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 **Yoga with Melanie**

**Little Alhambra**

**Frigiliana**

**Spain**

**2Retreats to choose from:**

**5th-12th September / 5th-9th September / 2022**

 **4 Night Break £495 / 7 Night Break £895**

Hello to all of you lovely members of our yoga family ☺

We are super excited to share with you the details of our Spanish Yoga Retreat which we are holding in a very spectacular venue in Frigiliana which is in the foothills of the Almijara y Alhama Natural Park.

We have found a stunning estate called [Little Alhambra](https://www.airbnb.co.uk/rooms/6362153) as the base for our Retreats. It is a delightful Moorish style building set in large grounds with two swimming pools and Mediterranean gardens. The estate has 9 bedrooms & it is an idyllic space for a relaxing and chilled atmosphere.

Frigiliana is a picture perfect whitewashed Spanish village which sits high on a mountain ridge overlooking the sea with spectacular panoramic views. It is 7 kilometres north of the beautiful Spanish Holiday Resort of Nerja

Frigiliana was voted the 'prettiest village in Andalucía' by the Spanish tourism authority, & is best explored by foot. The village is a tangle of narrow cobbled streets lined by whitewashed houses, their wrought-iron balconies filled with planters of brilliant red geraniums. Small plazas provide shady seating while the village bars are popular with visitors who come here to taste the locally produced wine. There are also several excellent shops selling pottery and ceramics, including decorative plates with their distinctive Arab design.

Please read all the details below and decide if you still want to come with us. If you do, we will send you a booking form, please complete, read the terms and conditions, and return with your deposit.

**Flights**

We will once again be using My Travel in Tottington to arrange and book our flights for this trip.

They know all the dates for the retreats we’ll be running. Once you’ve booked the retreat with us, just drop in or give them a call to arrange your flights

Depart Manchester: Mon 5th Sept @ 9.25am

Arrive Malaga: 13.30 pm

Depart Malaga: 9th or 12th Sept @ 07.10am: EZY1924

Arrive Manchester: 09.15am

Times ARE APPROX BUT WILL BE CONFIRMED WHEN RELEASED BY EASYJET

**All contact regarding flights will be between yourselves and MyTravel**

**Transfers:** The transfer to Little Alhambra is approx 45 mins from Malaga Airport.

We will be arranging a minibus transfer for you. **The price is yet to be confirmed but should be roughly the same as 2019 (£30 each way) (**You will meet the driver at the airport and they will have a Little Alhambra sign).

Or if you would prefer to arrange your own flights & transfers you can.

**At Little Alhambra**

**For all retreat dates**

Arrive Approx 12 midday

Depart Approx 7.30am

**Travel Insurance**: It is a condition of booking that you take out travel insurance to cover cancellation and other eventualities.

**Meals:** All food will be provided: 3 delicious home cooked meals a day (apart from 1 evening meal where will be going to Nerja to a local Spanish Eatery), timings tbc

**Retreat Food**

Please highlight any food intolerances to us on your booking form. Colin (my husband…. Your retreat chef ☺) will be as accommodating as possible, but as we are in Spain this time we suggest bringing any particular specialities with you if you think you'll need them. We can keep any dietary items you may bring in the fridge if required. Please don’t hesitate to discuss anything particular with us beforehand.

Colin will be cooking mainly vegetarian dishes with local ingredients where possible. There will be fish on some nights (& possibly chicken) for those who would like it.

If you have a severe reaction to an allergen, in which a very small amount i.e. on a kitchen knife or surface can trigger a reaction, we cannot guarantee to be free of cross contamination.

**Yoga**

There will be 2 Yoga sessions on most days.

8-10am each morning and around 7-8.30pm each evening. The evening times will be a little more flexible, but I will confirm when you arrive.

**Yoga Equipment**

**Please bring a yoga mat, blanket, socks, a sarong & a block or small yoga cushion.**

**If you like to practice with anything else please bring it.**

**Some of you may like to bring a yoga towel (not essential). This is a thin yogamat shaped towel that goes on top of your yogamat. Quite good in a hot country if you hands/feet get slippy in the heat. I usually take one with me. We may (or may not) get hot weather in June. (They can be bought on yoga sites online or sometimes Aldi or TK Max have cheaper ones).**

**What can I do in my free time?**

Whatever you want ☺ Relax: Read: Sunbathe: Take a dip, Walk.

**How much money will I need?**

You will need money for our afternoon/evening in Nerja: Meal/drinks/ shopping (there are lots of lovely shops)

You will be free in the afternoons. If you choose to just relax at the retreat, you won’t need any money but if you decide to venture out eg. A walk to Frigiliana, then you may need money for drinks/shops there or you may decide to go into Frigiliana by taxi?

**Things to Bring**

TORCH: You may need a torch for paths at night, most of us have this on our phones now

WALKING SHOES: A pair of walking shoes or strong sandals if you want to take advantage of the lovely walks.

INSECT REPELLANT: It is essential that you use only natural insect repellents whilst in the retreat and whilst practising yoga. Deet products rot your yoga equipment and anything else they come into contact with.

 SUN PROTECTION CREAM/SUN HAT/SWIMMING COSTUME

WATER BOTTLE TO REFILL (we will provide water)

A GOOD BOOK

A SMILE

**Clothing and Footwear**

As we are oriented to outdoor living, it’s advisable to bring a layer of warm clothing and a light waterproof, although it’s probable it will be hot and sunny, if it rains it can feel quite cool.

Normal yoga clothes, but geared to warmer weather. Layers for yoga (including socks) as it may feel cool inside in the morning practice.

Normal holiday/ pool wear.

Walking boots/sandals

**Plugs**

Spain has European 2-pin plugs, so you will need to bring an adaptor.

We’re not sure of any electrical items ( dryers/straighteners) at the property, but there are power outlets for your own electrical appliances.

**What do I do now?**

Let us know you want to come!!!!

1. **Fill in your booking forms and return to us with your non returnable deposit**
2. **Check you have relevant travel insurance**
3. **Let us know if you want us to arrange your flights (we arrange: you book)**
4. **Let us know if you want the transfers**
5. **Learn a few Spanish words for fun (or help us if you are fluent ☺)**
6. **Get excited !!!!**

Looking forward to sharing our first Spanish Yoga Retreat with you all ☺

Gracias amigos

Melanie and Colin

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