

A YOGA RETREAT

In the stunningly beautiful Sierra de las Villas, Andalucia, Spain

This week is a retreat away from the busi-ness of everyday life, so that we can attend to our wellbeing and to explore how we can feel really good about ourselves.

We will be doing this through yoga, meditation and walking in the mountains. Each day we will meet to share experiences and discover how the basic principles of yoga can be put into practise in everyday life.

We trust that you will return home feeling lighter, more empowered and relaxed so that you can stay in contact with that space of peace and tranquillity underlying all the challenges that we face.

A TYPICAL DAY STARTS at 8.30 am with gentle yoga stretches and breath awareness. There will be another session of yoga postures in the evening, followed by yoga nidra, the yoga of deep relaxation. Wherever possible the yoga sessions will be held in the open air.

After breakfast there will be a walk in the mountains, followed by meditation. The sunset is a speciality and some evenings we will have another walk to see the setting sun.

There will be time after lunch to rest and enjoy the surroundings and afterwards we will meet together to reflect on various themes, share experiences and deepen our understanding of yoga.

Mid-week there will be an excursion to a nearby river and waterfall, where it is also possible to swim.

The timetable is subject to change according to the weather and the time of year. It may also be varied to suit the needs of the group.

The dates for this retreat in 2008 are:

14 – 21 June

13 – 20 September

For more information:

www.spanish-reflections.co.uk