

# Sunflower Yoga (and Horse Back Riding) Retreat for Your Body and Mind in Andalusia 2.-8.6.2018



- ✓ **Six nights** in beautiful ecological Suryalila Retreat Centre in Andalusian mountains
- ✓ **Full board:** Magnificent and energizing breakfasts, lunches and dinners
  - ✓ Salt water **swimming pool**
  - ✓ **Six yoga lessons** in authentic yoga shalas
    - personal approach from the authorized and experienced yoga teacher
    - according to your health, fitness
    - you will learn how to breathe to get rid of stress and invite more energy
    - proper alignment in the postures so that you do not hurt your joints etc.
      - how to reach EASE and smile in any moment of your lesson
      - every body will be touched and offered individual approach
- ✓ **Four horse back rides** 1-2,5 hours each, with blooming sunflowers around you!
  - a) advanced riders - walk, trot, canter rides with mountain views,
  - b) beginners - approachment to horses, walk rides,
  - c) without riding - **clinical pilates lessons** instead of horse back rides

(how to build up your core muscles to prevent aches and reach a nice figure)

  - ✓ Any time **beautiful walks** around the retreat or into the mountains
- ✓ Possibility to make **picturesque trips** to mountain white washed villages or to amazing Andalusian beaches.
- ✓ **Price per person:** 730 € in Eco Casa double room. 705,- € in triple yurt/4-bed-dorm. 670 € in glamping tent for 2. 830,- € in glamping tent single use. Deposit 200 €
  - ✓ **Contact persons** for more details/bookings:  
horse riding guide – Conny Muennemann, [connycaballos@gmail.com](mailto:connycaballos@gmail.com),  
yoga/pilates instructor – Ivona Pobežalová, [ivona@pilates-power-joga.cz](mailto:ivona@pilates-power-joga.cz)

**We are very much looking forward to spending lovely time with you in Andalusia! :o)**

**Ivona and Conny**