

Andalucian Retreat

With Michelle Nicklin, Senior Yoga Teacher &
Founder of Sandstone Yoga and Pilates.

Sunday 24th September to Thursday 28th September



“Switching off and slowing down at Cortijo Las Salinas is so easy, it just happens naturally. With daily Yoga, healthy food, meditation, great company and so much more, you’ll be able to restore your mind, body and spirit. I’ve created this retreat to help you on the next stage of your Yoga journey. I’m sure you’ll return home feeling restored and uplifted”.

Michelle Nicklin

The Venue

Cortijo La Salinas is a tranquil and simply stunning venue set in the Andalucian hills. The villa and it’s accommodation is centred around a large traditional courtyard with a marble fountain and Moroccan chill-out lounge. You can relax by the crystal-tiled swimming pool or in one of the many secluded areas. All of the bedrooms are twin or double having access to bathrooms.

The venue’s website www.Cortijolasalinas.com has beautiful photographs of all the facilities and we’re not the only ones to love this venue! The reviews on trip advisor speak for themselves: www.tripadvisor.co.uk/Hotel_Review-g315916-d1942332-Reviews-Cortijo_Las_Salinas-Jaen_Province_of_Jaen_Andalucia

The Yoga and Meditation

The Yoga Shala will be the place for our Yoga and meditation practice, overlooking the Andalucian mountains. There will be four hours of Yoga Monday to Wednesday and two hours on Sunday evening. After dinner on most evenings there will be activities. One evening will be a meditation under the stars in the mountains and there will also be a Yoga Nidra in the Satyananda style.

Daily Schedule (Monday to Wednesday)

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|----------------|--|
| 8.30 -10.30 am | Yoga and Meditation class |
| 10.30 am | Breakfast |
| | Time to relax, read, walk, swim, explore or take a massage |
| 2pm | Lunch |
| 5 - 7pm | Yoga class |
| 8pm | Evening Meal |

Most nights there will also be a programme of Meditation or Yoga Nidra.



Other additional activities are available on site including art workshops with Steffi, reiki or massages. The Cortijo also provide maps if you want to explore the local area and horse-riding is also available nearby.

The Food

The beautiful food at the Cortijo is made fresh on the day by the experienced house chef Steve Robinson. These mouthwatering vegetarian meals are enjoyed either in the breakfast kitchen or outside on a terrace. One night you can even make your own pizza and cook it in the traditional outdoor Andalucian oven. All diets are catered for.



What's included:

- All Yoga, meditation and relaxation sessions.
- Three vegetarian meals a day
- Home-made flavoured water at mealtimes
- Bedding, towels, robe and soap
- Use of the hot-tub, Wi-Fi, swimming pool, Yoga Shala and Meditation Room.
- One evening meditation under the stars in the mountains.
- One Yoga Nidra in the Satyananda tradition.

What's Not Included:

- Flights and insurance.
- Transfers. The majority of people on the retreat will be travelling on flight ZB970 from Birmingham on 24th September, which arrives into Malaga at 10.55am. If you want to minimize your transfer costs it is recommended that you either travel on this flight or one that arrives no later than 11.30am so you can share a transfer. The shared transfer costs are expected to be in the region of £40. If you are unable to arrive at this time you will need to make your own arrangements for transfer to the accommodation.
- Optional activities on-site such as massages and art workshops.
- Optional activities off-site such as sight-seeing trips and horse-riding.
- Bottled or canned drinks. There is also an honesty bar available in the evenings if you wish.

Price

- £575 for four nights accommodation, food and Yoga/meditation.
- For a second person sharing a double room and not participating in any Yoga or meditation the price is £400. Participation in any activities will incur an additional charge.

Other Information

Fun. We intend to have lots of it. Michelle has travelled the world and likes to play cards and board games to break the ice and help slip into the slower pace of life that comes with real unwinding. So please bring cards or any games you want to play with Michelle and your fellow retreat guests. However, be warned, Michelle can get competitive but not when it comes to Yoga of course.

You can see more photos of previous retreats on our Facebook site or on our Youtube channel (Sandstone Yoga & Pilates).

What do I need to bring?

You **must** bring with you a Yoga mat, Yoga brick, Yoga strap, a covering for meditation/relaxation, clothes suitable for Yoga, your EHIC card and details of your travel insurance.

Other optional items to bring are your swimming costume, water bottle, sun-tan cream, sun hat, travel adaptor, a good book(s) and hairdryer/straighteners.

How to Book

To book your place on the retreat you can either:

- Visit the Sandstone Yoga website www.sandstoneYoga.co.uk and follow the links in the retreats section to book on-line. *Or*
- Telephone the studio on 01922 277684 between 9.30am and midday or 6pm to 7.30pm Monday to Friday to book your place. You will then need to send your payment through via electronic bank transfer to

M. Nicklin
Santander
Sort Code: 09-01-26.
Account: 20602906

If you have any questions please don't hesitate to either phone the number above or email in to retreats@sandstoneYoga.co.uk