



SLOW LIFE
COSTA DEL SOL
your holiday, our passion!



Outdoor Yoga Break in the Costa del Sol

3 Nights / 4 Days

*We offer you a relaxing and enjoyable escape, with daily outdoor yoga.
You will stay in a beautiful villa with garden and pool,
in the green and peace of the Andalusian countryside.*

Where

- Among the hills of the village of Sayalonga, a few miles away from the most beautiful beaches of the eastern Costa del Sol, and at just 45 minutes drive from Malaga International Airport (AGP).
- Sayalonga belongs to the region of Axarquia, and enjoys a typical Mediterranean climate with warm summers and mild winters, and 320 days of sunshine a year.

Suitability

- We welcome beginners looking for an introduction to yoga and intermediate level practitioners.
- Minimum age to participate: 16 years (accompanied by an adult)

What will you learn

- Through a series of specific yoga postures (asanas), you will focus on aligning posture and body awareness
- Thanks to yoga positions you can loosen the joints, strengthen muscles and increase flexibility, balance and coordination.
- The practice of yoga promotes clarity and peace of mind.

Required materials

- Comfortable clothing to practice yoga.
- Yoga mats and equipments are provided free of charge. If you prefer, you can take your own equipment.

Number of participants

- 8 to 10

Spoken languages

- English, Spanish, German, French, Italian

Duration

4 days / 3 nights

When

Yoga breaks are held in spring and autumn. You can check the starting dates in the "availability and prices" section of our web page.

Suggest an alternative date: the yoga holidays are available to existing groups (min. 6 pers.)

Your yoga teachers

- Cristian Zanchi, originally from Switzerland, is an independent yoga teacher, and has two decades of experience practicing and teaching hatha yoga, having spent time in India studying with Yoga masters from different traditions. His style combines emphasis on the breath in conjunction with physical alignment. He believes that the benefits of yoga are really for everyone, regardless of age or level.

Yoga Break Itinerary

You will practice yoga twice a day in the beautiful garden of *Villa el Pino*. The morning session is designed to energize your day, stretch your muscles that have not been used during the night and wake up the blood circulation. In the evening, you focus on more restful postures, to welcome the night.

Please note: The itinerary is for guidance only and is subject to change depending on the season:

Day 1

- Welcome refreshment
- Room assignment, time to explore the house and chill out in the garden or on the poolside. Relax, and meet your fellow yoga guests.
- Time to enjoy your first evening yoga session.
- Delicious vegetarian dinner with your fellow yoga guests.

Day 2

- The day starts with the morning yoga session.
- Time for a rich vegetarian brunch, made of local fresh products.
- Free time: you can relax at the garden and on the poolside, or explore the surroundings of the villa.
- On the afternoon transfer for a visit to the spectacular cave of Nerja
- Short transfer to the coast for the evening yoga session on the beach.
- It follows a tasty vegetarian dinner in a restaurant.

Day 3

- At around 8:30 am starts the morning yoga class.
- Time for a rich vegetarian brunch, made of local fresh products.
- Free time: you can relax at the garden and on the poolside, or explore the surroundings of the villa.
- Visit to the surprising *Kalachakra* Buddhist *stupa* located on the hills of Velez-Malaga.
- Time for a conscious walk that brings us to the yoga session.
- Let's celebrate the day with a hearty dinner at an Indian restaurant.

Day 4

- At around 8:30 am starts the morning yoga class.
- Rich breakfast.
- Time to relax in the garden or on the poolside, to make the most of your holidays before to leave.
- Transfer to the airport, departure

People come and people go but friendship stay. Hasta la Vista Amigos!

Accommodation in Villa el Pino

- *Villa el Pino* enjoys a beautiful view of the Mediterranean vegetation and of the hills and mountains.
- You can relax in the large garden with flowers and plants, next to the large pool, under the veranda or in the cozy lounge.
- It has 5 rooms furnished with taste and attention to detail:
<http://slowlifecostadelsol.com/villa-el-pino.html>



