

Art therapy and Yoga Retreats

General information

During the week we will adjust the program according to the group dynamic and needs.

We will make sure to allow enough time for relaxation and use of the pool, sauna or just absorb quietly the stillness of nature.

Since we believe in personal attention, we limit the number of participants to 5 who would share our 2 yurts.

Dates: Please refer to the schedule on the page “**Healing Retreats**”

General daily schedule:

- 8:30 – 10:00 - Yoga
- 10:15 – 11:00 - Breakfast
- 11:00 – 14:00 - Activities
- 14:00 – 16:00 - Lunch + siesta
- 16:00 – 19:00 - Activities
- 19:30 - Dinner
- 21:00 - Relaxation (optional)

Optional activities:

- ❖ Expression through art
- ❖ Nature walks
- ❖ Yoga in nature
- ❖ Singing, drumming, dancing
- ❖ Mandala painting in nature
- ❖ DVD movie discussion
- ❖ Picnic
- ❖ Private sessions with Diana, Ziza or Yair

Price:

- 120 euros per day

Includes:

- Accommodation, 3 vegetarian meals, Group activities and private sessions with Diana, Yoga / Qi Gong classes.

Does not include:

- Airfare
- Airport transfer
- Individual therapies:

Ziza - Foot reading, 1.5 hour 90 euros
Reflexology, 1 hour 60 euros

Yair - Body mind Acupuncture

1st session 1 hour 70 euros

Follow up session 1 hour 60 euros

Massage 1 hour 60 euros

Shiatsu 1 hour 60 euros

Additional information:

- **Non refundable 200 euros registration fee** is required upon registration. The money should be transferred into our bank account at least two weeks prior to the retreat. Write to us to receive bank account details.
- **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, torch, swimming costume, flip-flops.

Looking forward to see you,

Yair, Ziza and Diana