

# THE YOGA BEAT

## Yoga & Creativity Retreat

Andalucia, Spain / 6th - 12th of May 2018



Stella Shakerchi and Chris Leuenberger invite you to join them in their yoga and creativity retreat held at Yoga Spirit Circle, a naturally designed holiday villa and yoga resort nestled in the Andalusian hills overlooking the Costa del Sol.

Enjoy relaxing yet focused daily yoga sessions that will fit your yoga needs. Surrender to the flow of your innate creative potential and try somatic dance and / or creative writing.

While on your leisure time you can go for extensive strolls on the beach (only a 10 minute walk away), hang out by the pool and maybe after dinner join mantra chanting to calm your mind.

You will go home inspired and recharged!

## Teachers

Stella Shakerchi teaches creative writing and yoga in Oxford.

Chris Leuenberger is a Swiss dancer/choreographer working internationally.

Both are 500hr RYT yoga teachers.

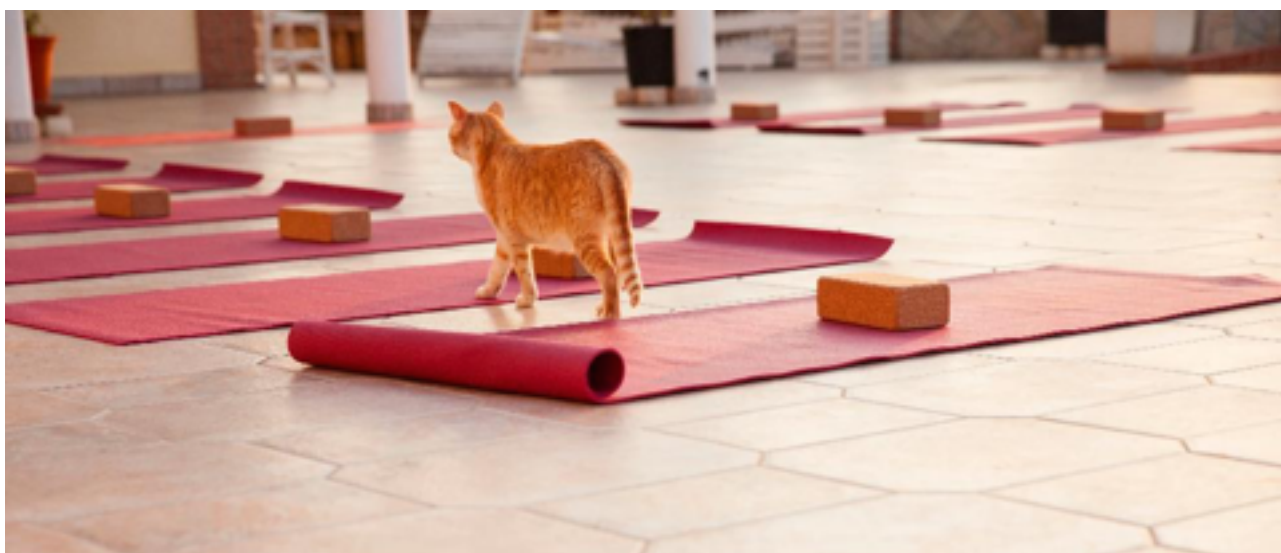
## Group Size

The maximum number of participants in the group is 12.

## Location

Yoga Spirit Circle is located on the grounds of a beautiful Spanish finca - Casa Erica. Located about 30km east from Málaga city, surrounded by nature and with the beach at your footsteps, it is the ideal spot to unwind and reconnect. The mild climate in spring and autumn with light sea breezes make you want to spend most of your time outdoors.

Wake up with the sun, practice yoga under the sky and make new friends. The yoga classes and workshops take place up on the hill overlooking the sea, on pool level and on the roof top terrace.



# Practices

During this retreat you will have two daily yoga classes with Chris and Stella. Experience Vinyasa, kundalini, restorative yoga, and celestial communication (mantras with extended mudras) in the evening.

To make full use of the life-affirming benefits of a regular yoga practice and to help unleash your creativity, we offer a choice of workshops in creative writing or somatic dance on three afternoons.

## Typical Day Schedule

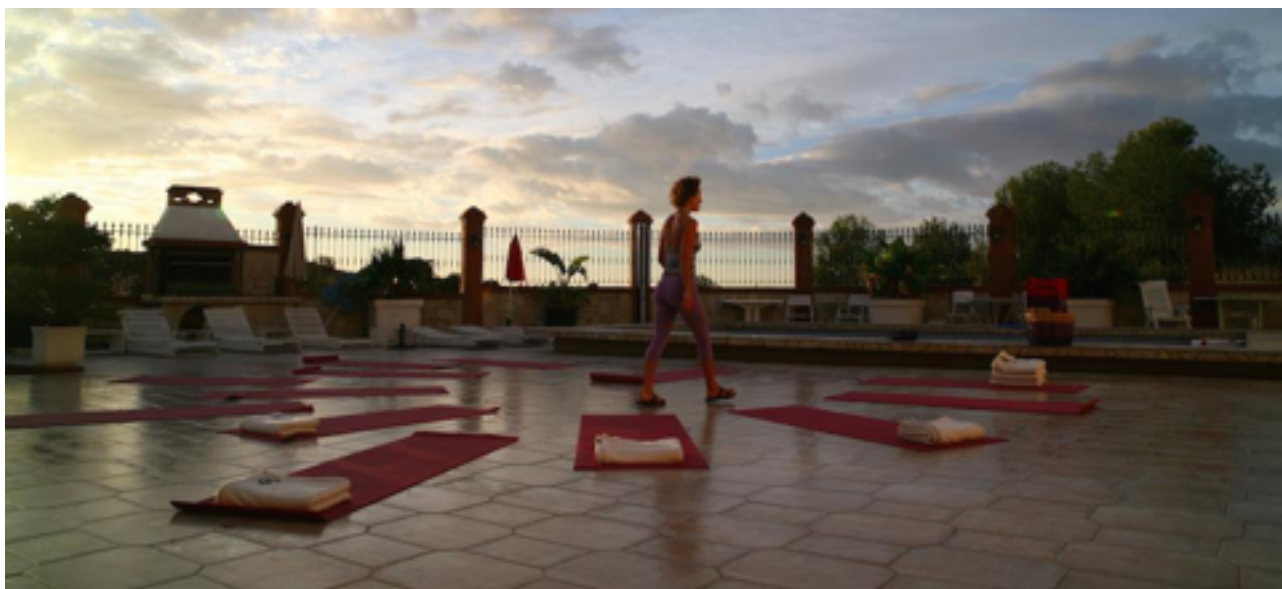
You will start your day with a 90 minute Vinyasa class in the morning sun. After your class and relaxation session you can enjoy your breakfast from the buffet on the terrace with sea view. There is sufficient time to rest, have a chat or jump into the pool until lunch.

