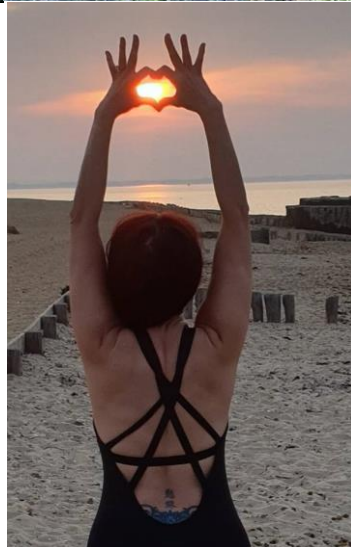
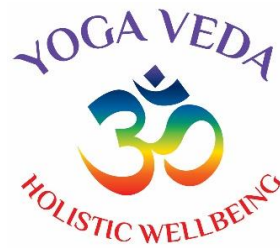


# Andalucian Yoga & Ayurveda Wellness Retreat

Granada, Spain

May 25<sup>th</sup> – 30<sup>th</sup> 2020

Hosted by Yoga Veda UK



## **6 Days of Sunshine, Holiday Fun, Yoga, Ayurveda, Rest, Relaxation and Recuperation, Delicious Fresh Vegetarian / Vegan Food in an Idyllic Andalusian Location.**

**Book Early to Avoid Disappointment**

Relish every moment – become moment rich not time poor! as we come together to share the joy of rejuvenating the mind, body and soul through daily yoga practice, meditation, rest and relaxation and developing our knowledge on how to live well with Ayurveda. On this retreat, in between using the pool, sunbathing and eating delicious freshly cooked meals you will also have an opportunity to have a 1:1 Ayurveda consultation and a specific Ayurveda Abhyanga treatment to further help you gain the most out of your wellness break.

### **THE VENUE**

Set in the root of the Flamenco and Alhambra Palace. The Retreat centre is accessible from Malaga & Granada airport.

Fresh mountain air, healthy food, daily yoga & meditation, Ayurveda consultation with a treatment (further treatments available), beach visits, pool & terrace and sunshine all together in one place.....awaits you

**Capacity:** Minimum 8 persons to 30 max.

**Rooms and Accommodation:** Well appointed, clean and ample, different types of rooms with ensuite bathrooms, (see tariff below) air conditioning, heaters (not that this will be needed average May temperature 25°!)

**Yoga Shala:** 64 square meters, the beautiful yoga shala can serve up to 30 participants.

**Retreat Centre facilities:** This Granada retreat centre features a seasonal outdoor swimming pool. Guests can also relax on the terrace set within the gardens of the property. The restaurant at this tranquil retreat serves traditional homemade dishes. Special diet menus are available on request, and there is a bar. Free wifi included.

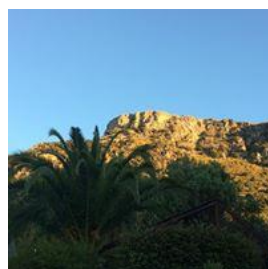
**Location:** Just 15 minutes drive from Granada, 1h from Malaga city and 45min from the closest beach, Salobreña.

Granada is blessed with Moorish heritage dating back more than 700 years. The pinnacle of this is the Alhambra, a compound with palaces, courtyards and gardens

You can walk your way along the streets of the old Albaycin district, laid out exactly as it was in Medieval times, or enter the cave dwellings of the historic gypsy neighbourhood famed for its flamenco shows.

The venue is near the capital of the province of the same name and the wider region holds a number of attractions. From the mystical Alpujarras mountains, to the Sierra Nevada and down to the Costa Tropical centred on Salobreña, a visitor to this province could actually ski in the morning, have lunch in the city, then sit on the beach in the afternoon. Not a bad claim to fame.

