam, Netherlands

FAQ

GENERAL INFORMATION

What is the location of the yoga retreat?

The Finca is located 11 km from Maspalomas on the island of Gran Canaria. The closest airport is Las Palmas.

How do I register for the retreat?

Go to www.underthesunretreats.club and book your ticket directly online.

What is the cost of the retreat and what does it include?

Room options and current pricing are listed on www.underthesunretreats.club. The price includes 5 nights' accommodation and 6 days at the Finca, brunch and dinner each day, and complimentary sangria in the evenings.

What is the cancellation policy?

100% refund if you cancel 6 weeks before
50% refund if you cancel up to 6 weeks before
0% refund if you cancel 4 weeks before

What language will the retreat be conducted in?

Yoga instruction will be conducted in English.

ACCOMMODATION AND MEALS

What types of accommodations are available?

There are 14 rooms, simply decorated and very comfortable, some en suite and some with a dedicated bathroom. A dedicated bathroom means you have a private bathroom, but it is located down the corridor. There are 2 sun lounge areas with sun beds and Bali beds and in the main house, there's a lounge area and a desk/workspace.

What meals are included in the retreat package?

Brunch and dinner are served at the retreat.

Are special dietary needs and preferences accommodated?

All the food is vegetarian, including the use of dairy and eggs. Vegan or gluten-free options are available upon request via email.

Is alcohol allowed during the retreat?

Yes, you can bring your own alcohol, and it can be stored in the fridge. It may be nice to have some wine with your meal in the evenings.

TRAVEL AND

TRANSPORTATION

How do I get to Gran Canaria?

TUI and Transavia fly direct from Amsterdam. For a cheaper option with a stop in Madrid, try Iberia, or use Skyscanner.

Are airport transfers included? If not, how can I arrange them?

No airport transfers are included. It is best

to catch a taxi from the airport. However, hiring a car is recommended. We suggest looking at booking.com cars, and we have used Gold Car & Top Car successfully. Ensure you have full insurance coverage when booking with booking.com to avoid unnecessary extra insurance charges at the car rental house.

Is parking available at the retreat centre?

Yes, there is a large parking area at the first entrance. You will be given a gate key remote. Remember to take it with you if you go into town and leave your car there, catching a taxi back. Taxis from Maspalomas to the Finca generally cost between €20 and €23.

YOGA AND ACTIVITIES

How many yoga sessions are there per day?

Bianka offers morning and evening sessions including additional disciplines such as meditation, inversions, partner yoga, somatic work, Kirtan and chanting sessions.

Are yoga mats and props provided, or should I bring my own?

We have yoga mats, blocks, bolsters and blankets but you are welcome to bring your own mat if you wish.

Are there any other activities included in the retreat (meditation, workshops, excursions)?

Yes, each retreat will have add-ons to the regular yoga. Bianka will lead each session.

Is previous yoga experience required?

Absolutely not. Beginners are welcome, and more experienced yoga enthusiasts will be accommodated as well.

Are there any physical fitness requirements or restrictions?

A healthy body and a healthy mind are a good start.

WHAT TO BRING

Are there any other essential items I should bring?

Sunscreen, insect repellent, and a water bottle. A refillable water bottle is available on site, but you're welcome to bring your own. Definitely good sunscreen is required.

Should I bring any special equipment for other activities (hiking shoes, swimwear)?

The days after brunch are free. You're welcome to swim, for which you would need a swimming costume, unless you prefer to visit the numerous nudist beaches. If you like to hike, then bring good hiking shoes. There is also a hot tub on the finca with great sunset views of the valley.

MISCELLANEOUS

Is there Wi-Fi available at the retreat center?

Yes, there is Wi-Fi available.

Can I use my phone during the retreat?

There is a no-phone policy during yoga exercises and at meal times, but feel free to use your phone at any other time.

Are pets allowed at the retreat?

No pets are allowed at the retreat, although the retreat does have a gorgeous one called Peri Peri.

Are there laundry facilities available?

Yes, there are washing machines and outside dryers.

What is the currency used in Gran Canaria, and are credit cards widely accepted?

The currency is the euro, and credit cards are widely accepted.

POST-RETREAT

Can I stay longer at the retreat center before or after the event?

Yes, depending on availability. Please let us know if you would like to stay longer. Rooms are available per night at reasonable prices.

How can I stay connected with the retreat community after the event?

Follow us on Instagram and check back regularly on the website for any updates on retreats. Sign up to our newsletter on the website as well.