

Montana Palmera 2006

21st – 28th July



A delightful retreat situated in a tiny hamlet, surrounded on three sides by spectacular mountains, above Malaga and thirty minutes from the coast by car. Perfect for long walks and the local scenery is stunning.

At first glance this retreat appears to be totally cut off from the outside world, however it is close to the local bars, cafes and restaurants of Periana. Hot Springs, sailing, trips to the beach, and a round of golf at a brand new golf course, was all provided by the hosts, Robin and Saranya. Massage was also available, try one they're divine!. The beautiful oval swimming pool is a natural sun trap where you can relax during the day and there is an abundance of shaded areas.

Accommodation and food The holiday includes bed, breakfast and a vegetarian evening meal with a Spanish or Thai influence. One night is dedicated to a trip to a local restaurant where you can buy a Spanish meal for a modest price. **Rooms and prices** There are nine rooms in three blocks, each with their own en-suite facilities. There are six singles and three that can be used as doubles or singles. The rooms are tastefully decorated and comfortable - south facing with a patio outside giving magnificent views down the valley to the sea.

Getting There Fly to Malaga airport. There are a number of airlines serving this destination, including many internet companies such as Easyjet and the British Airways website page. It is also possible to fly to Granada airport. **Transfers** The retreat is about 50km from Malaga, and the taxi will take about 1 hour 15 minutes. This costs £35 per journey, which you can share. On yoga weeks we will try to link people arriving at similar times. Arrive early in the day if you want this option.

Includes: Accommodation, yoga, breakfast and dinner. One evening will be reserved for a trip to a local restaurant where you can buy a typical Spanish meal. There is no single supplement. **Not included:** Insurance, travel, transfers, typical Spanish meal in restaurant mid-week.

"I have had a very spiritual and energetic week of Yoga. The surroundings and the view made an inspiration to learn more, Chris James is just such a great teacher who connected to the group so wonderfully."

"Peaceful, beautiful views, fantastic food, and a very special teacher, thanks so much!"

"A great place and great Yoga. Chris thanks for taking me forward with my Yoga."

"A truly enjoyable week at a wonderful location, a truly inspirational teacher"

