

SAVE THE DATE

09.07.2023-16.07.2023



DETOX, YOGA, MEDITATION, SOUND HEALING THERAPY, PRANAYAMA and MASSAGES

7 DAYS YOGA VACATIONS IN PARADISE IN OUR BEAUTIFUL FINCA EL MORISCO NEAR MALAGA.

Yoga vacations by the sea

A week full of intense impressions. And to simply get rid of everyday stress, recharge your batteries and finally let your soul dangle.

Rest, find yourself again and recharge your batteries in a place of power surrounded by beautiful nature by the sea.

We practice yoga, breathing exercises, meditation, singing bowl therapy and bodywork to invite mindfulness and healing.

Your program could look like this:

07.45: Shatkarma and Pranayama

08.30: Yoga session

10.00: Breakfast

11:00: Free time for walking, beach, meditation, soul relaxation

12:00 At lunchtime, seasonal fruit and a cold salad buffet.

17:00 Restorative Yoga

19:00 Dinner

20:00 Meditation and Singing Bowl Therapy

PRICE

€1500 -week/person if occupied by 2 persons (shared double room) VP + course

€ 1645 -/week (1 person) VP + course

If you book until 15.06.2023, you will receive a discount of 100 € on the above price.

Highlights

- our daily program with 2 x yoga, meditation, singing bowl therapy, breathing techniques, Ayurvedic Cleansing (Shatkarma)
- Accommodation
- The exposed location of the finca allows your view to wander easily to the sea horizon. On foot you can reach the sea, which is 1.5 km away, in about 30 minutes.
- 3 x delicious meals in buffet form. Vegetarian/vegan full board also organic (drinks included) - rich breakfast and dinner buffet. At noon seasonal fruits and cold salad buffet.
- Airport transfer. Sundays: 5x free transfer to/from Malaga airport between 7am and 8pm.
- Excursions: coastal walk, visits to the market, beach activities...
- Massages, Manicure, Pedicure



Finca el Morisco is located 20 km from Malaga on a hill top plateau surrounded by green finca countryside. It invites you to feel its earth under your feet, the Andalusian sun on your skin & the sea-scented air in your hair. Your nose will delight in the scent of several hundred trees and their blossoms and fruits. Feel embraced by the approximately 7 hectares of spacious finca grounds, which invite you to linger in the olive grove or the small palm forest. Find winding corners of well-being, rest and power places that inspire you and relax.



More pictures from the retreat on my website: <http://www.merodusud.ch/AKTUELL.php> (for more informations)

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