*Casa Rural
Superior*

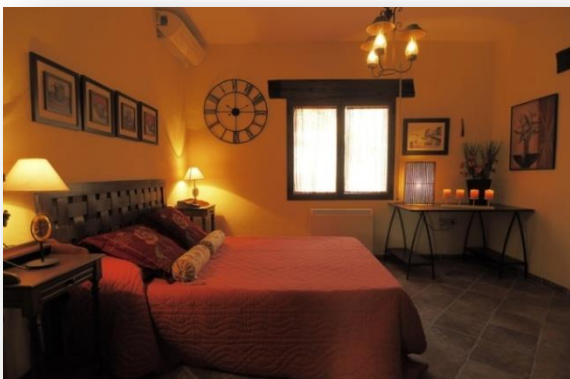
CR/MA/00605

The Rooms

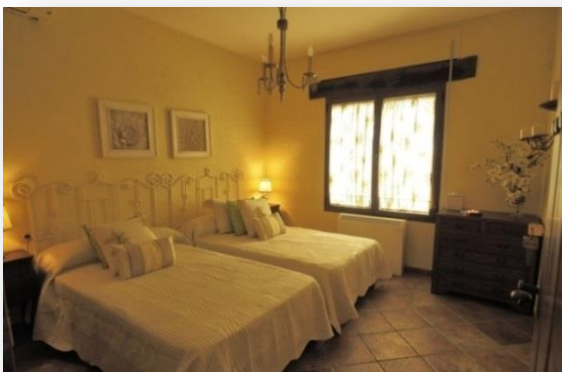
One *Premium* Room with a double four-poster bed, reading area, private bathroom, air conditioning, WI-FI



Two double beds *standard* rooms with shared bathroom between two rooms (with private key), air conditioning, WI-FI



Two single beds, *standard* rooms with double a shared bathroom between two rooms (with private key), air conditioning, WI-FI



Single travelers

- You can book a room for single use, with supplement, or share a double room at no additional cost.

Non participating partner

- Non participating partners are welcome to share a room with a yoga guest.

Food

- The vegetarian food served at *Villa el Pino* is based on genuine local products.

Price per person (VAT included)

- <i>Standard</i> room shared	539 €
- <i>Standard</i> room single use	674 €
- <i>Premium</i> room shared	639 €

The price per person includes

- 3 nights / 4 days accommodation
- welcome refreshment
- 2 rich vegetarian brunch (includes lunch)
- 1 full breakfast (day 4)
- 1 vegetarian dinner at the villa
- 2 vegetarian dinners at restaurant
- unlimited beverages at *Villa el Pino*: tea, coffee, mineral water, snacks
- 6 yoga sessions as in the itinerary (3 in the morning, 3 in the evening)
- Trips to all the places on the itinerary
- transfer to and from the airport
- Free WI-FI

The price per person does not includes

- a) Cost of travel (flight, train, or other means) from abroad or Spain.
- b) Other food and drinks than those specified in "The price per person includes".

Additional information

- We are covered by liability insurance on the property, and on the activities carried out. In any case, at the time of booking, we recommend to our guests to get a travel, cancellation, and medical insurance.
- Check-in at any time after 3 pm on the first day (in special cases it is possible to get the room before 3 pm).
- Check out before 12:00 on the last day after breakfast
- If for any reason you choose to abandon the yoga break after it has begun, no refunds will be provided for not used services.

Touristic relevance

- The landscapes of the region of Axarquía are among the most picturesque of Andalusia. His territory hosts mountains, valleys, traditional villages, natural parks, and the sunny beaches of the Costa del Sol.
- Each one of the 31 municipalities of the region has its own particular cultural and gastronomic heritage to be enjoyed during all seasons.
- The Mediterranean climate, with hot summers and mild winters, attracts international visitors throughout the year.
- The culture, traditional cuisine, the warmth of its people, makes the visit of this region an exciting adventure.

Links of touristic interest

<https://www.youtube.com/watch?v=G8hOUbCjAyE>

http://www.youtube.com/watch?v=q6wSU_HqNPY

Meeting Point

- Malaga International Airport (AGP), Malaga Maria Zambrano Railway Station, or directly at *Villa el Pino* in Sayalonga (Malaga)

Information for the traveler

- *On arrival*: the free transport service from the airport (or railway station) to *Villa el Pino* will take place at 3.30 pm. Guests who arrive at the meeting point in the terminal after 3.30 pm can consult us for an alternative, not for free, service.
- *On the way back*: the free transport service from *Villa el Pino* to the airport (or railway station), will take place at 11 am.

Contact / Reservation

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