

Casita Yoga Holidays on Tenerife with Jessie

Time for yourself, peace, vitality and a connection to your body, mind and nature

Set amidst the stunning natural beauty of Tenerife, between Mount Teide and the ocean, I offer a week dedicated to body, mind and soul:

A yoga retreat that is more than just a series of classes. It is an invitation to find your centre, take a deep breath, recharge your batteries and take away soothing routines for your everyday life.

I am Jessica, born in 1992, a certified yoga teacher specialising in Ashtanga and Vinyasa yoga. My classes are powerful and dynamic, yet characterised by mindfulness, conscious breathing and a clear therapeutic approach to the body.

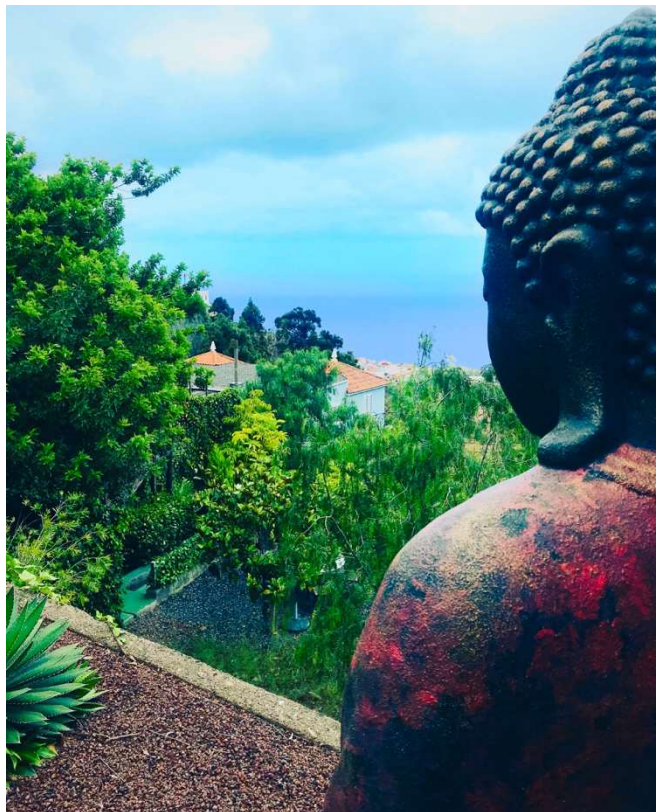
I place great importance on tailoring my yoga classes to each individual, so that everyone can practise according to their own abilities and needs. I help people find greater stability, balance and inner peace, both on the mat and in their daily lives.

Who are these yoga holidays suitable for?

For beginners and advanced practitioners alike, for all ages, for people who enjoy exercise or who wish to reconnect with themselves, without any pressure to perform.

What to expect:

- Small group of no more than 8–10 participants
- 12 yoga classes / workshops
- Gentle rituals for rejuvenation and letting go
- Space for retreat and connecting with nature
- Inspiration for home – simple routines you can keep up



You don't need to be particularly flexible. Whether you're trying yoga for the first time or have been practising for a while – you're welcome.

You'll learn how to feel better about yourself again, how to feel more at one with yourself – both physically and mentally.

How to find a sense of ease, recharge your batteries and discover little rituals for yourself.

And perhaps you'll fly home with a smile on your face.

Casita Ayurveda Tenerife - www.casita-ayurveda.com - Stand 13.03.2026

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Jessica: +34 692 033 232

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Look forward to a holistic yoga and relaxation program, a lovingly run and eco-friendly retreat, and delicious Ayurvedic meals, always freshly prepared using plenty of regional and organic ingredients.

Accommodation in a room with a sea view, en-suite shower room, separate lounge, and:

- a huge garden paradise with sea views, a small pool, a lawn and plenty of quiet corners
- a fully equipped yoga studio in the garden paradise, available for use at all times
- full vegan-vegetarian board, freshly prepared daily and based on Ayurvedic cuisine
- organic tea bar and filtered, mineralised water, available at all times
- 12 yoga classes* / workshops, trip to the seaside, fire pit, music
- Liver wraps to aid detoxification and relaxation
- Ayurvedic “accessories” such as tongue scrapers, organic oil for oil pulling, organic hand soap
- Authentic Finnish outdoor sauna with wood-fired heating (at extra cost)

Included in the basic package:

- 1 x 90-minute massage, including a detox foot bath

Would you like more than the 90-minute massage with detox foot bath included in the Basic Package? Then choose our Deluxe Package!

Also included in the Deluxe package:

- Three further 90-minute massages, including a detox foot bath.
- For the second and/or third massage, a Yoni Box treatment (steam sitz bath for the lower abdomen) can be chosen instead of the detox foot bath.
- Three 30-minute sessions in the Ayurvedic infrared sweat cabin following the three massages.
- Bathrobe provided free of charge.
- 1-2 personal sessions of the liver wrap.

We look forward to meeting you and pampering you!

Your Casita Yoga Holidays team

*If there are less than 3 guests, we may reduce the duration of the yoga sessions. We may adjust the program due to the weather.

