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Your **mysore-shala@costa del sol**  
**ASHTANGA VINYASA & YOGARETREATS** all year round  
in **Cajiz (Velez-Malaga)**

**!All levels welcome! Workshop speech is english (+ deutsch + español)**

## **DATES FOR MYSORE-WEEKS 2019/20:**

**MAY:** 19.5. – 1.6. // **JUNE:** 9.6. - 22.6. // **JULY:** 14.7. - 3.8. // **AUG.:** 18.8. – 31.8. // **SEPT.:** 15.9. – 28.9. // **NOV.:** 17. – 30. // **DEC.:** 29. – 11.1.2020

## **ASHTANGA YOGA TEACHER TRAININGS (200hrs):**

**OCT. 2019:** 29.9. - 26.10.

**MARCH 2020:** 1.3. - 28.3.

**Dates may be subject to change – make sure to get in touch with us BEFORE booking!**

**When you want to visit for a ONE TO ONE PERSONAL, tailored program – at your possible dates, we will give our best, to make it possible!**

## **ABOUT US:**

**Happy to share with you**

### **THE YOGA I LOVE – THE MUSIC I LOVE – THE LIFESTYLE WE LOVE**

here @ the beautiful seaside of the costa del sol, with its beautiful light and warmth - all the year round! (

## **EVERY MONTH WE OFFER**

### **2 WEEKS OF MYSORE-MORNING-PROGRAM WITH WORKSHOPS & MUSIC - ALL YEAR THROUGH!**

We also invite you to Yoga-Workshops with special teachers for uplifting and transforming themes around Yoga, Meditation, Spirituality, Music - to initiate a platform for a life transforming processes to lift ourselves up to more inner peace and happiness.

## **VENUE:**

The “Finca el Ocle” is located in a beautiful valley near Velez-Malaga, 6 km to the long and calm beaches of Benajarafe, in wonderful nature and with views to the mediterranean sea. It is half an hour from the charming city of Malaga and a central spot to explore the Costa del Sol.





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## **THE YOGA I LOVE - ANDREA**

Looking for a Mysore Shala in the beautiful tropical south of Spain?

Searching for inspiration for your Ashtanga-Yoga practice, for a personal strong and dedicated Flow, which fits for you - your age, your life, your body and come out of the practice happy and relaxed?

When you want to experience strength, easiness and joy, a slow down and life-inspiration - you will find it here. Ashtanga Yoga - integrated in Meditation, Pranayama, Philosophy-themes and holistic breathwork. I am happy to help you to raise to your full potential!

**Welcome Beginners, as well as advanced practitioners!**

## **THE MUSIC I LOVE - GOVINDA**

I am an artist, musician, multi-instrumentalist in the genre of Indian-classical music.

I studied a variety of Indian string instruments and present them in different musical projects. For me, music is a journey since 40 years, that brought me to India, to great masters of classical music, like my teacher Ustad Ali Akbar Khan. I am enjoying playing concerts and teaching the technique of the instruments all over the world.

With my partner, Andrea, we created out of our daily practice the project "Ashtanga meets Raga", which brings the Indian Ragas (melodies) together with the Ashtanga Mysore practice to create a meditative, calming atmosphere.

**We both love Kirtan and love singing in a circle, the beautiful melodies of traditional Indian songs.**

## **SCHEDULE of ASHTANGA YOGA MYSORE-WEEKS:**

**The YOGA-PROGRAM is suitable for all levels!**

**MORNING CLASSES are 5 days, Monday – Friday:**

**8 – 8:45: Meditation & Pranayama**

**9 – 11: Mysore Yoga Practice**

**11-12: Healthy veggie Brunch or Andalusian breakfast**

## **WORKSHOP: 5 - 7 pm (Monday & Wednesday)**

**Asana Technics, in Primary and Intermediate Q & A**

**Pranayama & Meditation: Asana, Mudra and Pranayama (sessions following Sri Srihashyam, Krishnamacharya's youngest son)**

**KIRTAN: Wednesday 6 – 8pm**





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After Yoga enjoy our vegetarian brunch, in a cozy warm heartfelt atmosphere in a nature setting.

The Finca el Ocle with its yogashala, big terrasse and nice swimming-pool, chill areas, views to the sea - offers you everything you need for having a nice time-out, just for some hours to renew and relax, or for a longer stay.

## **PRICES & REGISTRATION:**

**The retreat can only be booked as a whole week program.**

We recommend you a longer stay, as you dive deep in the practice and there are so many nice outings to explore around Cajiz.

Drop-ins can be considered before the weekly program starts.

Please contact us via whats-app to check, if spots are available.

**250 EUR: First week - 5 days**

**200 EUR: From the second full week onwards**

price includes

- full workshop-program (5x morning & 2x afternoon-workshop)
- daily brunch
- meditative concert / kirtan

## **ACCOMODATION:**

This Ashtanga Retreat is a non-residential program.

However, we offer 1 nice twin bed-room for 2 yogi/nis, and 1 Single or double-room to stay at our "Finca el Ocle". Please ask us via email about availability.

You will find great places to stay around Cajiz or Benajafe (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 (or ask us for our hotel-list)

- Airbnb.com
- google-maps for hostels nearby





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- [homeaway.com](http://homeaway.com)
- Hotel Esperanza and Hotel Estacion in Benjarafe
- camping place at the beach [campingvallenizaplaya.es](http://campingvallenizaplaya.es)
- and more..

### HOW TO APPLY:

Please send us an email with your preferred dates according to our offer. We will check availability and confirm dates.

When you wish to stay at “Finca el Ocle” please note it and we get back to you.

After our confirmation, please transfer the yogafee for the first week to the account below within 3 days.

As soon as we receive your transaction - your place is reserved! (Payment is without refund – but transferable to a friend)

### ACCOUNT for Bank-transfer:

Andrea Panzer

ES75 2100 4796 1320 0003 9052

BIC CAIXESBBXXX

Caixa-Bank

Please write for the subject/concern:

“yoga\_ date 2019\_ and your name”

paypal: Andrea Panzer, [yogaandrea@web.de](mailto:yogaandrea@web.de)

### HOW TO GET THERE and MEETING-POINT:

MEETING POINT for the first time t show you the way,

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. The Finca is 1,5 km from there.





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**7.30 am:** is the meeting time before your first mysore-morningsession, we pick you up and show you the way!

## **HOW TO REACH CAJIZ (VELEZ-MALAGA):**

The Airport of Malaga is only a half-hour drive to Cajiz

Taxi is about 50 EUR to the area of Cajiz

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.

Bus: There is a bus from the aeropuerto every ½ hour to Malaga (3 EUR) from there take a bus direction to Velez-Malaga.

...in general you will need a car to get around.

When you choose to live @ “Finca el Ocle” or you live in Cajiz:

From Cajiz it is about 20 minutes walk or we come and get you from the meeting point in the morning.

## **WHAT TO BRING**

- Please bring your own yogamat, towels for yoga and swimming
- 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)

Spain





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