



ASHTANGA VINYASA & YOGA RETREAT

WITH ANDREA PANZER (AUTH. LEVEL II) & GOVINDA SCHLEGEL

-- ALL LEVELS WELCOME --

Are you searching for inspiration for your Ashtanga or Yoga practice that fits YOU – your life, your age, your body?

With Ashtanga Yoga Inspiration you will experience strength and flexibility, easiness and joy with an empathetic teacher in a natural and peaceful surrounding. You will find life inspiration and emerge feeling relaxed and renewed!

An authorized Level II teacher, Andrea is dedicated to sharing her approach to Ashtanga Yoga as a gentle flow, and guiding her students to achieve their own deep and joyful practice.

As a unique offering, Govinda presents Indian classical music as a companion for the flow of Ashtanga, to support breath and concentration in the moment.

We indulge you with delicious and healthy vegetarian food prepared with joy and love to complement your yoga lifestyle.

You will return strengthened, refreshed and inspired!



SCHEDULE OF ASHTANGA MYSORE RETREATS

MORNING CLASSES: Monday-Saturday

Some with live music

- 08:00-08:40 Meditation and Pranayama, Vinyasa Krama movements to fix Breath and Bandha
- 08:45-11:00 Mysore Yoga Practice
personal attention in a small group setting
- 11:15-12:15 Healthy vegetarian brunch by the pool

Saturday is usually Mysore Yoga Practice with meditative live music by Govinda

WORKSHOP: Monday & Wednesday

- 17:00-19:00 Pranayama & Meditation, Asana Techniques in Primary and Intermediate, Q&A

An extra workshop 'Vision Breath – Holotropic Breathwork' is offered for interested participants.

KIRTAN & CONCERT: Thursday

- 19:30-21:00

We are able to create specific retreat programs according to your requirements. Please get in touch to discuss.





PRICES AND REGISTRATION

We offer our retreat as a non-residential Yoga Program, as well as a residential retreat.

OUR ASHTANGA YOGA RETREAT AS A NON-RESIDENTIAL PROGRAM

Join us daily for Yoga practice, vegetarian brunch and a dip in the pool!

Organise your accommodation in a location that suits you, in the nearby Cajiz (typical Andalusian village), or right by the sea in Benajárfes.

We are happy to share our recommendations and can help to coordinate with other yogi/ni/s if you'd like to share your chosen accommodation.

- 350 EUR - 6 day Yoga program (22 hours), brunch + events

OUR ASHTANGA YOGA RETREAT AS A RESIDENTIAL PROGRAM

ACCOMMODATION AT THE FINCA EL OCLE

The **Finca El Ocle** is a typical Andalusian Finca (country house) – quite rural and situated in the campo (countryside). Expect a family-like retreat lifestyle.

We have 2 rooms available for 2-4 guests.

For our guests in the Finca el Ocle, dinner is included with the accommodation (*except on Saturday evenings and Sunday mornings*).

- Shared occupancy (twin or double bed) // 650 EUR/week per yogi/ni
- Single occupancy // 710 EUR/week per yogi/ni

Sunday is always the arrival day, Check-in is from 4pm

We start with a Welcome-Circle at 6pm, and invite you for the Dinner at 7pm.

Check Out is Saturday 1pm, after the Brunch and Farewell-Circle.

If you stay – let's say- 2 weeks, the night from Saturday-Sunday is a **present to you**.

Bookings are for a minimum of 1 week (Arrival Sunday - departure Saturday)

with our Yoga Program from Monday–through Saturday mornings.

We recommend a longer stay so that you may dive deep into the practice and integrate new discoveries and explore the beautiful Andalucía area.

- Book 2 weeks, receive 100 EUR discount
- Book 3 weeks, receive 150 EUR discount





RESERVE YOUR SPOT

ONLINE - www.ashtangayogainspiration.com

Please apply via our website for your chosen retreat dates.

