

A Yoga Retreat

In the un-spoilt beauty of the Sierra de las Villas we will explore the richness of the yoga approach to life and how we can integrate it into our daily lives. It is an opportunity to re-connect with ourselves, and listen to our needs, restoring vitality and strength. Hatha yoga postures and gentle stretches help us to relax and unwind from the daily stresses and tensions, positively encouraging the body and strengthening its own healing powers.



REST AND REFLECT

Correct natural breathing, meditation and visualisation help us to calm the mind and yet feel energised. There will be time to rest, reflect, walk and enjoy the surroundings so that we can recuperate our sense of inner peace and well-being. All this together helps us to find our own source of strength so that we can return to life feeling more powerful and creative.

No previous experience is necessary. Accommodation is shared. There is room for 9 participants.

ARRIVAL AND TIMETABLE

You are welcome to arrive anytime in the afternoon. The programme will begin at 9.00 pm with dinner followed by an introduction of the course members and how the retreat will unfold. We will finish after lunch on the final day at about 5 pm.

Everyday starts at about 8.30 am with yoga and meditation followed by breakfast. There will be another session of yoga postures before lunch or dinner according to the time of year. Where possible it is held in the open air.

After breakfast there will be a walk or meditation in the mountains and sometimes an evening walk to see the sunset.

In the workshop sessions (about 2 hours daily) we will reflect on various themes. Essentially this is to deepen our understanding of the principles of yoga and how they can be brought into daily life. Free time will be after lunch.

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

EXCURSIONS

The two favourite excursions are to a nearby river and waterfall where it is also possible to swim. This will principally take place during the week's retreat in the summer however they can take place at other times, if the opportunity arises.

WHAT TO BRING

Sheets and towels are provided but in the winter you might like to bring an extra blanket and in the summer a towel for swimming.

Trainers are alright for when the ground is dry. Something stronger is advisable in wet weather. Sun hats are recommended.

Please bring a shawl and a small blanket for sitting outside. A small torch would be useful.

DATES

9 - 16 August 2008
23 - 30 August 2008
Price: €550 (deposit €150)

FURTHER INFORMATION

For further information and enrolment please contact:

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(checked once a week)