

FONT DE L'OCA

Retreat Facilitator Pack

2027 Season

L'Espluga de Francolí · Catalonia, Spain

"Imagine you're running your session, whether it's yoga, wellbeing, coaching, meditation. You hear birdsong in the background. The sun is shining through the window. You're relaxed — and still in the flow of what you love to do."

— Lena y Jose, hosts

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Everything you need to know

This pack has been put together to answer every question a retreat facilitator might have before reaching out. By the time you've read it, you'll know whether Font de l'Oca is the right venue for you — and what the next step looks like.

- 01 **The Venue**
What it is, where it is, and why it works

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Studio, gardens, wellness facilities

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Rooms, capacity, and how the house works

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Lena & Jose — who you'll be working with

"We know that hosting a retreat is an act of trust — you're bringing your participants into a space that reflects who you are and what you believe in. We take that seriously."

Font de l'Oca

Font de L'Oca is a 19th-century Catalan country house (masia) that not only features art nouveau elements but also includes private access to 5 hectares of national park that includes three natural springs, a forest, and a 20m tall protected cedar tree. It is both a cultural and an environmental gem.

Named for one of the springs on the property that is shaped like a goose, Font de L'Oca is based in Les Masies, close to the towns of l'Espluga de Francolí and Poblet — the latter famous for its Cistercian monastery, a UNESCO World Heritage site.

Font de L'Oca sits on the outskirts of the Paratge Natural de Poblet and holds incredible ecological and natural value. On site there are ravines thought to contain silver deposits, springs with medicinal mineral properties, a hazelnut grove, an area known as the forest of the goblins, and the 20m cedar (Cedre de la Masia de la Font de l'Oca) that is catalogued and protected in the Catalunyan Plantipodes-AM catalogue.

THREE BUILDINGS

The Main House Four floors, rich with original 19th-century features — painted beams, terracotta floors, art nouveau tilework, a private chapel. Currently 7 bedrooms; expanding to 13 after renovation.

The Studio Once the office of a well-known 19th-century ophthalmologist. Now a dedicated practice space — ideal for yoga, movement, workshops and group sessions.

The Masovero The historic caretaker's house, being fully restored. Eventually our family home.

LOCATION AT A GLANCE

1h 30min	from Barcelona by car
45 min	from Reus Airport (REU)
2 km	from Poblet UNESCO Monastery
Direct trains	Barcelona Sants → l'Espluga de Francolí (R13/R14)

Built for what you do

The practice studio at Font de l'Oca is a dedicated space in a converted outbuilding — separate from the main house, which means your sessions have privacy and their own rhythm. It is approximately 10 × 10 metres (~100m²), well-lit, and equipped with everything a yoga or movement facilitator would need.

STUDIO SPECIFICATIONS

FLOOR AREA	~100m ²	Approx. 10 × 10m
CAPACITY	Up to 12	Retreat minimum: 10
EQUIPMENT	Mats, blocks, straps, bolsters	Full yoga setup
AV / TECH	Sound system	Wi-Fi throughout
NATURAL LIGHT	Large windows	South-facing
ACCESS	Private entrance	Separate from main house

THE WIDER PROPERTY

— 20,000m² of grounds

Gardens, walking paths, sensory garden, and tree trail. Available for outdoor sessions, meditation walks, and mindfulness practices.

— Woodland access

Direct entry to the Paratge Natural de Poblet — ancient forest and mountain trails for group hikes or solo reflection time.

— Rooftop terrace

Panoramic valley views. Ideal for sunrise sessions, sunset gatherings, or star-gazing evenings.

— Library & quiet rooms

For guests who need silence between sessions. Curated books, comfortable seating, away from the group.

— Games room

Lighthearted shared time — table games, cards. Helps groups decompress and bond in the evenings.

— Self-serve drinks bar

Teas, infusions, water from the springs on site. Available to participants throughout the day at no extra cost.

