

"Flexible" YOGA & ASHTANGA YOGA HOLIDAYS @ Costa del SOL with ANDREA & GOVINDA



We invite you

to a wonderful TIME out in a magical place!

Between 17 AUG. – 7th or 16th SEPT. we are at this wonderful apartment-complex, in Rincon de la Victoria, 15 km east of Malaga @ the Costa del Sol.

During this time you can book up to 2 - 3 apartments in this complex.

Within the given weeks you can freely choose your dates according to availability.

We offer you:

* **2 - 3 hours of qualified Ashtanga & Yoga classes** (Mysore-STYLE or LED-CLASS) and Yoga & Pranayama lessons in a small group with Andrea in the morning, on the terrace by the pool. 2 – 3 times a week, in the late afternoon, there is the opportunity to enjoy the sunset with guided pranayama and meditation in a small temple, overlooking the sea
The yoga program is designed according to the needs of the participating guests.

* **GOVINDA's SUPERFOOD-BRUNCHY**, MUSIC and KIRTAN with GOVINDA

You arrange the afternoon and evening on self-supply according to your wishes!

- Chill @ the pool - relax under the palm trees
- Take a walk or swim @ the beach (20 minute walk)
- enjoy the sunset at the sea.
- Sightseeing and shopping in historic Malaga
- Excursions in the Andalusian surroundings

PRICES and REGISTRATION:

You write us your desired time and we check the availability for you.
If necessary, we will suggest alternative dates.

THE APARTMENTS:

Up to 3 apartments for 1 - 2 persons are available.

Each apartment is individually, simply and tastefully furnished, has a small kitchen for self-catering and at least 1 bathroom.

2 apartments are facing south, 1 is facing west.

PRICES:

1) APPARTMENT:

50 EUR per day for single or double occupancy

Final cleaning: 45 EUR, plus electricity consumption.

Minimum occupancy is for 3 nights.

2) YOGA & BRUNCH:

45 EUR per day for 3 hours YOGA & a vegetarian BRUNCH with tropical fruits and Andalusian delicacies.

Yoga times are by arrangement - for example 2 ½ hours in the morning and 3 x 1 hour meditation per week in the evening.

JOURNEY:

After we have confirmed your possible holiday time, you book your flight directly.

Please note: We keep the reservation for the agreed time only up to 4 days!

You book the flight yourself - Googleflights provides a quick overview of the place of departure, vendors and prices in the desired time.

After booking you send us:

Your completed binding registration with your flight details and a copy of the booking confirmation.

Also kindly note the date of the transfer of your yoga fee – t

his completes your registration to ASHTANGA.YOGA.INSPIRATION.

TRANSFER from MALAGA AIRPORT:

There are 3 possibilities:

Bus: Every half hour there is a shuttle bus from the airport to Malaga (3 EUR) -

and from Malaga there are several bus lines to Rincon (1,60 EUR).

We can pick you up there.

Taxi transfer: For about EUR 50.00

Private shuttle: From the airport to the apartment for 35 EUR each way

