

WELLNESS & YOGA RETREAT

STUNNING NORTHERN SPAIN

DAYS

23, 24, 25 & 26
October 2014

4 Days and 3 nights
detox, relax, recharge

THIS PICTURE
POSTCARD
LOCATION IS THE
PERFECT SPACE TO
IMMERSE YOURSELF
AND REVITALISE
YOUR MIND AND
BODY READY FOR
SUMMER.

- Twice daily sessions of Yoga Therapy and Mindfulness Meditation
- Explore the relationship between yoga and the psychology of emotions
- Learn techniques to help manage you health and improve well being
- Enjoy the beautiful mountainside surroundings
- Land art activities
- Eco-friendly
- Price includes delicious organic vegetarian food (breakfast, lunch and dinner)

ACCOMMODATION

The retreat is held at a beautiful 19th Century manor house, set in tranquil grounds/ gardens and surrounded by mountains. Accommodation is based on sharing (single supplement available). The centre offers a warm and large yoga space and there's plenty to explore in the surrounding area, located very close to Picos de Europa and the Cantrabic sea.

INDIVIDUAL APPROACH

The main focus is tailoring the practice on your specific needs. The retreat aims to help you gain greater flexibility and core strength, while also encouraging the development of a deeper understanding of your body and mind, in order to achieve a sense of wellbeing and integrity. Participant numbers for the retreat are limited so as to allow space to offer sufficient time to everyone.

PRICE £345

The price includes: three nights accommodation, three hours of daily Yoga practice and meditation, land art activities and three vegetarian meals. If you have special meal requirements let us know in advance in order for it to be included in the menu. *Flights and transfers are not included.*

GETTING THERE

EasyJet has flights from London Stansted to Asturias (Oviedo). Direct flights from London are less than two hours duration. Travel insurance liability of guest. Mandala yoga will not be liable for anything with regard to travel - trains, airports, delays...

DEPOSIT

Deposit of £100 (non refundable) can be made online via bank transfer or by cheque in order to secure your place. Participants numbers for the retreat are limited.

CANCELATION POLICY

Payments are refundable until 8 weeks before the retreat date-refunds are subject to a £100 handling charge. 50% refundable if cancelled 6 weeks in advance. Non refundable if cancelled 30 days before.

Yoga Teacher & Yoga Therapist Raquel Chinchetru

Raquel has been teaching yoga for over eleven years. She trained as a Hatha yoga teacher in Spain. When she relocated to London she completed a two-year Yoga Therapy Diploma with the renowned Yoga Biomedical Trust. She has gone on to train with some of the leading figures in yoga including Heather Mason, Uma Dismore-Tuli, Dr. Robin Monro and Mukunda Stiles.

For further information contact Raquel on:
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