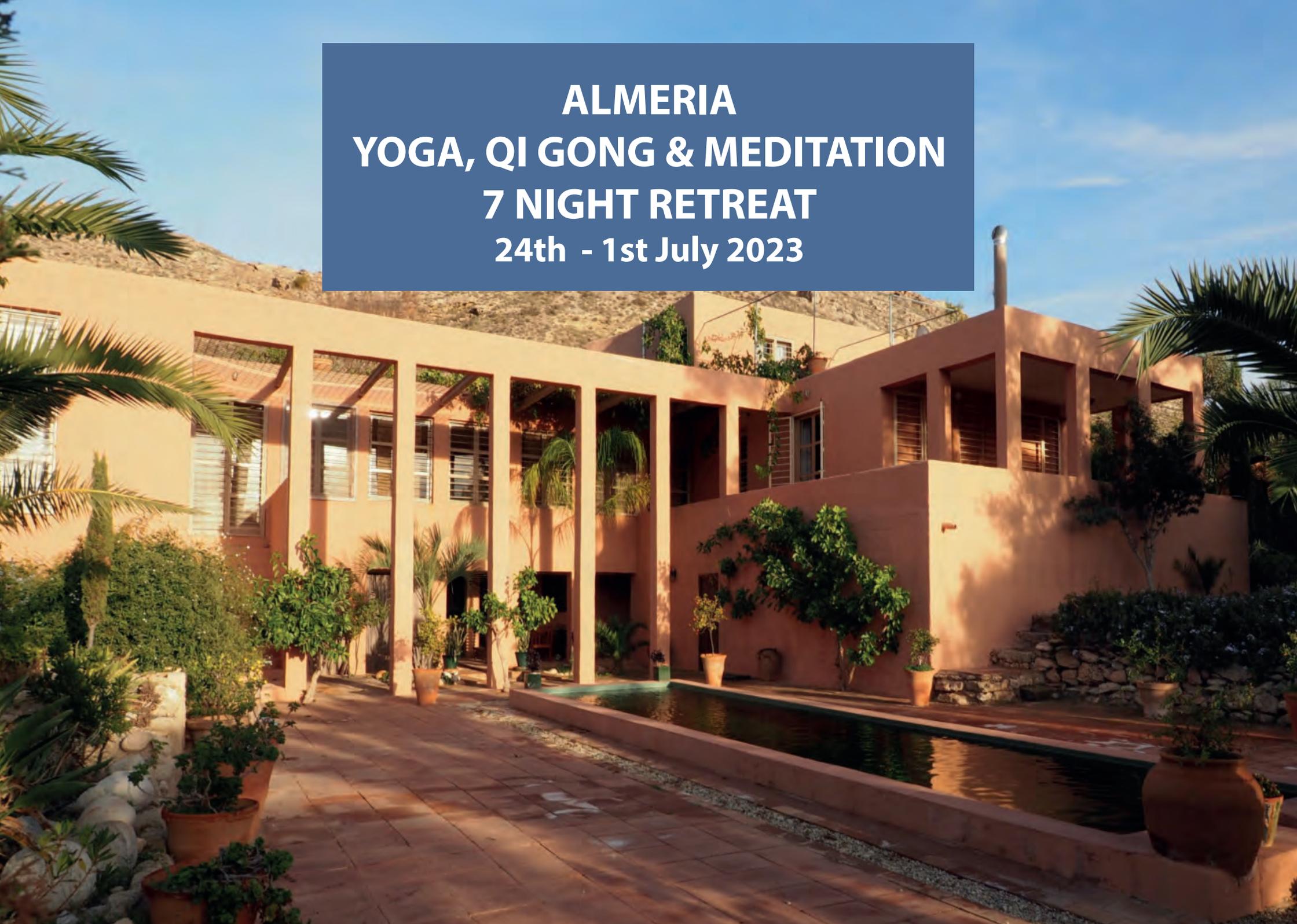


**ALMERIA**  
**YOGA, QI GONG & MEDITATION**  
**7 NIGHT RETREAT**  
**24th - 1st July 2023**





Join Paula for a summer week long retreat in spectacular Almeria, Southern Spain. Set in the hilly and golden countryside, we spend our week on a private Andalucian country estate, where we explore our yoga and qi gong practices to reconnect / connect deeper with ourselves.

