



WELLNESS YOGA RETREAT

STUNNING NORTHERN SPAIN

3 nights and 4 Days **18, 19, 20 & 21**
detox, relax, recharge **October 2013**

*Twice daily sessions of Yoga
Therapy and Mindfulness
Meditation*

*Explore the relationship between
yoga and the psychology of
emotions*

*Learn techniques to help manage
your health and improve well-
being*

Meet new friends

*Enjoy the beautiful mountainside
surroundings*

Land art activities

Eco-friendly

*Price includes delicious organic
vegetarian food (breakfast, lunch
and dinner)*

“ This picture postcard location
is the perfect space to immerse
yourself and revitalise your mind
and body ready for autumn ”



ACCOMMODATION

A beautiful manor house surrounded by mountains, accommodation is based on two sharing (single supplement available). The centre offers a beautiful yoga space and there's plenty to explore in the surrounding area very close to Picos de Europa and the Cantabric sea.

PRICE £285

The price includes: three nights accommodation (based on two sharing), 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

To secure your place, deposit of £85 (non-refundable) payable by 30 August 2013. Payment can be done via online via Pay Pal, bank transfer or cheque.

CANCELATION POLICY

All payments are refundable until 6 weeks before the retreat date. Returned payments are subject to a £50 handling charge. 50% refundable if cancelled 30 days in advanced. Non refundable if cancelled 29 days before.

For further information contact Raquel on:
mandalayogatherapy@gmail.com
T. 0044 7910 229 164

Yoga Teacher & Yoga Therapist Raquel Chinchetru

Raquel has been teaching yoga for over eleven years. She originally trained in Hatha yoga in Spain. When she relocated to London she completed a two year Yoga Therapy Diploma with the renowned the 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. She holds a degree in Psychology, an MSc in Human Resources and an MSc in Health Psychology (University of Westminster). Raquel is currently finishing her second degree in Fine Art in London.

Assistant Katy Robinson

Raquel will be assisted by Katy Robinson, who completed her Yoga teacher training in India under the direct guidance of Swami Vidyanand in January 2013. Katy has been practising Hatha Yoga since 1999, leading her into deeper studies with different forms of Yoga, encompassing asanas, pranayama and mantra - as well as meditation and relaxation - practices and techniques.