



CORA YOGA STAY

Wellness, your way.

Your rhythm, your stay.

Daily yoga • Nourishing food • Nature • Time for you



PALOMINO, COLOMBIA

Where the Sierra Nevada meets the Caribbean.

1.5 hrs from Santa Marta



LA CASA DEL
PAVO REAL
BOUTIQUE HOTEL



CASA ITA

CORA
STUDIO

Your CORA experience:

Everything is designed for wellness, your way. A space that supports you and respects your rhythm.

There are moments when what you want most is a few days for yourself—or to share quality time with someone you love. To wake up without rushing. Move your body. Enjoy delicious, nourishing food. Feel the sun on your skin. Go to the river, walk to the beach, discover Palomino, or simply rest. Watch the sunset at the end of the day.

CORA Yoga Stay was created for exactly that: a wellbeing stay with daily yoga, nourishing food, nature, and a beautiful place to call home—along with the freedom to live each day your way. Days with space to listen inward and choose what feels good for you.



DAILY YOGA

2 CLASSES A DAY. START YOUR DAY BY MOVING YOUR BODY. AND RETURN TO YOURSELF WITH ANOTHER PRACTICE IN THE AFTERNOON.



CORA WELCOME

TO PERSONALIZE YOUR STAY: A CALL BEFORE YOU ARRIVE AND A WELCOME DRINK.



BREAKFAST + LUNCH

FRESH, VEGETARIAN AND NOURISHING FOOD INCLUDED.



CORA EXPERIENCES

WELLBEING EXPERIENCES FOR BODY, MIND AND HEART, CHOSEN ACCORDING TO WHAT YOU NEED.



FREE TIME

YOUR DAY, YOUR WAY. BEACH, RIVER, SURFING, MASSAGE, HAMMOCK, CORA ACTIVITIES, DISCOVERING THE TOWN... OR SIMPLY DOING NOTHING.



SPECIAL DISCOUNTS

AT OUR PARTNER RESTAURANTS, CAFÉS, TOURS AND SPAS.

CORA EXPERIENCES

There is no pre-set experience. Before you arrive, we'll talk and choose the experience that feels most aligned with what you need right now. These are just a few possibilities:

BODY

Private yoga · workout class · massage · surfing · hiking or river tubing

MIND

Meditation and journaling · silent walk · space for conversation and reflection (coaching session)

HEART

Cacao ceremony · sound healing · conscious movement / dance · fire ritual

And so much more. Palomino is full of experiences and ways to care for yourself, explore and reconnect.

Included with your stay:

Up to 3 nights · 1 experience

4 or more nights · 2 experiences

6 or more nights · 3 experiences

Additional experiences can be added · price upon request.



Choose where you stay:



La Casa del Pavo Real
SOCIAL · VIBRANT · BOHEMIAN

A hotel with a pool, jungle gym, vegetarian restaurant, bar and coworking space, surrounded by a beautiful garden. Choose from double/family rooms, private bungalows and a shared dorm (6 bunk beds).



Casa Ita
PEACEFUL · PRIVATE · YOUR OWN SPACE

Four private villas, each with its own pool, garden, fire pit, equipped kitchen, double bedroom, bathroom and living/dining area.

*Rates:**

	1 GUEST / 2 NIGHTS	2 GUESTS / 2 NIGHTS	1 GUEST / 4 NIGHTS	2 GUESTS / 4 NIGHTS
Shared dorm	600,000 COP	1,200,000 COP	1,100,000 COP	2,200,000 COP
Double room	850,000 COP	1,300,000 COP	1,650,000 COP	2,450,000 COP
Private bungalow	900,000 COP	1,350,000 COP	1,750,000 COP	2,600,000 COP
Casa Ita villa	1,250,000 COP	1,650,000 COP	2,350,000 COP	3,200,000 COP

*Reference prices; your final rate will be calculated according to your needs. Prices valid until December 15, 2026.
Each room accommodates 1 or 2 guests.
When two people come, the CORA experience is shared, making it more affordable per person.

Frequently asked questions:

Getting here: 1 hour 30 minutes from Santa Marta or Riohacha; 6 hours from Cartagena. We'll help you arrange transportation.

Parking: Both hotels have limited on-site parking.

Location: We are 5 minutes from the beach and 8 minutes from the main commercial street (Calle 6), in a quiet area surrounded by nature. Everything is close by and within walking distance.

Palomino: A laid-back, safe beach town in a rural setting. It's easy to get around on foot or with trusted mototaxis and motocarros.

Languages: We speak Spanish and English. Kendra and the owners also speak German.

Not included: Dinners, transportation or additional activities. We'll be happy to share recommendations.

High season: Rates change from December 15, 2026 onward.

How to book:

1 WRITE TO US

Tell us your dates, how many nights you'd like to stay, and which of the two properties you prefer. If you're not sure, we'll suggest the best option.

2 WE TALK BEFORE YOU ARRIVE

A short call to get to know you, understand what you're looking for, and choose your CORA experience.

3 BOOK WITH A 30% DEPOSIT

Your booking is confirmed with a 30% deposit. If you cancel 30 days or more before arrival, we'll refund your deposit.

If you cancel between 29 and 7 days before arrival, the deposit is non-refundable but can be used as credit toward new dates.

If you cancel less than 7 days before arrival, the deposit is non-refundable and non-transferable. The remaining balance is due upon arrival.

CONTACT

We reply personally, usually on the same day.

Kendra Hasse

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We look forward to welcoming you to our little paradise.



@casadelpavoreal



@casaita_



@corastudio_palomino