

SUMMER 2010

YOGA RETREAT

21 – 28 August



Enjoy a week of yoga, meditation and relaxation at Centro Punto de Luz, a tranquil, recently refurbished retreat centre in the heart of Andalucia, Spain. Located just an hour East of Malaga, in the region of Montes-Alta Axarquía, the area is a natural beauty spot with mountain views to three sides. To the South down through the olive groves are magnificent views of Lake Viñuela...

In the distance, the sea...

Morning yoga will take place just a short stroll up the mountain, amongst almond trees, wild fennel, rosemary and lavender. The afternoon session will be in the cool and shaded Lake Room, with stunning views to the South.

There will be plenty of free time to explore the area, and a full day to travel a little further afield - or you can simply relax by the pool.

Holistic therapies will be available at Centro Punto de Luz – including Holistic Nutrition therapy, Massage, Reiki healing and Bach Flower therapy.

If you are feeling creative you can join the silk painting workshop.

The retreat will include yoga sessions twice a day; silk painting tuition and materials; en-suite accommodation (there is no single supplement), brunch and dinner. All food is vegetarian, and mainly locally grown. Tea, coffee and fruit are available throughout the day. There is a bar at Cento Punto de Luz serving fresh juices, as well as alcoholic and soft drinks. Wednesday is our day of rest – there will be no yoga, and a typical Spanish meal can be enjoyed in a local restaurant.

Insurance, flights, transfers, optional day out/holistic therapy, and evening meal on night out are not included in the price. Places are limited to 9, so it is advisable to book early. The cost of the retreat is £450, £90 deposit will secure your place. Please contact me if you would like to reserve a place or need more information.