

## INTRODUCTION

Yoga classes and baking organic bread have become by sheer chance the way Claudia is earning her living nowadays. Claudia is a step Spaniard, German born woman that came to Jesús Pobre more than 3 years ago together with her 3 children looking for a simpler and more natural kind of life more in line with her healthy life style. Looking for somewhere where her children and herself could grow in freedom.

It has been in this special place of the North part of Alicante where Claudia has found her baker and Yoga teacher vocation. Baking bread in a completely artisanal way, the mother dough she cares for and feeds every day for already 3 years long...flour slipping through her fingers in a mindfulness process similar to the one she creates in her Yoga classes.

**The Yoga & Bread sessions are hold every Thursday at Claudia's from 9:00 am to 1:00 pm.**

## ITINERARY

- **Prepack:** we will send you an email with a map and basic instructions on how to get to the starting point
- **0-15 min: welcome at the starting point,** Claudia will welcome and provide you with some explanations on what is the Yoga & Bread session about and the history of the place you are meeting.
- **15-30 min: stroll to the place of Claudia,** together with Claudia you will walk down to her house. In the way, you will get to know some stories of the village, its history and its landscape. The stroll is about 1 km length and in the way you can spot former windmills, numerous vegetable gardens and the majestic Montgó mountain.
- **30 min-1h30min: warming up.** You will start the session with a light meditation before getting your hands down to the flour, the dough and the bread. Start baking bread means touching and feeling the dough slipping through your fingers.
- **1h30min – 3h: Hatha Yoga session,** once your dough is at rest for a while, Claudia will guide you through a Hatha Yoga session where you will stretch out your bodies and your mind.
- **3h – 3h30min: baking,** with a new body and mind already in symbiosis with the atmosphere you will shape your dough before baking it.
- **3h30min – 4h: tasting,** now is the time for tasting your own baked bread together with some olive oil or any of the natural recipes Claudia is currently experimenting with.
- **4h – 4h15min stroll back to the starting point,** you will continue the circular path, without the host this time, towards the starting point where you would have park your cars. The stroll is about 1 km length, ascendant this time, and if you are lucky you will be able to see one of the neighbours sitting down and selling his products straight from his vegetable garden).
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### Yoga surrounded by nature



### Claudia's bread



#### **THINGS TO BRING:**

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- Hat or cap
- Sun cream
- Comfortable clothes

The experience includes a round stroll, around 2 km long (upwards the way back) though good surfaced roads. It is a light stroll, apt for people in wheel chair (though they would need help from someone that can help them out in the slopes if the way back).

#### **BASIC DATA OF THE EXPERIENCE**

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- MAX SIZE OF GROUP: 8 PEOPLE
- NUMBER OF HOSTS ACCOMPANYING THE GROUP: 1 (Claudia - speaking English)
- DATES: every Thursday

#### **PRICE (per person)**

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|-----------------------------|------------|
| - Basic net price:          | 20€        |
| - Service fee:              | 9.9€       |
| - VAT:                      | 6,1€       |
| - <b>TOTAL gross price:</b> | <b>36€</b> |

The price includes: welcome at the meeting point, 1 host speaking in English; final tasting of the bread, 1 bread per person, a session of Hatha yoga.

The price does not include: transportation, other meals & drinks, insurance or any service not mentioned in the paragraph above

\* Payment of the price implies that you have read and accepted the [terms and conditions](#) ruling all activities and holidays of to the core of things s.l.u

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