



WakeTheFup Meditation Center



Yoga and Meditation Retreats in Spain are open to individuals, groups, and coaches looking for relaxation, personal growth, or a deeper connection with themselves and nature.

About Us

Welcome to WakeTheFup Meditation Center—a peaceful retreat where you can relax, grow spiritually, and reconnect with your true self in a calm, natural environment away from the noise of everyday life. Whether you're joining one of our transformative yoga and meditation retreats or seeking a serene space to host your own event, you'll find a supportive community dedicated to helping you on your journey toward inner peace and spiritual awakening.

