

A woman in a black yoga outfit is standing on a sandy beach, performing a yoga pose with her arms raised in the air, palms facing each other. She is silhouetted against a bright, low sun that is setting or rising over the ocean. The sun's reflection is visible on the wet sand. The ocean waves are breaking in the background.

2-7 May 2025

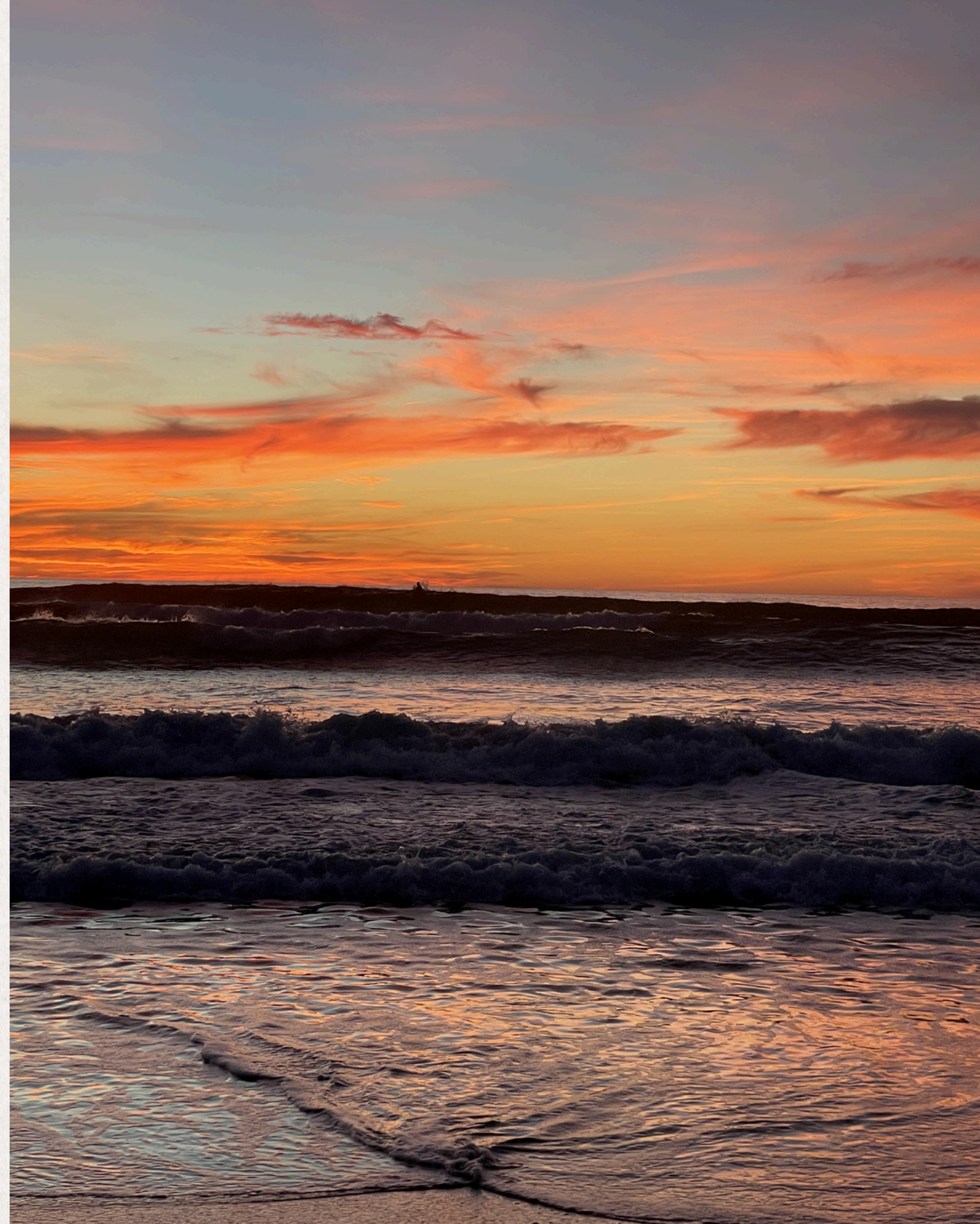
# 5-Day Yoga Retreat

on the Coast of Andalusia



# REJUVENATE YOUR BODY, MIND & SOUL

Escape to the stunning coast of Andalusia for a 5-day yoga retreat, where you'll unwind in nature, deepen your practice, and nourish yourself with mindful movement and wholesome food. Surrounded by picturesque small towns, golden beaches, and a serene pine forest, this retreat offers the perfect blend of yoga, relaxation, and adventure.