Practical information about your Casita Yoga Holiday in Tenerife

- Our group programme begins on the day of arrival at 6.00 pm with dinner.
- Arrival on the first day: between 3.00 pm and 5.30 pm, to allow time for a guided tour.
- Room check-out on the day of departure: please by 10.00 am at the latest
- On the day of departure, our program ends at 12.30 pm with lunch, which can also be taken away.
- Our yoga and Ayurveda centre is an alcohol-, drug- and smoke-free environment. We do not serve coffee. If you wish, you are welcome to bring instant coffee with you. However, there is no coffee machine on site.

Information on the climate and clothing:

From November to March/April, it can feel cold here in the mornings and evenings, and on cloudy or rainy days. Temperatures do not fall below 10 degrees Celsius at night or 15 degrees Celsius during the day. In the sun, it can feel warm or hot all year round.

Please bring:

- A head torch or torch comes in handy if you're heading back to the yoga house in the dark, going out to stargaze, or joining us around the fire pit on the yoga lawn. – Our outdoor lighting isn't very bright!
- Only biodegradable washing products, as we are not connected to a sewage treatment plant.
- Indoor slippers for the tiled floors. – All indoor areas are street-shoe-free.
- Garden shoes that are quick to put on and take off, as you'll be going in and out frequently.
- A bath towel for the pool and/or the sea; you're also welcome to bring your own sauna towel.
- Possibly some old underwear with as little fabric as possible, as these may get oily during massages. However, you're also welcome to be naked during massages or receive a disposable thong from us.
- Comfortable walking or running shoes for gentle walks on uneven paths.
- Bath slippers or 'oil socks' for the walk to the massage and from there to the shower.
- Winter months (Nov–March/April): warm socks, a warm jumper for cool mornings and evenings.

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Dates and prices 2026/ 2027

May 2026

02.05. - 09.05.2026

June 2026

13 – 20 June 2026

20 – 27 June 2026

September 2026

19 – 26 Sept 2026

October 2026

10 – 17 Oct 2026

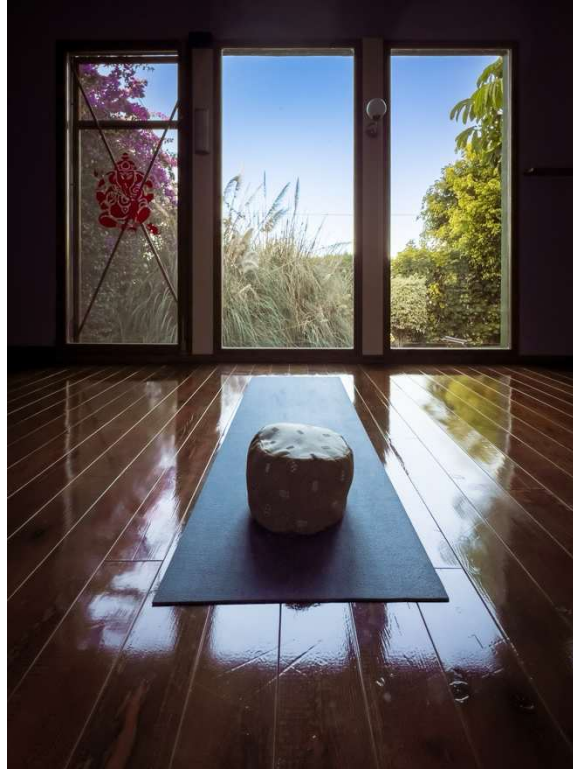
November 2026

07 – 14 Nov 2026

28 Nov – 05 Dic 2026

December 2026

12 – 19 December 2026



January 2027

02 – 09 January 2027

30 Jan – 06 Febr 2027

February 2027

27 Febr – 06 March 2027

April 2027

03 – 10 April 2027

May 2027

01 – 08 May 2027

29 May – 05 June 2027

June 2027

19 – 26 June 2027

Prices:

Basis package from 1.235 euros (double room)

Deluxe package from 1.605 euros (double room)



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More about Jessica Volk



My passion is to guide people towards inner balance through movement, mindfulness and gentle bodywork. I support physical, mental and energetic processes, and complement my practice with energy work, Reiki (Rainbow Reiki®, Usui Reiki & Marayana Sayi® Aura), singing bowls and frequency pulses to calm the nervous system and promote holistic well-being.

As a yoga teacher and therapeutic massage therapist, I draw inspiration from the dynamic flow of Ashtanga yoga as well as the letting go of Yin yoga. My classes and retreats combine strength, flexibility and calm, always with a keen sense of what people need at that moment.

Music and sensory perception play a special role in my work. I love creating spaces that go beyond sight, through mindful listening, subtle scents, oils, vibrations and sounds that make tangible what often lies beyond words.

Tenerife has been a part of my life for many years. I lived here for a year in 2010, and since the summer of 2025 I have been living on the island permanently, together with my puppy. The power of nature, the proximity to the sea and the mountain landscapes inspire my work and give each course a special depth.

I look forward to guiding you, with my experience, energy and cheerful, calm yet powerful manner, towards greater presence, relaxation and vitality.

Brief information

220-hour yoga teacher training course (AYA-accredited)

Specialising in Vinyasa and Ashtanga yoga

Therapeutic massage therapist & trained in Reiki

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