

Relax, Restore and Detox (before the Christmas Chaos)

Santillan, Malaga, Spain

December 1st-4th 2024



With Angie Beadle

Reconnect to yourself ahead of the Christmas Chaos.

Join me for 3 nights of yoga and reflexology at a hillside yoga and wellness centre with outstanding sea views on the Costa del Sol, 30 minutes east of Malaga. I've chosen to return to the incredible, spacious state-of-the-art 170 m² yoga shala. The Carlo Studio has a 24 station rope Yoga Wall (originally inspired by BKS Iyengar), thermally insulated wooden floor, quadraphonic sound, wood-pellet burning stove, infra-red panels and all the essential yoga props of the highest available quality, and attention to detail that makes it truly one of the most outstanding yoga studios in Europe.



We will conduct our morning sessions in this studio (making use of all the fantastic props!!) In the afternoons we will use the Studio Andaluz. This is a large traditional Andalusian salon with 3 wood-burning fireplaces making it perfect for our cosy winter restorative and journaling sessions.

All rooms have en-suite bathrooms with a bath tub and shower (2 of them just shower), magnifying mirror, hair dryer and welcome products, air-conditioning, heating, work desk and a balcony or patio with sea or garden/mountain views.



Link to retreat centre:
<https://www.santillanretreat.com/>



Price:

Single occupancy **£750**

Shared occupancy **£480**

Shared occupancy (non-yoga guest) **£360**

The price includes:

- 3 vegetarian meals a day
- accommodation for 3 nights
 - all yoga sessions
 - a retreat workbook
- a retreat playlist (great for helping you call in the retreat energy when you practise at home)

The price does not include:

- flights and transport to retreat centre (approx. 35 mins from Malaga Airport)
 - excursions
 - special meals