You can relax on the beach, go to the mountains, enjoy sightseeing and practice yoga on this all-encompassing yoga & Ayurveda retreat in beautiful Granada, Spain



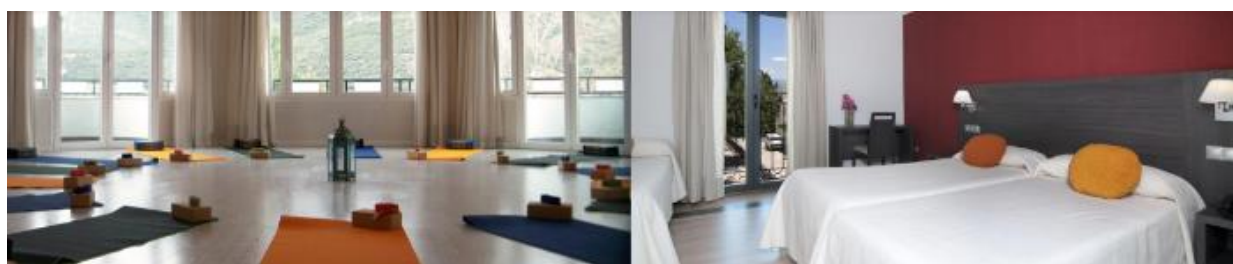
# ACCOMMODATION

Price is dependent on occupancy. Price includes: full board, 3 meals a day cooked on site by resident chef, one Ayurveda 1:1 consultation, one Ayurveda facial or Indian head massage, three Ayurveda presentations, two daily yoga sessions, two daily meditation sessions, free WiFi. exclusivity of the Shala and outdoor swimming pool, all yoga props provided, 24h tea and coffee and snacks, one beverage per meal

Prices are dependent on occupancy

<b>Rooms and Occupancy</b>	<b>Total cost per week</b>
<b>Triple room</b> 1 x Double 1 x Single or 3 Single	<b>£650</b> per person
<b>Double Room</b> Double or 2 x Single	<b>£750</b> per person
<b>Single Room</b> - Double or Single	<b>£900</b> per person
<b>Junior Suite</b> - With bathtub bedroom	<b>£1000</b> per person

**\*\*\*\*\*6 , 9 or 12 Month Payment schedule can be arranged\*\*\*\*\***



## What is not included in price

Flights to and from Malaga or Granada (average price of flights currently with BA from LHR > APG £189 and Multiple airlines LHR > GRX £200) Centre is just 15 minutes' drive from Granada or 1hr from Malaga city.

Transfers to and from airport (although shared taxis can be arranged for approx. 15 Euros each from Malaga or 5 Euros each from Granada)

## Optional Extras

Day excursion to beach (approx. 45min to the closest beach, Salobreña)

Additional Ayurveda treatments (advanced booking required)

Private group flamenco dance lesson (advanced booking required)

Extra drinks from the bar



## THE FOOD

The Resident Chef will be catering especially for us. Well known for the fabulous feasts provided and the exquisite Mediterranean touch, wherever possible all food is sourced locally, organic ingredients are used in preference. You can be assured that the food will both look and taste delicious: wholesome dishes that are satisfying and very tasty. Lunch and supper will be prepared for us, breakfast is self-serve. All food and drink will be vegetarian / vegan. The Centre will do their best to accommodate additional dietary requirements such as gluten-free, with enough notice - so please make sure you request this when booking. Ayurveda style cooking will underpin all meals.



## YOGA

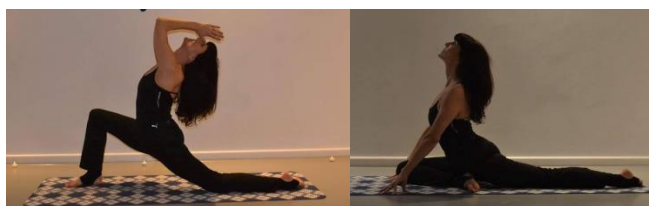
Yoga sessions will be suitable for all levels, from beginners to seasoned yogis, and held in the Special Yoga Shala - a lovely beautiful large space with a gentle, restful vibe. We may even move outside in the sunshine! The morning class will be more energising, with the later yoga session being softer and mostly mat-based. Meditation sessions will be offered in the morning and evening. Chakra meditation and Yoga Nidra are guided sessions designed to fully relax the mind body and soul. Drop-in sessions for consultation on your own practice will be available during the retreat.