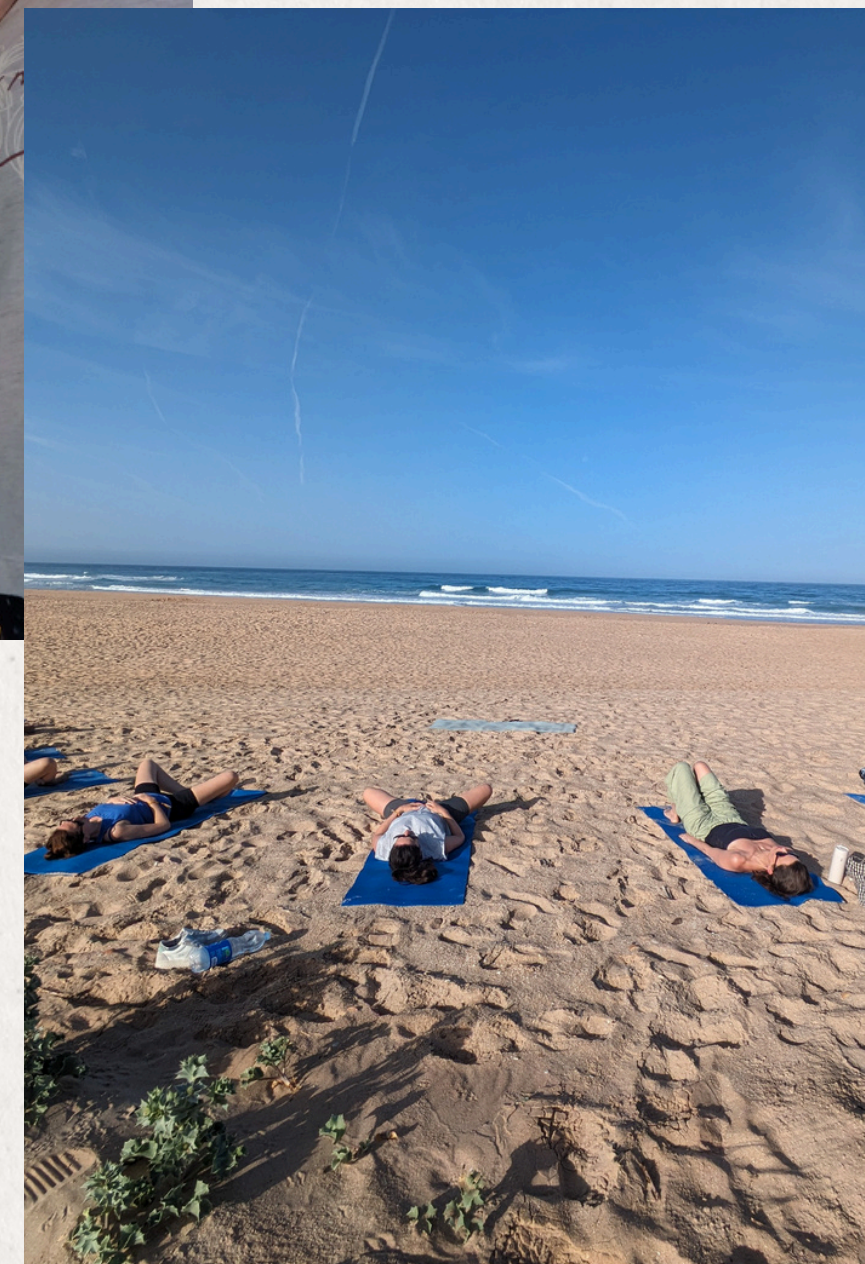


# WHAT'S INCLUDED

🧘 **Daily Yoga Practices** – Energizing Vinyasa Flow in the morning & restorative Yin Yoga in the evening

🧘 **Breathwork & Meditation** – Cultivate inner peace with guided breathwork and mindfulness sessions

📖 **Workshops** – Expand your practice with insightful and interactive yoga workshops



