

TARIFA, SPAIN ~ AUG / SEPT 2019



7 NIGHT YOGA RETREAT TARIFA, SPAIN

31 AUG - 7 SEPT 2019

Indulge ~ Twice Daily Yoga

Retreat ~ Sea, Sun & Sand Dunes

Restore ~ Peace, Tranquility & Vitality

Explore ~ Beaches, Mountains, Roman Ruins & Gibraltar

Savour ~ Nutritious & Delicious Spanish Food

Soul Retreats Ltd & Laura Green

THE ACCOMMODATION

VENUE

Stay in a bespoke boutique retreat centre hidden in the hills a 10 min walk from the rugged & unspoilt beaches of Tarifa in the always tropical Southern Spain. Perched on the hilltop with panoramic views.



FACILITIES

Twin or single occupancy rooms all with ensuite bathrooms. Suitable for single travellers, couples or friends. Two swimming pools, sun loungers, yoga studio, onsite massage therapist.



UNWIND

Plenty of spacious leisure time, to read, snooze, sunbath, swim, hike, wander, explore, horse ride and adventure. After 7 nights you'll return refreshed and revitalised.



TASTE OF SPAIN

Soak up the local flavour and magic of Tarifa, with a guided mountain hike, trip to the Roman ruins, an evening of Sangria & Paella, local excursions, final night dinner in Tarifa & guided walking tour of Gibraltar.



INCLUDED IN YOUR RETREAT

7 Nights Accommodation (Single or Twin Ensuite)

2 Meals Daily (Brunch & Dinner), Wine with Dinner

Twice Daily Yoga inc. Pranayama, Asana & Meditation

30 Min Massage

Guided 1/2 Day Mountain Hike

Airport Transfer from Gibraltar (40 minutes)

Excursion to Roman Ruins, Sand Dunes with lunch

3.5 Hour Walking Tour of Gibraltar & The Rock

Evening Activities inc. Chanting & Discussions

Fully Equipped Yoga Studio



THE PRICE

Twin / Double Room: £850 + Flights

Single Occupancy: £1200 + Flights

Organised by Soul Retreats Ltd

Hosted with Laura Green

THE EXPERIENCE



YOGA

Twice daily yoga taught by retreat host Laura Green in a supportive environment. With dynamic morning practice of Vinyasa Yoga and more gentle evening sessions combining Yin Yoga & Restorative Yoga. The yoga is heartfelt, illuminating and usually following a deeper theme weaving in Yoga Philosophy for an inspiring experience.

OPTIONAL ACTIVITIES

Be content to just rest and relax or sample the many activities Tarifa has to offer such as: Horse Riding, Rock Climbing, Hiking, Kite Buggies, Surfing, Kite Surfing, Whale watching and even a day trip to Morocco.



EAT

The food is a massive highlight of this retreat with two exceptional chefs that make the very best of the amazing fresh produce available. Catering for vegetarian and non-vegetarian diets. The menu includes lots of local dishes plus an infusion of Thai & Indian inspired dishes.