

SPANISH YOGA RETREAT / TOUR

RESTORE & EXPLORE YOUR SENSES

through yoga, meditation, body treatments while enjoying sunny Spain

Join Carol Atkinson in a journey to Andalusia, Spain May 23 to May 31, 2010

This one week tour and yoga retreat **includes:**

- Transportation between Malaga airport and “Pazilo Yoga” (private residence of our hosts Peter and Marilyn Reynolds)
- Accommodations (shared double room with twin beds) each with private bathroom and tea/coffee making equipment
- All meals/snacks except for snacks/drinks on day tours
- Morning yoga/meditation session and afternoon yoga session (except for two days when we are on tour) in a fully equipped studio on the premises with either Carol Atkinson (RYT 200) or Marilyn Reynolds (yoga trained in Argentina and UK)
- One full body massage and one reflexology session each with certified practitioner
- Two full day trips (cost of entry fees and transportation included):
 1. Tour to the city of Cordoba with dinner at a typical Spanish restaurant within the walls of the old city where we will enjoy a traditional flamenco show
 2. Tour of the famous Alhambra Palace in the city of Granada



We will have plenty of time to:

1. swim in the pool or relax with a book
2. walk in the olive groves / stroll in the garden
3. practice taking Spanish siestas
4. or just sit --- and be you

Cost: Book before March 15, 2010 and pay \$2100. Price after March 15, 2010 will be \$2300 (\$500 deposit required at time of booking)

Air travel is not included. It is recommended that you use Air Transat as they fly from Toronto to Malaga leaving Toronto Sunday, May 23, 2010 and returning Monday, May 31, 2010. Please refer to their website airtransat.ca. If you are arriving in Spain earlier or leaving later please note the only pick up and drop off times at Malaga airport will coincide with the Air Transat flights noted above.

For more information please contact Carol Atkinson directly at 416-456-7074 or email her at car_atk@hotmail.com