Where your guests will sleep

The main house (masia) currently offers seven rooms, along with a shared dorm space, all ensuite. As we renovate, this will expand to 13. Each room combines original Catalan elements with elevated modern comforts — kept simple and natural, using sustainable materials and products that are gentle on both people and the environment.

CURRENT ROOM CONFIGURATION (2027)

Room	Type	Beds	Notes
El Cedre	King bedroom	1 king	Private terrace, valley views
L'Oliver	Double room	1 double	Garden view, stone walls
La Castanya	Double room	1 double	Mountain views, upper floor
Rooms 4–5	Double rooms	1 double each	Original features, ensuite
Dorm (2 rooms)	Shared room	2 × 2 singles	Can be combined or separated

All bedrooms are ensuite and include natural fibre linens, sustainable toiletries, and everything needed for a comfortable night's sleep. Rooms are cleaned daily.

UP TO 12 GUESTS	MINIMUM 10 GUESTS	WHOLE PROPERTY
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We operate an exclusive-use model for retreat facilitators: when you book, the entire property is yours. No other guests, no shared dining with strangers, no competing schedules. Your retreat has the building to itself.

Nourishing, not elaborate

At Font de L'Oca we prioritise using seasonal, local ingredients and products, and where possible we use produce grown on the property, committing to the 0 KM pledge. Meals are nourishing rather than elaborate. We hire a dedicated cook for the season.

Water is sourced from the springs on site and filtered to the highest degree. Warm and cold drinks (teas, water, light refreshments) are available at all times at the self-serve bar, along with a rotating selection of snacks.

- ✓ Three meals per day prepared by our dedicated on-site cook
- ✓ Seasonal, locally sourced ingredients — 0 KM pledge
- ✓ Produce from the property garden where available
- ✓ Spring water from the estate, filtered on site
- ✓ Self-serve hot drinks, teas and snacks throughout the day
- ✓ Dietary requirements accommodated with advance notice
- ✓ Al fresco dining options in the gardens

05 · WHAT'S INCLUDED

The full picture

- | | |
|--|---|
| ✓ Exclusive use of the entire property | ✓ Wi-Fi across the property |
| ✓ All accommodation (up to 12 guests) | ✓ 20,000m ² gardens and walking routes |
| ✓ Three meals per day — all-inclusive | ✓ Rooftop terrace access |
| ✓ Hot drinks, snacks and spring water throughout | ✓ Library and quiet room access |
| ✓ Practice studio for all your sessions | ✓ Self-serve bar throughout |
| ✓ Yoga mats, blocks, straps and bolsters | ✓ Dedicated local hosts on hand |

WHAT YOU BRING

- Your programme, curriculum and facilitation approach
- Any specialist equipment beyond standard yoga props
- Travel to and from Font de l'Oca

2027 Season Rates

We operate a simple, transparent pricing model. The rate is per person, per night, all-inclusive — accommodation, all meals and snacks, use of all facilities, and the full support of Lena and Jose throughout your stay.

per person / per night all-inclusive	10 – 12	3 / 5 / 7
€250	guests (min 10, max 12)	nights (your choice)

EXAMPLE TOTALS

Duration	10 guests	11 guests	12 guests
3 nights	€7,500	€8,250	€9,000
5 nights	€12,500	€13,750	€15,000
7 nights	€17,500	€19,250	€21,000

SEASON & BOOKING WINDOW

Season	April – October 2027
Deposit	25–30% to secure your dates
Balance	Due 60 days before arrival
Cancellation	Policy provided in your personalised proposal

A simple 4-step process

We keep the booking process personal and unhurried. We want to make sure that Font de l'Oca is genuinely the right home for your retreat — and we'll take the time to understand what you're building before we ask you to commit anything.

01

Download this Pack

Read through everything here. Get a clear sense of the space, the pricing, and what we offer.

