

## CONNECTING WITH THE ELEMENTS – A RASA YOGA RETREAT EARTH. FIRE. AIR & WATER

WEDNESDAY 9<sup>TH</sup> OCTOBER UNTIL SUNDAY 13<sup>TH</sup> OCTOBER

Join JC & Candido on this magical retreat in Spain, Tarifa where Africa meets Europe. Allow your stresses to melt away with guided yoga and meditation practices, healthy organic cuisine and plenty of time to truly let go and connect to your truest nature. Return home refreshed and energised and inspired to truly embrace what you love.

### ABOUT THE RETREAT CENTRE - LA LAGUNA 'WHERE EUROPE MEETS AFRICA'

Nestling within 'The Strait' National park is our authentic Andalusian Finca. La Laguna de Bolonia. Our ecologically minded Finca is the optimum environment in which to practice new skills and to perfect existing ones. These tranquil surroundings will allow you to journey deeper into yoga. The focal point of La Laguna is our wonderful Shala with its open space and beautiful surroundings. Situated only a short distance away are the beautiful sandy beaches of Bolonia and Valdecaqueros. These open spaces beaches are ideal for unwinding and relaxing. The food is locally sourced or grown in the farm's allotment. All our meals are prepared and supervised by the head of the "sabe-e-arte" gastronomic association.



### TYPICAL DAY

07:00am - 07:30 am – Coffee, Tea

07:30am – 09:30 – Fire Sadhana Practice

10:00 am – Breakfast Buffet

2:00pm – Lunch

05:30pm – 07:00pm – Nectar Sadhana Practice

07:30pm – Dinner

Full schedule will be ready and available on arrival.

## ABOUT THE FACILITATOR

Candido has been practising yoga for over 9 years, his Vinyasa flow classes are dynamic, but include depth and attention to detail that reflects the teachings of his mentor, Parveen Nair, Iyengar teacher in Rishikesh. His inspiration comes from teachers, who through their devotion and love for this sacred practice, drew him into the path of yoga.

JC is passionate about teaching yoga to others and to be able to share this wonderful practice which has the power to transform lives is nothing but an incredible privilege for him and that's why he wants to offer you the chance to share this outstanding experience with him.

This yoga retreat is open to all ages and levels of fitness and experience. Every session will have the attention to details (the alignment and the biomechanics), the awareness of breath (Pranayama), openness to grace (Attitude) and the intelligence sequencing (Vinyasa). All sessions will be adapted to the group and modifications to the pose will be offered to cater for all participants to ensure that everyone is receiving the benefits of the practice and the individual attention.

## WHAT'S INCLUDED

Airport transfer – Gibraltar airport only, we will advise on flight.

3 delicious healthy meals daily, herbal teas and coffee.

2 Yoga practice daily, including, Asanas, Pranayama, Mudra & Mantra

Yoga mats, and all the props. Guided walks & meditation

Not Included: Therapies, flights & excursions

## INVESTMENTS

Twin Sharing Accommodations = £455 Early Bird / £485 Thereafter

Triple Room (One Room Only) =£440 Early Bird / £470 Thereafter

Two Single Accommodations = £555 Early Bird / £585 Thereafter

En-suite Twin Sharing Accommodation (One Room Only) = £555 Early Bird / £585  
Thereafter

Please note that all bathrooms are shared. The accommodations are simple and provides us all that we need which we hope suits many of you.

A £150 non-refundable deposit is required to secure & confirm your place.

1<sup>st</sup> payment of £150 to be paid by 30<sup>th</sup> March, the last remaining balance to be paid by 30<sup>th</sup> August

Payment can be made to the following account:

Account number: 33383103, Sort Code: 60-11-13

If you have any queries, please feel free to email or call us on

JC: 07863 510598, Candido: 07974 821669

Website: [www.jcyogi.com](http://www.jcyogi.com)

