



## What to expect 😊

On arrival a warm welcome, time spent with you, to show you the venue and to help you familiarise yourself with the area and retreat centre

Welcome meeting for participants for orientation, information about the area and questions.

**Meals:** The chef onsite prepares and serves 3 Mediterranean inspired meals a day at pre-set mealtimes.

- ❖ 8-9am Breakfast
- ❖ 1-2pm Lunch (Main meal of the day)
- ❖ 6-7pm Light meal

Menu will be Vegetarian and Vegan.

Lunch and dinner are served family style with a starter and a main course; at lunch, dessert is also served.

Wine, beer and other beverage options are also available for purchase at meals. Tap water is clean and safe to drink

24 hour snack table with fruit, coffee and tea is available

**Cleaning Service.** The accommodations will be cleaned 1 time during a retreat of 5 nights

**Communication:** We will create a WhatsApp group for the group for ease of communication.

All **yoga props** (mats, blankets, blocks, straps, bolsters, meditation pillows) are provided so you do not need to bring your own unless you prefer to.

**Hair dryers**, shampoo, shower gel and hand soap are available upon request

There is **heating and air conditioning** in accommodation

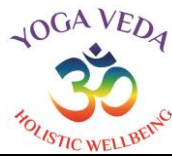
The **swimming pool** is open seasonally, from the middle of May to the middle of September.

Guests can relax outside on the terrace, in the gardens and around the **swimming pool** on the retreat property.

## Itinerary

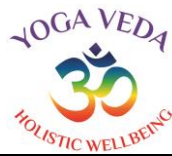
The following **daily schedule** is totally optional. You are free to join in with as much or as little as you wish. Each participant has a 1:1 Ayurveda Consultation and either Indian Head Massage or Rejuvenating Facial included in the package. This will be scheduled on arrival

Other massage options can be booked at an agreed price.

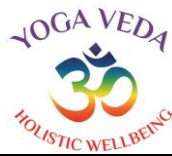


## Andalucian Yoga & Ayurveda Wellness Retreat May 2021 Itinerary

Day1 Monday		Notes
9:00am	Arrival Malaga Airport OR	Meet at Airport (Flights details shared once booked)
Transfer Option 1	Private Group transport from Airport to Granada City Centre (Approx 2 Hours) can be arranged Time & pick up point will need to be confirmed but usually it is 3pm (although I can discuss an earlier pick up) Cost Estimated 20- 25 € Per Person.	
Transfer Option 2	Public Bus: For travel from the Malaga Airport to the Granada bus station you can purchase bus ticket at the following link. Ticket prices are around 10- 15€ and buses go almost every hour. <a href="http://www.alsa.es">www.alsa.es</a> 10am depart arrives Granada midday This is the preferred option However it may not suit all. <b>LET ME KNOW YOUR PREFERRED TRANSFER OPTION (1 OR 2 ) once you have booked your flights 😊</b>	
Midday-	arrive Granada City – Free time	We cannot access retreat until 4pm so we have included an option to visit Granada and sightsee/ lunch
	Arrange Taxi to Retreat Centre (Approx 30 minutes drive)	Cost Four sharing should be approx 5-7 € Per Person
16:00	Arrive Retreat centre	
17:00	Welcome meeting	Tour, schedule, bookings for your included 1:1 Ayurveda consultation / Indian Head massage / rejuvenating facial massage
18:00	Restorative Yoga	Yoga Shala
19:00	Yoga Nidra	Yoga Shala
19:30	Light Meal	Dining area
20:30	Presentation or Free time	Topic- <i>Introduction to Main Principles of Ayurveda and the benefits of following Ayurveda as a way of life</i>
Day 2 Tuesday		
7 am	Meditation	Yoga Shala
7: 30 – 8:30	Dynamic Yoga	Yoga Shala
8:30 - 9:30	Breakfast	Dining area
10:00 – 13:00	Consultations or free time	Designated Treatment Room Your booked 1:1 session
13:00 – 14:00	Lunch main meal of the day	Dining area
14:00 – 16:00	Consultations or free time	Designated Treatment Room Your booked 1:1 session
	Free time	
18:00	Restorative Yoga	Yoga Shala
19:00	Sound and Thoughts Guided Meditation	Yoga Shala
19:30	Light Meal	Dining area
20:30- 21:00	Presentation/ group discussion or Free time	Yoga Shala– Topic - <i>Importance of Dynachara</i>



