# Recharge and reconnect with a bunch of other gay men at Under the Sun



Feel like you need to reconnect and recharge in the company of a bunch of similarly-minded gay men? Then Under The Sun Retreats might have just the thing at their upcoming retreat in Maspalomas, Gran Canaria.

The four-day experience, which is tailored specifically for gay men, will take place against the breathtaking scenery of Gran Canaria’s golden dunes and sun-kissed beaches, with a blend of yoga, qigong, meaningful connections, and exceptional cuisine, all aimed at fostering self-discovery, revitalisation, and community engagement.

The retreat will be hosted by relationship coach Ed Bell and yoga and qigong specialist Joo Teoh, alongside acclaimed chef Neil Roake. Participants are invited to immerse themselves in an environment of authenticity and exploration, where moments range from energising physical activities to inspiring discussions, mountain hikes, and culinary delights. Every aspect of the retreat is designed to uplift the mind, body, and spirit away from the nightlife and gay hubbub of Gran Canaria.

You'll get transformative coaching and wellness guidance and what they're calling 'a holistic awakening' through island-inspired meals, movement and meditation beneath the stars.

Yoga, qigong (look it up, it's interesting) and movement sessions happen daily while you'll get professional guidance in areas such as relationship dynamics and self-exploration. Hikes, meditation and cooking classes are optional. All this in a picturesque finca moments from Maspalomas.

The dates are: 20-24 April 2025. Details from underthesunretreats.club

## References

* <https://retreat.guru/events/7960-36/4-day-reconnect-recharge-retreat-for-gay-men-by-gay-men-maspalomas> - This URL supports the announcement of the Reconnect & Recharge Retreat for gay men in Maspalomas, highlighting its unique blend of activities and expert guidance.
* <https://retreat.guru/centers/7960-1/under-the-sun---yoga-and-beach-retreats> - This URL provides information about Under The Sun Retreats, which offers yoga and beach retreats tailored for specific communities, including gay men.
* <https://www.hotels.com/ho578243/atlantic-sun-beach-gay-men-only-san-bartolome-de-tirajana-spain/> - This URL mentions another gay men-only venue near Maspalomas, highlighting the area's popularity for such retreats and events.