Exploring these ancient practices, aids in releasing body & mind. Inviting us to enquire to what nourishes us, what brings us peace and calm, what lights our soul, fills us with joy and uplifts our spirits into a deeper meaning in life.

This week will be an opportunity to embrace a spectrum of yogic practices, to nourish your body with fresh vegetarian food, to move healthily, rest deeply, reflect, contemplate and connect fully to the radiant soul that you are.

## ABOUT THE VENUE

The venue is in a peaceful, secluded location consisting of the main house, the 'Finca', which won awards in the 80s for its striking modernist design, and a group of converted traditional buildings, the 'Cortijos'.

Our retreat is a stylish, bohemian family home with a tranquil palm fronted oasis set in 30 acres of citrus and olive groves with sunny lavender and jasmine scented terraces and spectacular views.

There are two pools, one at the house and one in the cortijo area. The house pool water is and eco, fresh water pool, which is continually filtered through reed and water-plant beds, the water is crystal clear.

The pool at the cortijos is a 'usual swimming pool'

Within 2km of the house is the lovely traditional village of Nijar which can be seen across the valley at the foot of the spectacular mountain backdrop.

The village is well known for its selection of local handicrafts.

There is a post office, bank and range of small food shops selling fresh vegetables and basic groceries, as well as lots of boutique and artisan shops.

The retreat is only half an hour from Almeria airport (27km), which is served by Easyjet, Iberia and Ryanair.

Join me to relax in this elegant, spacious family home, swim in the plant-filtered pool, and feast on locally-grown Spanish produce.







## ABOUT THE YOGA

There will be two yoga practices daily with optional morning and evening meditation sessions. All practices will be taught by Paula.

### **Morning sessions**

Are an exploration of body, mind and breath

Starting with meditation & pranayama practices, before moving through a morning wake up yoga flow, enjoying an exploration of traditional yoga postures and contemporary movements, leading into a guided relaxation at the end of each session.

### **Afternoon sessions**

A mellow, gentle and nurturing practice, which delves into the softening world of yoga fused with qi gong, yoga relaxation, yoga nidra, pranayama and meditation.

### **Evening Sessions**

Optional meditation sessions will be offered some evenings throughout the retreat.

Days will be free for relaxing in the tranquil surroundings of the finca visiting the village or other local sites. As well as indulging in massages and treatments. There will be one afternoon without yoga during our time away to allow for an optional longer excursion.



## ACCOMMODATION

### Main House

Hosting 5 large bedrooms with a mixture of twin and king size beds. All rooms are ensuite with varying views across the vast gardens, courtyard and terrace.

