

# 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.