

VAYU YOGA RETREATS

Lisa and Caroline invite you to their 5-night Yoga retreat in Andalusia.

Wednesday 26th June to Monday 1st July 2024. We have just returned from an absolutely wonderful retreat in these beautiful mountains and cannot wait to return next year.



House of Light is nestled in the Alpujarra mountains between Malaga and Granada. This stunning retreat centre is an absolute haven of peace and tranquillity. These few days will be very special and a chance not to be missed.





The owners have put love and care into the centre with beautiful Moorish lighting, stunning spaces inside and out and wonderful attention to detail in the living spaces.



There are a number of shared twin bedrooms and Yurts, all lovingly decorated. You can come with a friend or come by yourself, and you will be allocated a room with a like-minded person, we pay particular attention to this of course. Our groups are always full of lovely friendly people. There are two Yoga spaces. One is a room indoors and the other a Mongolian Yurt. Also, we will have the opportunity to practice outdoors in the beautiful gardens. There is a beautiful saltwater pool. There are spaces outside to sit in quiet, lounge in hammocks or relax with the group by the firepit. The surrounding area is a wonderful place to walk in nature.



All yoga equipment is provided so no need to pack mats, blocks or straps.

We will have 3 fresh vegetarian meals a day, prepared by the centre's own chefs. The food is really special and made with attention and love.



Caroline and Lisa will teach a range of Yoga styles including Hatha, Flow, Yin and Yoga Nidra. Retreats give us time to focus on some fun areas that you may not have tried before with our attention on looking after you and giving you space to nurture yourself and rest whilst finding a little adventure.

We will also be teaching Pranayama practices, breathing techniques to aid in relaxation and meditation for healing and self-enquiry. Our aim is for you to leave feeling relaxed, renewed and rejuvenated. You will also experience a sound bath, a wonderfully healing practice.



We also hope to take a walk down to the nearest town Orgiva or up to the witches' village Soportujar for a fun afternoon out, if you wish.



Shared Twin Room/Yurt - shared bathroom

£895pp (sharing)

Single Room/Yurt - shared bathroom

£1195 **SOLD OUT**

Shared Twin Room - fully ensuite

£995pp (one room only)

Prices include all fresh, vegetarian meals, yoga and use of yoga equipment.

Not included:

Flights to Malaga airport, you would need to book these. Please speak with us regarding transfer times before booking.

We will be arranging transfers from the airport (approx. 90 mins) at approximately 40 Euros each way unless you wish to make your own arrangements. The transfers were very comfortable this year so we recommend this mode of transport, and we can all arrive together.

Travel Insurance...essential.

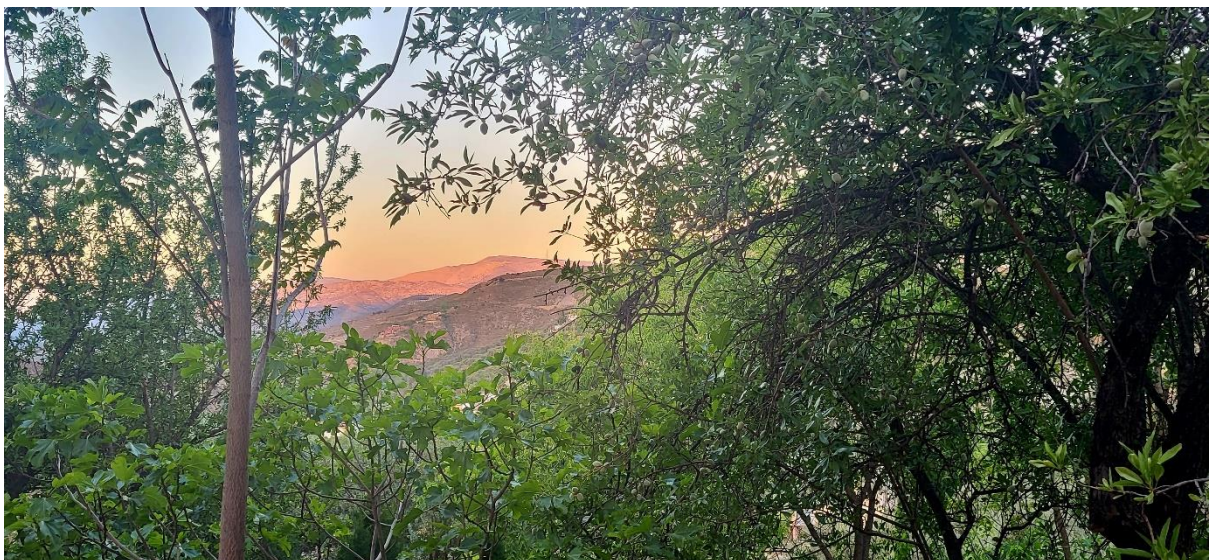
If you are interested in booking, a non-refundable deposit of £180 is required to secure your place.

The remaining balance will need to be paid by 10th April 2024. We are making available a payment plan to split your payment if this is something you would be interested in. We are so excited to be able to run this retreat abroad again. We would be delighted to have you join us on this exciting trip.

Below are some testimonials from our retreaters who joined us on this year's retreat.

Love and Light to each of you.

Caroline & Lisa xx





Testimonials from our 2023 Yogis

"It was one of the most amazing experiences I've ever had. I only knew one person on the retreat beforehand but felt it would be very good as she was my yoga teacher several years ago and we never completely lost touch. The location was perfect for the varied practices offered by Vayu Yoga Retreats. As a Yogi of 9 years experience in multi styles, I found the teaching by both instructors to be of the highest level, delivered in good humour and a personal touch, which made me feel a valued member of the group.

The catering and accommodation were amazing. I have recommended Vayu Retreats to friends who practice Yoga and have every intention of going with them again, at whatever location, but the venue was unbelievably good and excellent cuisine."

Gerald

"The Vayu yoga retreat in Spain was the first time I've ever been on a retreat - but I am sure it won't be the last! The location was amazing - beautiful, peaceful and with incredible food. There was space to be solitary or sociable depending on what you needed. The yoga was brilliant- don't be daunted if you're not a yoga bunny - it really was suitable whatever level you were at. I was lucky to share the experience with an amazing group who were open, fun and caring. I absolutely loved it."

Gemma

"The Vayu Spain retreat was a wonderful experience from start to finish. The yoga sessions were very inclusive and beautifully taught by Lisa and Caroline. There was a great balance of yoga and mindfulness. The House of Light venue was laid back luxury with incredible views and fabulous fresh homemade meals. The space was perfect with a great pool and lots of quiet reading spots all with a stunning outlook"

Amy