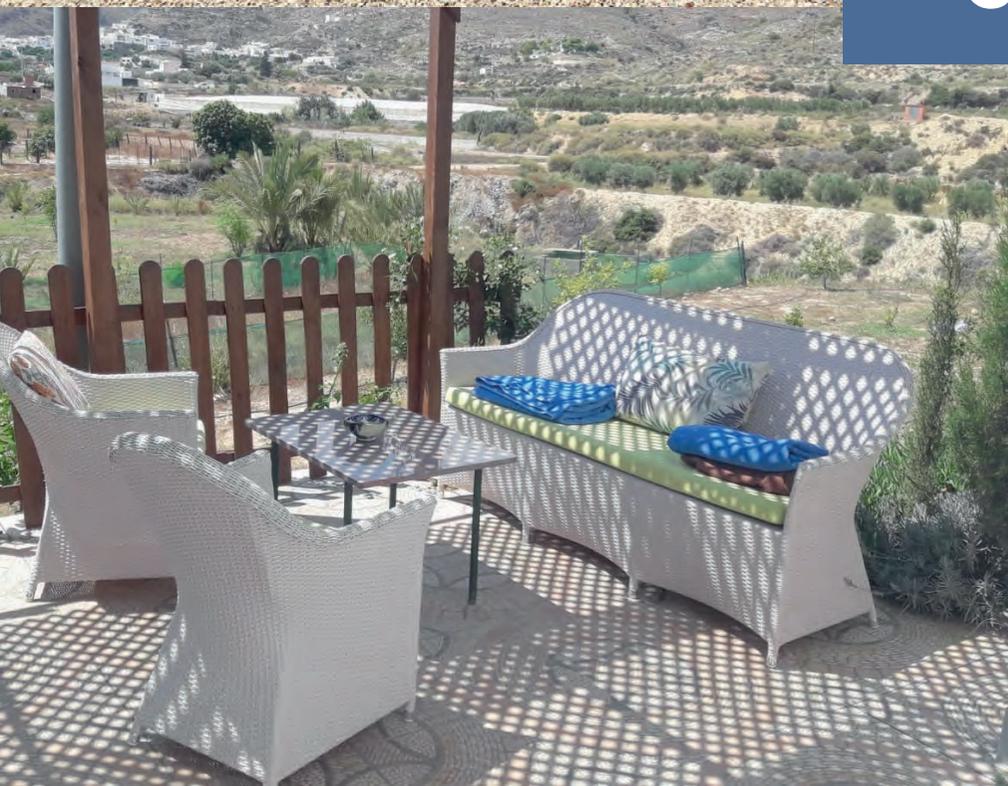
### Cortijos (A traditional rural farmhouse)

Offering 6 large Cortijos, which have their own lounge and kitchen and most have their own sun terrace. All Cortijos are ensuite with either twin or king size bed.





# Cortijos





## CUISINE

We'll enjoy three delicious vegetarian meals a day served buffet style with fresh local produce, the food is simple, seasonal and healthy and varied, with plenty of choice.

We can cater for gluten and dairy free diets.

Tea, coffee, and still water will be available 24 hours a day.

ONE NIGHT DURING OUR WEEK'S STAY, USUALLY ON EXCURSION DAY,  
WE WILL DINE OUT IN A LOCAL RESTAURANT.



## WALKS

There are several scenic walks straight from the Finca of varying lengths, including up to the mountain village of Huebro via the Ruta Agua.

Around two hours each way, following the spring-fed stream past more than twenty small water mills, to the pool at the source of the water, where you can have a refreshing swim. You can also walk into Nijar or take a car / taxi to one of the local beaches.

There are also a couple of shorter walks near the Finca, one which includes a visit to an extinct volcano. Do bring trainers or walking shoes if you enjoy exploring on foot.





## EXCURSIONS

There are several options for things to do in the area. Sandy, secluded unspoiled beaches can be found approximately 20 minutes drive from the venue inside one of Spain's largest National Parks, the Cabo de Gata. The beaches are warm enough to be enjoyed from May through to October.

There are also several charming coastal villages within the park, which make an idyllic location for a meal out at one of the many restaurants. The Arizona style landscape of Almeria has been used for filming.

There is a western style village called Tabernas, which is located 20km away in the nearby mountains.

Many cowboy films have been made there including "Spaghetti Westerns" by the Italian director Sergio Leone.

Several episodes of Game of Thrones were filmed at the Alcazabar in Almeria; this is a fortified complex within Almeria city, built in the 10th century, and is the largest Muslim fortress in Spain. Scenes from the film 'Indiana Jones and the Last Crusade' were filmed here, at Monsul and in the desert village Tabernas.



## ABOUT THE TEACHER

I'm a creative. A thinker. A questioner and social justice seeker. I have followed my two passions in life, yoga and art. I began practicing yoga 24 years ago as weak and inflexible teenager. Within one year of that first class, I could feel that physically and mentally there was a change for me. Yoga was the missing piece to my individuality and independence, it became my freedom of movement, the stones that my confidence was built on, the foundations of a managing stress and anxieties as well as an important part of my daily routine. The physical and mental benefits of the practice very quickly began to show.