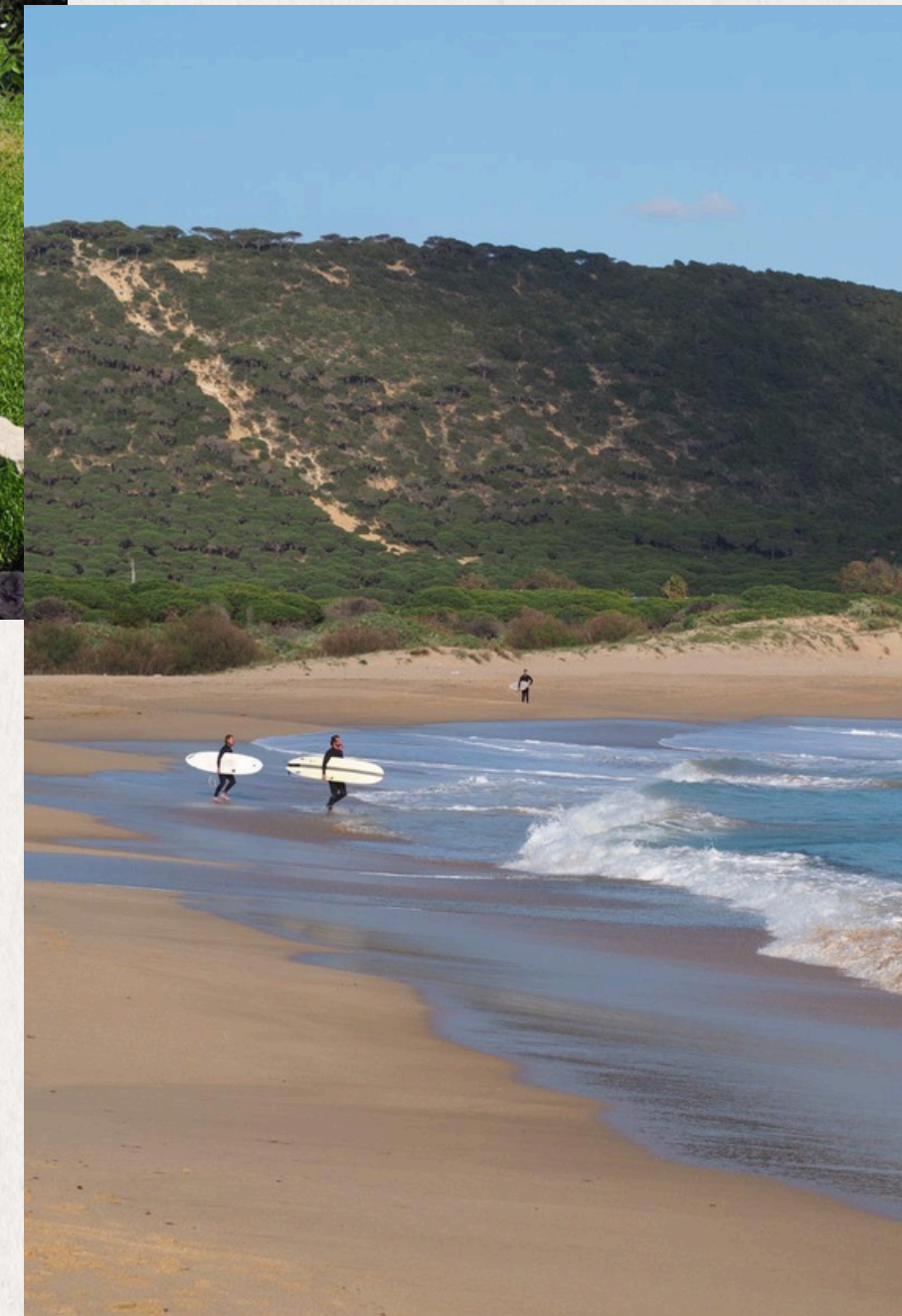


# WHAT'S INCLUDED

🥗 **Healthy Vegetarian Meals** – Delicious brunch, snacks, and dinner made with fresh, local ingredients

🏖️ **Idyllic Coastal Setting** – Explore some of Spain's most stunning beaches, just minutes away

🌲 **Surrounded by Nature** – A peaceful retreat space embraced by an impressive pine forest







# ACCOMMODATION & PRICING

## **Shared Chalet** (2-3 rooms)

- Twin Room: £520 per person
- Private Room: £590 per person

## **Private Chalet**

- Double Room: £670 per person

 Optional Transfer from Seville Airport Available -  
*Contact us for details and pricing.*





# CONTACT DETAILS

## Email Address

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## Phone Number

+44 7957 316657

Payment of 50% to **book** your place.  
I look forward to hearing from you!

