

Mind & Body Healing and Yoga Retreats

With Ziza and Yair

Our Mind & Body Healing and Yoga Retreats are designed in a format that allows in-depth healing work together with relaxation in a beautiful and nurturing environment. Led by Yair and Ziza, well-known and highly experienced Body & Mind therapists.

Days included: Please enquire

Our package includes:

- Accommodations in a beautiful yurt among olive and almond trees
- Private covered Pool
- 3 vegetarian meals per day
- 1 Yoga / Qi Gong classes per day
- Nature walks
- lots of love and personal care

Treatments are not included in the daily fee and will be charged separately

(We offer the following modalities):

- Foot reading - (1.5 hour, 70 euros)
- Holistic Reflexology – (1 hour, 50 euros)
- Mind & Body Acupuncture and Chakra balancing –
(First treatment 1.5 hour, 70 euros, Second treatment 1hour 50 euros)
- Massage – (1 hour, 50 euros)
- Shiatsu – (1 hour, 50 euros)

Retreat fees: 150 euros per person per day

- Non refundable 200 euros registration fee is required upon registration. The money should be transferred into our bank account at least one month prior to the retreat. Write to us to receive bank account details.
- This price does not include flight fees and airport transportation.
- Recommended airport is Granada in which you can get economic flights with Ryanair <http://www.ryanair.com> or Monarch air <http://www.flymonarch.com/>
- Airport transportation to our center can be arranged (60 euros from Granada airport, 90 euros from Malaga airport, one way), although renting a car will facilitate exploring the beautiful area surrounding Lanjaron.
- Please make sure that you have a medical insurance that will cover all possible medical needs abroad.
- Please bring light clothes for Yoga and Qi Gong practice, Flip-flops, Torch, Swimming costume.
- **Do to green electricity its impossible to use hairdryer or other electric equipment above 100W.**

Retreat schedule

8:30-10:00 – Yoga

10:15 – Breakfast

12:00 – Treatment

14:00 – Lunch

17:00 – Nature Walks or Free time

19:00 – Dinner

20:00 - Talk / Drumming and Free Dance