TRAVEL

Spain: The Yogi's Guide

Ibiza, Andalusia, the Camino and the Canaries: contemplative places, Spain's mystics, seasons, Schengen rules and the practical facts, checked and dated



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YOGIDE

Free sample

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Before you begin

Spain is a land of many climates and many islands: the high plateau of Castile, the mountains of Andalusia, the Mediterranean coast of Catalonia, the Balearic Islands with Ibiza, and, far out in the Atlantic, the volcanic Canary Islands. It is also, for many practitioners, a destination for yoga: a retreat on Ibiza in May, a winter week of practice in the Canaries, a teacher training in the hills behind Málaga.

This guide begins with a plain statement. **Yoga was not born in Spain.** No Indian lineage grew up here; yoga arrived recently, as everywhere in Europe. We will not dress up Spanish places as Indian ones. What Spain does have is remarkable, and close to the heart of a yogi: one of the great pilgrim roads of the world, the Camino de Santiago; a Benedictine mountain of prayer at Montserrat; three of the great contemplatives of history, the Sufi master Ibn Arabi, born in Murcia, and the Carmelite mystics Teresa of Ávila and John of the Cross; a Tibetan Buddhist retreat centre in the Alpujarra; and centres of the Sivananda Yoga Vedanta tradition in Madrid, Granada and Barcelona.

It is not a list of retreats. You will find no ranking, no review and no recommendation of any school, retreat centre or teacher, and that is deliberate. This book gives you the context, the practical facts and the questions that let you choose for yourself. It rests on three promises.

First, practical facts are checked and dated. Entry rules, the new European border systems, local laws on the Balearic Islands, tourist taxes, holiday dates and health advice change. Every practical fact here was checked online on **21 October 2026** against the most official source we could find, listed in the last chapter. Where we could not verify something, we left it out or told you where to confirm it.

Second, no invented experiences. No testimonials, no "when I was in Ibiza" anecdotes, no reviews. A legend is called a legend; a date comes with its source.

Third, the sacred is treated as sacred. Spain's cathedrals, monasteries and processions belong to a living Catholic faith; O Sel Ling belongs to a living Buddhist community. They are not a decor for a yoga holiday.

> **This guide informs; it does not replace official advice.**
>
> Read your own government's travel advice for Spain (UK FCDO, France Diplomatie, US Department of State) and the European Commission's pages on border rules. In Spain, the single emergency number is **112** (ambulance, fire, police); for mountain rescue you can also call the Civil Guard on **062** (UK FCDO, read 21 October 2026).

How to use this book

Still choosing dates? Read Chapters 3 and 4 first: Spain's seasons differ enormously between Ibiza, Granada and the Canaries, and Holy Week 2027 fills many towns. Ticket booked? Chapters 9 and 10 cover arrival and the border rules. Already there? Chapters 5, 6 and 12 tell you where to sit in silence and how to behave; Chapters 15 and 16 give checklists and phrases.

Chapter 1. Spain and the yogi: what is here, what is not

What you will not find

No ancient ashram, no Indian guru lineage rooted in the land, no sacred river of the yogis. If what you seek is the source of yoga, go to India; our guides to Rishikesh and to choosing a 200-hour teacher training are written for that journey. In Spain, most yoga is taught in modern international styles, in Spanish and in English.

What you will find

- **Pilgrimage.** The Camino de Santiago has drawn walkers for more than a thousand years to the tomb of the apostle James. For a yogi it is a long practice of attention, a tīrtha-yātrā in another tradition.
- **Contemplation.** Teresa of Ávila described the soul as an interior castle with many rooms; John of the Cross wrote of the "dark night" through which the soul passes towards union. Long before them, Ibn Arabi, born in Murcia, taught that all things are manifestations of one reality. A practitioner of jñāna or bhakti yoga will find kindred questions in their writings, without needing to merge the traditions.
- **Monastic prayer.** At Montserrat, Benedictine monks have prayed for a thousand years; their boys' choir, the Escolania, sings at the services.
- **Indian yoga with an address.** The Sivananda Yoga Vedanta organisation lists centres in Madrid, Granada and Barcelona on its official site.
- **Silence in the mountains.** O Sel Ling, a Tibetan Buddhist retreat centre at 1,600 metres in the Alpujarra, opens its pilgrimage path to visitors.
- **Light and warmth**, especially in spring and autumn on the mainland and in winter in the Canary Islands.

A word on tīrtha

In Sanskrit, a tīrtha (तीर्थ) is a ford, a place where one can cross a river, and by extension a sacred place where one crosses from the ordinary to the sacred. The pilgrim's journey to it is a tīrtha-yātrā (तीर्थयात्रा). You may carry that attitude onto the Camino or up Montserrat. What you should not do is relabel Santiago as a Hindu tīrtha. Let each tradition be itself; let your practice be the bridge.

End of the sample

Thank you for reading this far. We hope these first pages already help your practice, and that they show how the rest of the book is built: clear steps, texts quoted with their source, nothing invented.

The full book has 27 pages.

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