If you can't get enough of the yoga, we will give the option of taking a 60 minute Kundalini yoga class right before lunch.

In the late afternoon you will have a choice of creative writing or somatic dance workshops (Monday, Wednesday, Friday).

On Tuesday and Thursday we will offer a 90 minutes restorative evening yoga class with meditation or yoga nidra.

After dinner you're invited to join us for 20 minutes of mantras with music and mudras.



# Meals

In this retreat healthy yogic food with vegetarian and dietary options will be served.



We start the day with tea, coffee & fruit. Choose between soy and oat milk. After the morning yoga class a delicious brunch is waiting for you. Freshly baked bread, different porridges, vegan spreads, fruit, veggies and fresh orange juice as much as you want.

In the lunch break we offer freshly made smoothies and light snacks, such as Chia Pudding and Açai-Nicecream.

In the evening we try our best to impress you with fresh veggies, hearty dishes and colourful creations influenced by the world's cuisines.

The following meals are included: brunch, light lunch, dinner, drinks

Should you have special dietary requirements, kindly send an inquiry to Chris: [contact@chrisleuenberger.com](mailto:contact@chrisleuenberger.com)



# Accommodation

You will be staying at Casa Erica - a beautifully renovated, peaceful and idyllic finca / holiday villa.

Surrounded by mountains and the sea, Casa Erica offers inviting rooftop terraces, Spanish archways and staircases and spacious outdoor common areas for living, dining and relaxing.

There are 11 bright and comfortable apartments and studios, all of which have a bathroom with a shower and a kitchenette.



## Accommodation Options and Cost:

Shared Studio (4x)	EURO 745
Shared Apartment (6x)	EURO 795
Single Room in Shared Apartment (1x)	EURO 825
Single Studio (1x)	EURO 825
Single Use Apartment (2x)	EURO 865
Single Use Honeymoon Studio (1x)	EURO 895

### What's included:

- 2 daily yoga classes (Vinyasa, kundalini and restorative yoga)
- 6 nights accommodation in single or double rooms
- Daily yogic breakfast, lunch, and dinner
- choice of creative writing or somatic dance workshop on 3 afternoons

- mantra singing and celestial communication sessions after dinner
- teas, coffees, and water
- Use of all facilities
- Airport Transfers
- Wi-Fi

### What's not included:

- Airfares
- Alcohol
- Excursions
- Massages

## Things to do



There are many options for you to spend your free time on your retreat:

- You can use the spacious and beautiful areas of Casa Erica to relax, read, take a dip in the pool, sunbathe and luxuriate.
- You might want to discover the surrounding nature or walk down the hill to go for a swim at the beach.
- You can catch a bus to Torre del Mar for some sight seeing - or how about a city trip to one of the beautiful Andalusian cities close by such as Málaga, Nerja or Granada?
- Maybe you feel like treating yourself to a massage.  
Massages and treatments are offered at favourable retreat prices.

# Arrival & Departure

Arrival is on Sunday afternoon, May 6th.

Departure is on Saturday, May 12th by noon-time.

## Getting there

### Arrival by airplane:

The nearest airport is Malaga. We offer a free Pick-up and Drop-off Service three times a day for flights arriving and departing from Malaga Airport between 8 am and 9:30 pm.

For arrivals and departures before 8 am and after 9:30 pm we can organise a personal transfer at an additional cost.

### Arrival by airplane and bus/train/car:

It is also possible to fly to Seville or to Jerez de la Frontera and rent a car or take a bus to Malaga or Torre del Mar.

Another option is to fly to Madrid. From Madrid you can catch a train (Renfe) which brings you to Malaga in 2,5 - 3 hours.

### Renting a car:

Car sharing makes the cheap rental cars even cheaper. At Malaga airport you can rent a car starting from 80 € per week.

We will send an email before the trip and put all interested participants in contact.

## Payment and cancellation policy

To confirm your space please transfer a 50% deposit.

The balance is due 2 weeks before the start of the retreat (April 23 2018). Bank details will be provided on registration.

### Cancellation policy as follows:

More than 60 days before the holiday a refund will be given less a 50 Euro admin charge.

Less than 60 days before the holiday a refund (less a 50 € administration charge) will only be given if the space can be filled.