With the transfer of 350 EUR (for a twin room) or 400 EUR (for a single-room occupancy) your spot is reserved. With a copy of your flight-reservation your registration is complete.

RESIDENTIAL OPTIONS

After transferring the deposit via our website, please transfer the balance for accommodation the day after your arrival to the following account. The balance for twin occupancy is 300 EUR per person, balance for single Occupancy is 310 EUR:

R. H. GOVINDA SCHLEGEL

IBAN: ES76 2100 4796 1101 0064 5078

BIC: CAIXESBBXXX

SUBJECT: YOUR NAME & BOOKED DATE
ASHTANGA RETREAT (ACCOMODATION)



GETTING HERE & AROUND

How to reach Cajiz (Velez-Malaga)

BY BUS

There is a bus from the Airport every ½ hour to Malaga (3 EUR) to the 'Estacion de Autobuses' or 'Muelle Heredia/Estacion de Autobuses de Puerto Malaga' (opposite the Plaza de la Marina & Oficina de Turismo (Tourist office).

From '**Muelle Heredia/Estacion de Autobuses de Puerto Malaga**' take a bus in the direction of **Velez-Malaga** (you will get out before in Torre del Mar).

Just check your google-map: Buses to Torre del Mar. There you will find the next departures, and please take **ONLY a DIRECT bus -like an "ALSA-BUS"**.

From Torre del Mar, Main-Bus-Station we can pick you up!

You could also already drop at the second stop in Benajarafe, this is even closer to us

☺ Show the busdriver a note ☺

"segunda parada en BENEJARAFE –enfrente supermercado KOMOKOMO"



BY TAXI:

Taxi is approximately 50 EUR from Malaga Airport directly to the Finca el Ocle. We can arrange this for you, with a driver who knows the way!

RENT A CAR

The airport is a half hour drive to Cajiz. Follow the sign to Malaga and then take the **Autovia A7 in the direction of Almeria / Motril.**

Take exit 960 Cajiz / Iznate. Follow the **MA 3202** to Cajiz - to the **meeting point** in the village of Cajiz in front of the **Cafeteria – Bar La Plaza** (Google + code is QR58+V3, Cajiz).

The **Finca el Ocle** is 1.5km from here.

We recommend renting a car to give you the freedom to explore the area. Otherwise many of our guests are enjoying the silent spot and manage without car

ONCE YOU ARE HERE

Taxis are available for trips to the beach or nearby villages. They cost approximately 18€ one-way to Benajárfes or Vélez-Málaga.

You can get a lift with us when we drive to buy food, around 3 times each week.

PS: Check with your mobile provider that you will have **Internet coverage in Spain** and that you have **WhatsApp installed**. Here EVERYBODY uses WhatsApp (taxi drivers etc) to communicate, as it is free of costs. With Internet you can access Google maps, bus timetables etc.

It may help to have a **translation app** on your phone as not everyone will speak English, or your language.



WHAT TO EXPECT, WHAT TO BRING WITH YOU

- Your own yoga mat if possible (check back with us please- we have 4 mats here)
- Towels for yoga and swimming
- “Onion-Clothing” – warm pullovers, warm out and indoor jacket to t-shirt
- House-slippers
- Obligatory – is a travel health insurance - please check your health-insurance covers travels in Spain
- An open heart, an open mind
- Be ready for a bit of Karma Yoga - like help in the garden or washing dishes.

Please respect that we are a strict vegetarian household (no fish, no eggs), please don't bring non-vegetarian food into our home.

Please follow instructions at our Finca to preserve water and resources.



SPECIAL TRAVEL REQUIREMENTS (updated SEPT 2022)

You can find the best links to find the most accurate and current travel conditions from Germany and other countries to Spain on our website - under 'Booking' then 'Travel conditions'.

In case of any doubts please contact us!

Ashtanga-Yoga-Inspiration wishes you a good journey!



CONTACT (WhatsApp)

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ADDRESS

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