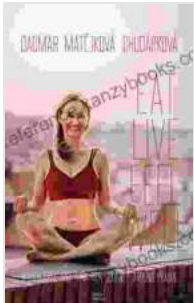


Gluten-Free and Yoga: A Rich Journey Around Prague



Eat Live Feel Well: Gluten-Free and Yoga-Rich Journey Around Prague by Dagmar Matějková Chudárková

★★★★☆ 4.2 out of 5

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Embark on a culinary and mindful adventure as we delve into the heart of Europe, Prague. Join us on a gluten-free and yoga journey that will tantalize your taste buds and bring tranquility to your soul. We'll explore Prague's hidden gluten-free gems, uncover the city's serene yoga studios, and guide you through a rich itinerary that seamlessly blends culinary delights with moments of mindfulness.

Gluten-Free Prague: A Culinary Journey

Navigating Prague's culinary scene as a gluten-free traveler may seem daunting, but fear not! Prague holds a wealth of hidden gems catering to your dietary needs. From cozy cafes to traditional Czech restaurants, we'll reveal the secret spots where you can indulge in authentic flavors without compromising your well-being.

- **Cacao:** Delight in gluten-free pastries and artisanal chocolates while sipping on specialty coffee.
- **La Degustation Bohême Bourgeoise:** Savor a Michelin-starred dining experience featuring gluten-free options that showcase Czech cuisine.
- **Lokal:** Discover a traditional Czech pub atmosphere with gluten-free options, including hearty goulash and dumplings.
- **Gaudium:** Immerse yourself in a gluten-free Italian paradise, offering a diverse menu ranging from pizzas to pasta.

Yoga in Prague: Tranquility in the Heart of Europe

Prague's yoga scene is as diverse as its architectural landscape. From serene studios overlooking the Vltava River to hidden gems tucked away in charming courtyards, there's a yoga space waiting to welcome you.

Whether you're a seasoned yogi or just starting your journey, Prague offers a range of classes tailored to your level and practice.

- **Yoga Studio Mala Strana:** Unwind in a peaceful studio with panoramic views of Prague Castle.
- **Downward Dog Yoga:** Flow through dynamic vinyasa classes in a spacious and modern studio.
- **Bikram Yoga Prague:** Experience the detoxifying benefits of hot yoga in a dedicated studio.
- **Kundalini Yoga Prague:** Explore the spiritual and energetic aspects of yoga through Kundalini classes.

A Mindful Itinerary: Blending Yoga and Culinary Delights

To fully immerse yourself in the gluten-free and yoga experience, we've crafted a mindful itinerary that harmoniously blends culinary delights with moments of tranquility.

Day 1

- **Morning:** Begin your day with a rejuvenating yoga class at Yoga Studio Mala Strana, overlooking the enchanting Prague Castle.
- **Lunch:** Savor a gluten-free feast at Gaudium, delighting in authentic Italian flavors.
- **Afternoon:** Explore Prague's rich history and architecture with a leisurely stroll through the Old Town Square and Charles Bridge.
- **Evening:** Indulge in a traditional Czech dinner at Lokal, enjoying hearty gluten-free dishes paired with local beer.

Day 2

- **Morning:** Experience the dynamic energy of vinyasa yoga at Downward Dog Yoga.
- **Lunch:** Treat yourself to gluten-free pastries and artisanal chocolates at Cacao, accompanied by a rich cup of coffee.
- **Afternoon:** Visit the mesmerizing Prague Castle, marveling at its historical grandeur and panoramic city views.
- **Evening:** Embark on a Michelin-starred culinary journey at La Degustation Bohême Bourgeoise, savoring gluten-free dishes that showcase Czech cuisine at its finest.

Prague beckons you to a gluten-free and yoga adventure that will nourish your body, mind, and soul. With its hidden culinary gems and serene yoga studios, Prague offers a unique opportunity to explore a vibrant city while adhering to a gluten-free lifestyle and embracing mindful practices. As you wander through Prague's charming streets and indulge in moments of tranquility, you'll discover that a gluten-free and yoga journey is not only a culinary and mindful experience but a transformative one that will leave you feeling rejuvenated and connected.

Image credits: Pexels, Unsplash



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