

Montana Palmera 2007

21st – 28th July



For the second year running! 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.

"Every so often something special happens in your life – and for me this was the week. What a wonderful group in a great place with special guidance from Chris, and yes, we all deserved that glass of wine."

"A memorable week. Thank you for hosting so graciously. The atmosphere is so relaxed. I have been inspired mostly by the Yoga, the nature, and of course the cooking. I am going home refreshed, revived and more alive"

"Thanks so much for making this week's yoga week challenging, interesting and enjoyable. It was great to have you as a teacher. I enjoyed all your stories about your travels and your intellectual engagement with the diversity of yoga... Last week has given me a good kick in general. Thank you for your nutritional advice, I am eating more thoughtfully (fewer carbs, more salad, more exercise)."

"Words can not express how this week has been, thanks for being such gracious host son your fantastic Yoga setting in the mountain. The fresh air, olive scent, buzzing bees, and goat bells will be long remembered."

