

# YOGA RETREAT

REJUVENATE, STRETCH AND UNWIND

Iyengar Yoga retreat in the mountains of Malaga with Sarah at Casa Mayor

Thursday 19th - Tuesday 24th October 2017

5 nights in a haven of tranquility with experienced teaching twice a day in fully-equipped purpose-built studio. Plus delicious food and swimming pool in beautiful surroundings. One free day for you to explore the area.

[www.casamayoryogaretreat.com](http://www.casamayoryogaretreat.com)

For more details contact Sarah at  
[www.spiritofyoga.co.uk](http://www.spiritofyoga.co.uk)



## RETREAT PRICES

Prices per person based on room-sharing

Three-bed bedroom with French windows **£369 per person**

Upstairs twin bedroom with French windows: **£399 per person**

Downstairs twin bedroom: **£399 per person**

The above bedrooms have shared bathroom facilities

Twin rooms with ensuite bathroom and balcony: **£449 per person**

(Single occupancy is possible in two of the rooms for a supplement of an extra 50%)

Book early for your choice of room  
(Maximum number of students: 15)

**Prices include:** accommodation, all meals, yoga tuition, swimming pool, roof top terrace. All yoga equipment supplied.

**£100 non refundable deposit secures your place.**

Book by 1st July 2017 for **Early Bird reduction** of £75 on the price of chosen room. (see room prices above)

**Balance due 1st September 2017**

**Prices exclude:** flights, transfer to and from Casa Mayor from Malaga airport (6 seat taxi can be organised by Casa Mayor at 9 euros per person per trip).