02

Send an Enquiry

Email us at fontdelaoca@gmail.com or use the form at fontdelaoca.com. Tell us your dates, group size, and what kind of retreat you have in mind.

03

Discovery Call

We'll arrange a short call — usually 20–30 minutes — to get to know each other and answer any questions. We'll hear about your retreat, your participants, and any specific requirements.

04

Personalised Proposal

We'll send you a tailored proposal — with your dates, the configuration that works for your group, and all terms clearly set out. There's no obligation until you sign.

*Ready to talk? We'd love to hear from
you.*

fontdelaoca@gmail.com
fontdelaoca.com

The questions we get asked most

Can I visit before booking?

Absolutely — we encourage it. Once we've had an initial conversation and it feels like a good fit, we'll invite you to visit the property. Seeing the studio, the bedrooms, and the gardens in person makes a real difference.

Do I need to have run retreats before?

No. We welcome both experienced facilitators and those hosting their first retreat. What matters most is that you have a clear sense of what you're offering and who it's for. We'll support the logistics; you bring the expertise.

Can I bring my own food or catering?

Our all-inclusive rate includes catering by our on-site cook. If you have a preferred caterer or very specific dietary requirements for the group, we can discuss arrangements on a case-by-case basis.

What if my retreat requires specific equipment or props?

The studio comes equipped with standard yoga props. If your practice requires additional specialist equipment, we'll discuss what we can provide or how to arrange for it to be brought in. Include this in your initial enquiry.

Can I charge my participants more than the base rate?

Yes — the rate you see here is what you pay Font de l'Oca. How you price your retreat to your participants is entirely up to you. Many facilitators add their facilitation fee on top of the per-person cost.

Is the property accessible?

We are working to improve accessibility as part of our renovation. The road to the property is unpaved in places and best suited to standard or larger vehicles. Please discuss specific accessibility requirements with us before booking.

What is the cancellation policy?

Full cancellation terms are included in your personalised proposal. As a guide, the deposit (25–30%) is non-refundable after a certain point, and the balance becomes non-refundable 60 days before arrival. We always try to be reasonable in exceptional circumstances.

What's the Wi-Fi situation?

Wi-Fi is available throughout the property. We also recognise that many retreat facilitators choose to encourage a digital detox — we're happy to discuss how to frame the connectivity (or lack of it) as part of your programme.

Lena y Jose

When we first visited Font de l'Oca, we didn't know what to expect, but as we stepped through the gate it captured us with its magical charm; the bird song and views over the valley helped us breathe more deeply and left our shoulders relaxed. As we explored we were inspired and although we weren't ready for such a big life change, the building and land convinced us not to let the opportunity go. And so we leapt.

We're Lena and Jose. We made Font de L'Oca our business and family home in 2026 when we exchanged big city life for something slower and more connected to nature, family, and a different pace of life. Our backgrounds meant this decision was not an obvious choice (Lena is a psychologist, Jose is a producer), and so we're learning as we go. We don't get everything right and things may not be perfect but know that we consider every aspect intentionally with the hope that we are creating something meaningful. If you have ideas or feedback, we're always open to learning and evolving.

What we do know is that Font de l'Oca is an off-the-beaten-path sanctuary. Words don't do it justice; it is a place that needs to be experienced. We invite you to join us and hope you find what you are looking for.

Family-run & personal

We live here. We are involved in everything. Hospitality at Font de l'Oca is relational — offered with sincerity, not performance.

Nature at the centre

Connection with the land is not an add-on — it is the point. The woodland, the mountains, the spring, the seasons: these are the retreat.

Rest without agenda

We offer structure when it's wanted, and space when it's not. Your participants are never obliged to do anything. This is their time.

Generosity at the table

Food is important to us. Every meal is made with care, from seasonal produce, and shared at a proper table. The table is where community forms.

We'd love to welcome you and your participants
to Font de l'Oca. *Abrazos, Lena y Jose*

Contact us

fontdelaoca@gmail.com

fontdelaoca.com

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