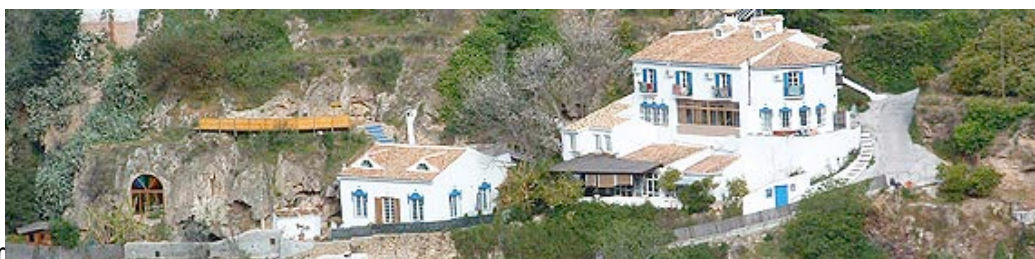


Welcome to join in...

YOGA COURSE IN THE SUN **with Yoga Evita** *April 19-25, 2015* **at Molino del Rey, Ronda**

**It's time again. All you need to do is to book.
Join us in this wonderful place that is getting better and better.**



For anyone who is looking for total peace of body and mind.



**In comparison with all venues and retreats that I have been to over the years,
this one has it all!**



The yoga shala with its five meters high ceiling and meditation area give us a deeper dimension during the practice. In addition we are surrounded by water falls and lots of flowers and plants. In fact, the whole venue is very tastefully designed.



To enjoy the stunning and varied nature we strongly recommend walking. All seasons have their individual beauty. Enjoy everything that is on offer.



The food is simply the best and without a doubt the best vegetarian food that I have ever had thanks to Gloria and Simon.
Let us know if you have special dietary requirements.



The rooms are beautiful and you will wake up rested every morning.



This fantastic place is available for us!

Let me know as soon as possible if you are joining. As always, it's about give and take.

Don't miss this opportunity.

Take it easy and I hope to see you this spring.



..... INFORMATION

For your stay to be as pleasant as possible please note the following information. Please read it carefully and don't hesitate to contact me if you have any questions. Contact details will follow at the end.

We practice yoga 2-3 times per day. In total a minimum of four hours. In the morning an easy practice with focus on breathing and stretching and a more physical session of KUNDALINI yoga in the afternoon. We spend the evenings together singing, laughing, meditating and there will be several surprises. At least once we will heat up the big Swedish style sauna and a salt water splash pool is also available. If you want a drink apart from coffee/tea/water you can buy it at your own cost.

There will be opportunities to walk every day, together in a group or whatever suits. Bring comfortable shoes, trainers are suitable.

If you wish we can arrange half a day to visit the historical town of Ronda and/or to the coast. We will then depart after the morning practice and breakfast and will return for supper and evening practice. The road is magnificent, almost unreal with mountains, valleys and note, a lot of bends!

The venue including outside areas is smoke free.

The price includes share in double room and transfer.

Check out is Saturday morning.

It's important to be aware that from an administrative point of view this is a private property that we are renting and not a hotel. Make sure that you have travel insurance.

All rooms have air conditioning cold & warm, comfortable beds, electric mattresses, hair dryer, kettle and safe.

The rooms are not cleaned and you keep your bed linen and towels during the stay.

Please bring your own towel to use by the pool and in the sauna.

Large breakfast buffet and dinner are included in the price. The food is healthy and home cooked. Leftovers from the day before will be available for anyone who gets hungry between meals. Water, tea and coffee are available during the whole stay.

PAYMENT

Price is 790 euros, plus flight to Malaga.

To guarantee your place please pay a deposit of 150 euros (non refundable) to:

Payments in Spain: LA CAIXA 2100267613011087685

Payments from abroad: IBAN: ES0821002676130110187685 / BIC: CAIXESBBXXX

Include your name on the pay slip please. Prior to paying please check with me that there are still available places. evita@manymoods.org

The balance must be paid latest six weeks before the work shop starts to the account according to above.

Payments on site (drinks, treatment, single room etc) to be made in cash (Euros). No card payments and nearest cash point is far away.

Suggested airlines

www.supersavertravel.com www.rumbo.com www.vueling.es www.seat.com EasyJet, BA & Ryan Air & Monarch

If you wish to arrive early or stay longer in Spain to see other places and sights I will be very happy to help.