## PRESENTATIONS

Each presentation will focus on different aspects of the benefits of living with Ayurveda – aimed towards understanding the concept of Dosha, Agni and Ama, Diet, Daily routines and Mind Set - guaranteed to enhance your overall wellbeing.

## THE TEACHER



**Julia Chilcott-Coombes**

**BA (Hons), Phys Ed Cert, PGCE, E-RYT-500, CYQ-YMCA Dip, MCMA**

Julia is a fully qualified and experienced Ayurveda Practitioner, Yoga Consultant, and Registered Therapist as well as a full-time teacher who is committed to delivering informative practical and educational programmes that inspire the use of Ayurveda and Yoga principles in daily life. She is extremely passionate about practising and sharing the proven benefits that the synergies between the ancient traditions of Ayurveda and Yoga have on personal wellbeing. Julia has a thriving Ayurveda and Yoga practice based in Southampton UK. Julia proves that *"By using Ayurveda and Yoga principles the body and mind are brought into balance; vitality can then develop. The individual is then able to perceive the true nature; this allows life to be lived more freely and spontaneously"*.

## BOOKING INFORMATION

All prices are **per person** and include all meals, accommodation, linen & towels, all classes, consultation, one treatment as well as presentations and full use of all facilities.

**NOTE! 50% Deposit is required to secure the booking**

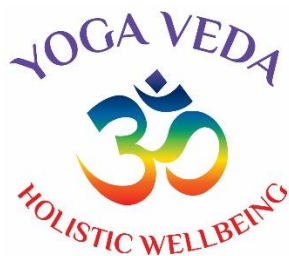
I will be delivering the payment personally to the centre

**Final and full payment will be required by 30<sup>th</sup> March 2020**

<b>Rooms and Occupancy</b>	<b>Total cost per week</b>	<b>Deposit 50% of full price</b>
<b>Triple room</b> 1 x Double 1 x Single or 3 Single	<b>£650</b> per person	<b>£325</b>
<b>Double Room</b> Double or 2 x Single	<b>£750</b> per person	<b>£375</b>
<b>Single Room</b> – Double or Single	<b>£900</b> per person	<b>£450</b>
<b>Junior Suite</b> – With bathtub bedroom	<b>£1000</b> per person	<b>£500</b>

**\*\*CHECK OUT EARLY BIRD DISCOUNTS BELOW\*\***

**\*\*\*PAYMENT SCHEDULE OPTION AVAILABLE \*\*\***



**Andalusian Yoga & Ayurveda Retreat May 2020 Booking Form**

Name	
Address	
Post Code	
Passport Number ( to be provided when booking is finalised)	
Telephone: Home Mobile	Are you happy to be added to the retreat Wassap group? Y          N Please circle
Email address	
Emergency Contact Details (must be contactable during the period of the Retreat):	
Name	
Telephone	
Catering will be suitable for vegetarians.	
Do you have any other dietary requirements or allergies?          Yes* / No	
If yes, please give details below:	
Vegan , Dairy Free/Gluten Free can be catered for; if requirements are very complex it is suggested that you bring your own provisions to supplement the food on offer	
Do you have any medical or mobility issues that we should be aware of <b>Yes* / No</b>	
If yes, please give details:	
Do you have an up to date EHIC Card ?	
Will you have travel insurance for this trip ?	
Note : Please provide flight details as soon as booked	

