



Accommodation

All the facilities here are of a very high standard although we feel we should point out that the rooms are small - but perfect for your needs.

There are 8 single rooms and 1 rooms with a double bed.. All rooms have en-suite facilities with a terrace; look down the mountains over the lake (on a clear day you can see Africa) .

Both vegetarian & non-vegetarian meals are provided.

Cost (not including flight) £425

This is a special price for Chris's yoga students only, the published price is £450

There is no single room supplement.

Flights & transfers:

You will need a flight to Malaga, you might like to search the internet for prices, Free Spirit Travel can do this for you if you wish .

Call Jilly or Debbie on 01273-564230

Please call for advice on transfers, we will be matching people up to share taxis.
Do not arrive in the evening if you wish to share a taxi

Includes:

Accommodation, yoga, a large breakfast/brunch each day and dinner on 6 nights .

Not included:

Flight to Malaga, transfers, travel insurance.

There will be one day without yoga and dinner. Instead you will be taken to a typical Spanish restaurant where you may purchase your own meal.



There will also be optional excursions during the week.

**To reserve your place, or for more information, please contact
the Free Spirit Travel office:-
01273-564230 email: info@freespirituk.com
www.freespirituk.com**

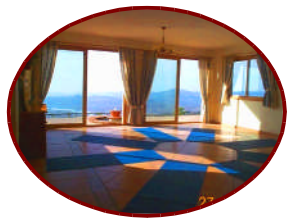
Chris James at Montana Palmera



Southern Spain Strong Hatha Yoga

July 26th - August 2nd 2008

£425 (plus flight)



A mountain retreat in a superb location 700m up in the Sierra de Alhama east of Malaga, surrounded on three sides by spectacular mountains, with fantastic views south to Lake Viñuela and the coast beyond.

This delightful retreat is hidden away in a tiny hamlet, high in the mountains above Malaga and thirty minutes from the coast by car. Perfect for walking, riding or mountain biking, the local scenery is stunning

There is a purpose built yoga circle in the shade of the trees on the mountainside, where the yoga normally takes place. A second space is available between the buildings and it is also possible to do yoga indoors in the dining room with its full length panoramic windows and fantastic views.

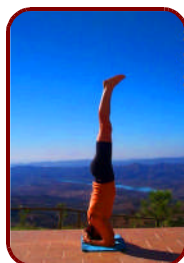


Chris James is a sought after name on the international yoga circuit and regularly contributes to a variety of Health and fitness pages in national newspapers and magazines.

Chris is a certified British Wheel of Yoga teacher and studied in Rishikesh, and at the Krishnamacharya Yoga Mandiram in Chennai, India.

Chris has been practicing for 10 years and specialises in teaching Hatha yoga, yoga therapy, masterclasses, and Workshops. He puts his sensitivity as a teacher down to a 'strong One-to-One approach'.

"I am able to adapt Yoga to the individual rather than the individual to the Yoga. This enables you to explore postures in greater depth. It also allows you to work on individual areas of resistance, alignment, and practice. I focus on building core strength and postural integrity, co-ordinated breath and movement and relaxation techniques that can be employed in day-to-day life"



Additional information

Sunbathing takes place by the oval pool, with its mosaic lining depicting leaping dolphins.

The relaxation area surrounding it is a natural sun trap. Lay on the sun-beds with a book and look down through the olive groves to the lake below you and far in the distance glimpse the glittering sea and occasionally Africa.



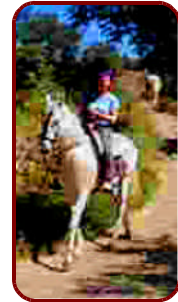
Four mountain bikes are on the premises, great for exploring the quiet roads and surrounding countryside, or visiting the next village.

Alternatively take your bike to the old railway line behind the retreat and cycle along it and across the hills, through fields of olive and almond trees and past picturesque old farmhouses.

Tennis, horse riding (one hour away), visits to the hot springs or golf can all be arranged by your hosts - or simply take the resident dog for a walk, massage is also available.

Robin, the owner, will give an optional introductory walk to familiarise you with the area as well as plenty of good advice on the best paths and trails to try.

A short walk away is a local bar (picture below) with coffee, drinks and snacks, these are also available on site from the in-house bar.



Your basic holiday includes vegetarian, non-vegetarian, Spanish and Thai food, with one night dedicated to a trip to a local restaurant where you can buy a Spanish meal for a modest price.

A large breakfast/brunch will be served after the morning yoga class and dinner after the evening yoga class.