For me, it was 16 years of having a dedicated yoga practice and simply being a 'student' practitioner before I even thought about becoming a teacher. I navigated through the highs and lows of my twenties and thirties, seeking the practice while working as product designer for major high-street blue chip retailers. After 16 years the natural path for me was to step into a teacher role. Now I am very much a student still but I have the benefit to be able to share my learnings.

I found love in anatomy research, especially the individuality of anatomy, we are all so different, this led me into becoming focused on becoming creative with my yoga sequences and teach with an undogmatic approach.

Creating a yoga practice that intertwines with my creative has allowed me to be innovates on the mat, designing fun sequences with informative learnings.

I wish for my yoga teachings serve the purpose of deepening a connection not only to ourselves, but with the people around us. I believe in people, I believe in the potential people, their movement potential, their kindness, the will and want to cultivating a strong sense of community and togetherness.

But most of all I believe that 'We' the people make the difference.

## Payment

Twin room / couple sharing £945 per person  
Single Occupancy £1145 per person

## Investment in your well being

Prices are for 7 nights and include accommodation, three delicious vegetarian meals a day, water, fruit, tea and coffee. There is one night when dinner isn't included and this is normally the day the group makes an excursion and stays out to eat in one of the many good restaurants in one of the charming coastal villages.

## To book

A non-refundable deposit of £200 is due to secure your place. Please email Paula at [heykarmayoga@hotmail.com](mailto:heykarmayoga@hotmail.com) with the confirmation of your booking. The final balance will be due 6 weeks before the retreat.\* On booking please inform me of any medical conditions and dietary requirements that maybe relevant to the retreat.

## Not included in price

Flights, transfers, excursions, soft or alcoholic drinks (an honest bar is in place for any extra drinks)

## N.B - BOOKING TERMS AND CONDITIONS:\*

In the event of the retreat being cancelled, do make sure you have full travel insurance. If for whatever reason you need to cancel your place on the retreat, please note the cancellation terms below regarding the final balance:

\*CANCELLING less than 5 weeks prior to retreat commencing NO REFUND will be offered.

If we are unable to run the retreat due to travel restrictions, we will give you the option to transfer all monies paid to another date or offer you a refund of your final balance.



## Need to Knows

### Insurance

It is a condition of booking onto this retreat, that you take out travel insurance to cover cancellations, health and other eventualities, inc pandemics.

### Laundry and Cleaning

We are a yoga retreat, informal and relaxed, so we don't offer a 'hotel service'. We don't go into your rooms to tidy, change bed linen, towels or clean during the week. However, if you need a towel or sheet replacement or any other service, just let us know.

### Check in Time

Check in is after 3:00 pm, as this gives us chance to clean and prepare the communal spaces and your rooms following the departure of the previous group. If this arrival time is not possible, you are welcome to arrive earlier and relax by the pool while waiting for the housekeeping jobs to be completed. However, we regret we don't serve lunch on changeover day, so you may wish to bring a snack with you. Water, tea, coffee and other beverages are available.

### Flight and Transfer Information

Almeria airport is less than half an hour from the Finca and is served by Easyjet, British Airways and Ryanair. Transfers can be arranged from Almeria airport to the retreat and generally the cost is between €30-€50 per person for a two way transfer. I can group people together who are arriving on the same flights. Car hire, if required, is only available from the airport.

There is no transfer to and from the UK Airports but I can put people in touch with those who wish to car share.

### Yoga mats

Yoga mats and equipment are provided, but please feel free to bring your own mat if you wish.

### WiFi

There is wifi available in the finca and cortijos



### Finally

I am foremost a Yoga Teacher, not a Travel Agent, I will endeavour to do my best to insure your yoga retreat is as wonderful as I know you'd wish it to be. Please do feel free to let me know if you have any further questions, or if I have missed any information that you might need and I'd be delighted to assist.

**SEE YOU IN SPAIN**  
Much love and light  
Paula