Room Type	No. of People per Room	Early Bird Per Person Paid in full by 31 <sup>st</sup> July 2019	Standard Payment Per Person		
			Total	Deposit With booking	Balance ** By 30/03/20
<b>Room: Divan Bed, Towels, Tea/Coffee facilities **Limited Availability**</b>					
<b>Triple room</b> 1 x Double 1 x Single or 3 Single	3	<b>£600</b> per person	<b>£650</b> per person	£325	£325
<b>Double Room</b> Double or 2 x Single	2	<b>£700</b> per person	<b>£750</b> per person	£375	£375
<b>Single Room</b> – Double or Single	1	<b>£850</b> per person	<b>£900</b> per person	£450	£450
<b>Junior Suite</b> – With bathtub bedroom	1	<b>950</b> per person	<b>£1000</b> per person	£500	£500

**\*\*\* Early Bird Offer – book and pay in full by 31<sup>st</sup> July 2019 and save £50\*\*\***

**Payment by Bank Transfer to: Account Name:** Yoga Veda UK Hub Ltd  
**Sort Code:** 230580 **Account:** 35041761  
**Ref: Name - SR2020**

**PLEASE COMPLETE**

**I enclose (please refer to Cancellation Policy attached):**

**Payment in Full** (see Early Bird if before 31<sup>st</sup> July 2019)      **£ .....**

**OR**

**50% Deposit £.....** payable at time of booking

(Balance payable by 30<sup>th</sup> March 2020) **£.....**

**OR**

**Deposit £100** with Monthly payments to be arranged individually

**Total enclosed**      **£ .....**

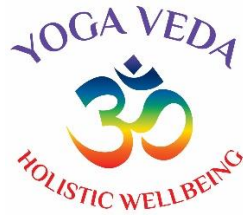
**Signed .....**

**Date .....**

**Please return this form to: [yogavedaukhub@gmail.com](mailto:yogavedaukhub@gmail.com)**

**Or by post Travellers Rest , 10 Pinegrove Road Sholing Southampton SO19 2PG**

**PLEASE NOTE: YOUR BOOKING IS NOT CONFIRMED UNTIL 50% DEPOSIT RECEIVED**



## **Andalucian Yoga & Ayurveda Wellness Retreat Granada, Spain**

**May 25<sup>th</sup> – 30<sup>th</sup> 2020 Hosted by Yoga Veda UK**

PLEASE RETAIN FOR FUTURE REFERENCE

### **Terms & Conditions**

#### **What's included:**

- 5 nights accommodation
- All Meals & Refreshments; Monday Arrival day Supper to Breakfast  
Departure day Saturday
- Variety of Ayurveda presentations
- Yoga – all abilities
- Meditation and relaxation sessions
- Ayurveda Consultation
- Ayurveda treatment (Indian Head massage or Ayurveda Facial)
- Use of outdoor pool
- Free time to explore the, grounds, countryside, surrounding areas, village  
& beach as you wish
- Free WiFi

#### **Optional extras:**

A variety of treatments  
Beach excursion  
Drinks from the bar

#### **What's not included:**

Flights  
Transfers to Venue –happy to facilitate taxi sharing

#### **Cancellation Policy**

- **Deposits are non-refundable in any circumstances**  
(other than event cancellation – see below)
- Bookings cancelled with six months notice 100% refund, less deposit
- Bookings cancelled with between three and six months notice 50% refund,  
less deposit
- Bookings cancelled with between one and three month's notice, 30%  
refund less deposit
- Bookings cancelled with less than one month's notice – no refund

Important Notice: should you need to cancel please e-mail Yoga Veda UK [yogavedaukhub@gmail.com](mailto:yogavedaukhub@gmail.com) as soon as possible. The date of receipt of the email will be the Notice date. At the discretion of the Organisers it may be possible for you to send a substitute participant.

In the unlikely event that the Retreat is cancelled, bookings will be transferred to an alternative date or on written request, refunds of payments will be made.