Day 3 Wednesday		
7 am	Meditation	Yoga Shala
7: 30 – 8:30	Dynamic Yoga	Yoga Shala
8:30-9:30	Breakfast	Dining area
<p>Optional Day Excursion to Alhambra <b>NOTE:</b> Entrance tickets will need to be booked a couple of months in advance <b>PLEASE INDICATE IF THIS INTERESTS YOU WHEN YOU PAY YOUR FINAL PAYMENT</b>, I will then calculate costs and once agreed arrange this for you.  FYI - Other possible excursion options include Beach/ Hammam Spa / Hiking (we can arrange any of these independently or as a group when there – Cost will be dependent on amount of people interested</p>		
18:00	Restorative Yoga	Yoga Shala
19:00	Guided Meta Meditation	Yoga Shala
19:30	Light Meal	Dining area
	Free time	
Day 4 Thursday		
7 am	Meditation	Yoga Shala
7: 30 – 8:30	Dynamic Yoga	Yoga Shala
8:30-9:30	Breakfast	Dining area
10:00– Midday	massage or free time	Designated Treatment Room Your booked 1 x massage/ Indian Head massage / rejuvenating facial
13:00 – 14:00	Lunch main meal of the day	Dining area
14:00 – 16:00	Massage or free time	Designated Treatment Room Your booked 1 x massage/ Indian Head massage / rejuvenating facial
18:00-19:00	Asana Clinic	Yoga Shala Drop-in session to discuss postures for specific issues, challenging asanas
19:00	Chakra Guided Meditation	Yoga Shala
19:30	Light Meal	Dining area
20:30- 21:00	Presentation/ discussion	Yoga Shala <i>Topic Keeping the fire in our belly- Gut Health (Agni)</i>
Day 5 Friday		
7 am	Meditation	Yoga Shala
7: 30 – 8:30	Dynamic Yoga	Yoga Shala
8:30-9:30	Breakfast	Dining area
10 – midday	Massage or free time	Designated Treatment Room Your booked massage/ Indian Head massage / rejuvenating facial
13:00 – 14:00	Lunch main meal of the day	Dining area
14:00 – 16:00	Limited space for Full body massage treatments available for booking	Designated Treatment Room
18:00	Restorative Yoga	Yoga Shala
19:00	Guided Meditation	Yoga Shala
19:30	Light Meal	Dining area
	Free time	



<b>Day 6 Saturday</b>		
7 am	Meditation	Yoga Shala
7:30 – 8:30	Dynamic Yoga	Yoga Shala
8:30-9:30	Breakfast	Dining area
10-10:30	Reflection	Yoga Shala
10:30 – 11:00	Rounding up Closing circle	Yoga Shala
Midday	Lunch	Dining area
	Free Time	
	Transfer to Malaga TBC Public Bus or Arranged Private Transfer TBC	Departs Sat 30 May 23:05

Note: The itinerary is subject to change at short notice should the need or participant request, arise.

### **What to Bring**

Comfortable clothes, urban clothes, swimwear, walking shoes/sandals, reusable water bottle, cell phone charger plus adaptor plug for European outlets, easy-to-carry day pack.

Large Towel for the swimming pool, toiletries, sunblock.

Copy of travel insurance documents, passport, prescription medications (if any)

Money for additional expenses.

Euros, Dollars & GBP are accepted at the centre

**NOTE: FYI The centre does not accept credit cards of any kind**