



ASHTANGA YOGA RETREAT

with MARIELA CRUZ, authorized level II, KPJAYI

3. – 9. JUNE 2019

in Cajiz (Velez-Malaga)

!All levels welcome!

workshop speech is español + English

We are delighted to invite you to an exceptional Ashtanga Yoga Retreat with Mariela Cruz – near Velez-Malaga, Cajiz.

Mariela is starting her European tour of the project Ashtangini in Malaga and continues teaching at our new mysoreshala@costadelsol!

A week of intense Ashtangayoga, guided by Marielas attentive and motivating presence, will bring your practice on a deeper level, and opens your heart for “The dance of Vinyasa”. Talks and Satsangs on yoga-philosophy will shed light on how this knowledge may help us to transform our lives to more awareness and peace within.

Experience the joy and depth of a dedicated Yoga practice, and be inspired of an Ashtangini who loves and lives the yogaway.

SCHEDULE:

3. June, 3 - 5 pm: welcome meeting, satsang circle - with chai & sweets

MORNINGPROGRAM: 4. – 9. June

Saturday and Sunday, 8. + 9. June the program starts 1hour later!

8 – 10: mysore-morningpractice

10.30 -11.30: fruity-yummy-brunch

11.30 -12.30: philosophy

Saturday and Sunday:

9 – 11: mysore-morningpractice

11.30 -12.30: philosophy

1 pm: potluck & goodbye circle

LETS CELEBRATE and SHARE @ Saturday and Sunday after Philosophy: Bring your favourite vegetarian spanish-andalucian-dish to celebrate, enjoy and share the fruits of yoga-love! (please vegan, vegetarian, no eggs)



AFTERNOON-WORKSHOPS: 4th + 6th June: 2pm - 4pm
INDIANMUSIC-VIBES by GOVINDA: 7th June@13:08

Philosophy-Themes: The 8 limbs of Ashtanga yoga, Yamas and Niyamas in the Mysore room, Basic principles of Alignment in Asana, Tristana: Breath, bandha and drishti, Yoga is skill in Action: Basics of Bhagavad Gita, SUNDAY: Questions & answers & Closing Circle

Workshop-Themes: Breath and the dance of vinyasa: the power of transitions & Subtle Anatomy and General Principles of Alignment : going deeper

VENUE:

**Our yogashala@costadelsol, “Finca el Ocle”
opens doors from 1. May 2019 onwards.**

Every months we offer 2 weeks of mysore-morning-program with a workshop program and all year through. We invite Yoga-Workshops with special teachers and to special themes.

We are located in a beautiful valley near Velez-Malaga, 6 km to the wonderful long and calm beaches of Benajafe, in wonderful nature and with views to the mediterranean sea.

Chill out during workshop times at our terrasse with swimmingpool and enjoy the beauty of nature.

PRICES & REGISTRATION:

The workshop can only be booked as a whole week program.

Drop-ins can be considered 2 days before the program starts, as the spots are limited. Please contact us via whats-app to check, if spots are available.

Early bird: 210 EUR until 15th May

After 15th May: 250 EUR

price includes

- workshop-program
- brunch and
- concert



The reservation fee is 100 EUR (without refund – but transferable to a friend) by bank-transfer to following account:

Andrea Panzer

ES75 2100 4796 1320 0003 9052

BIC CAIXESBBXXX

Caixa-Bank

Please write for the subject/concern:

“yoga with Mariela Cruz, 3.- 9. June 2019_and your name”

paypal: Andrea Panzer, yogaandrea@web.de

For the Workshop in Malaga you may get in touch with “Yoga Centre- flow”:
Grecia 0034 618459979 / greciayoga@gmail.com

HOW TO GET THERE and MEETING-POINT for the first time:

Please do not come straight up to the Finca, as the road is one-way!
and parking-places limited.

The road up to the finca is tarred and good, but steep and narrow.

We have to coordinate arrivals:

MEETING POINT is in the village Cajiz, in front of the “Cafeteria - Bar La Plaza” (google plus code is QR58+V3, Cajiz).

You find it easy, directly at the village-place, which is located beside the mainroad.

3rd June (Monday): 2.30 pm - please be en puncto 😊 in time!

4th June (Tuesday): 7.30 am for the first mysore-morningsession

The Finca is 1,5 km from there and we will ride together in some cars up to the Finca.

HOW TO REACH CAJIZ (VELEZ-MALAGA):

Airport: Malaga

By car: Autovia A7, from Malaga, follow direction to Almeria / Motril, take the exit N° 265 Cajiz, Iznate. Follow the MA 3203 up to Cajiz.



ACCOMODATION:

This Ashtanga Retreat is a non-residential program.

However, we offer 1 nice twinbed-room for 2 yogi/nis to stay at our “Finca el Ocle”.

Please ask us via email for this option.

You will find nice places to stay around Cajiz or Benajarafe (beach-side). We help to coordinate as far as possible, with other yogi/nis, when you like to share an apartment.

Please search for Cajiz (Malaga), Spain:

- [Airbnb.com](https://www.airbnb.com)
- [google-maps](https://www.google.com/maps) for hostels nearby
- [homeaway.com](https://www.homeaway.com)
- Mangofarm Almayate is nice, only 5 km: emmeli.voss@gmail.com
finca-manantial-de-luz.es
- Hotel Esperanza and Hotel Estacion in Benajarafe
- camping place at the beach campingvallenizaplaya.es
- and more..

WHAT TO BRING

- happy vibes!
- Please bring your own yogamat, towels for yoga and swimming, and drinks.
- Please follow our obligatory instructions at the place to preserve water and resources!
- Our mobile-numbers – please contact us on whatsapp!
GOVINDA:0034 644 806625
ANDREA: 0049 179 7880635

ADDRESS:

Andrea Panzer + Govinda Schlegel (Sr. Ruggero Zeni)
Finca el Ocle
Carretera Cajiz-Iznate km. 1
29792 Cajiz (Velez-Malaga)

