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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:

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 (200hr):

OCT. 2019: 29.9. - 26.10.

FEBR. 2020: 26.1. - 22.2.2020

MARCH 2020: 1.3. - 28.3. 2020

OCT. 2020: 27.9. - 25. OCT. 2020 (date has to be confirmed in Nov. 2019)

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

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 Benajafe, in wonderful nature and with views to the mediterranean sea.





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It is half an hour from the charming city of Malaga and a central spot to explore the Costa del Sol.

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, an experienced teacher, 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 - 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: Monday & Wednesday

If you prefer more afternoon practices we try to arrange it!

5 – 6.30 pm: Pranayama & Meditation. Sessions following Sri Srihashyam, Krishnamacharya's youngest son & Asana Techniques, in Primary and Intermediate, Q & A, depending on interest of participants!

KIRTAN & CONCERT: Wednesday 6.30 – 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 mainly non-residential program.

However, we offer 2 nice rooms:

* twin bed-room for 2 yogi/nis, and

* 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 Benajarafe (beach-side).

Please search for Cajiz (Malaga), Spain (or ask us for our accomodation-list)

- **Airbnb.com**
- **google-maps for hostels nearby**
- **homeaway.com**
- **Hotel Esperanza and Hotel Estacion in Benajarafe**
- **camping place at the beach campingvallenizaplaya.es**

We help to coordinate with other yogi/nis, when possible, when you like to share an apartment.





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HOW TO GET AROUND:

Best is to rent a car. However you can come along easy with taxi for short trips to the beaches or villages around.

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_ and your name"

paypal: Andrea Panzer, yogaandrea@web.de

HOW TO GET THERE and MEETING-POINT:

MEETING POINT for the first time to show you the way, is in the village of 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 El Ocle is 1,5 km from there.

7.30 am: is the meeting time before your first mysore-morning-session, 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

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.

Taxi is 50 EUR 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. We will pic you up in Benajarafe or Valle Nizza at the bus-stop.





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...in general you will need a car to get easy 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. You can manage easily from our Finca, with a taxi to the beaches and pueblos nearby.

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 with whats-app! Mobile net is not always covered. Internet + Wifi works perfect.

GOVINDA & ANDREA: 0034 644 80 66 25

ADDRESS:

Finca el Ocle

Andrea Panzer + Govinda Schlegel

Carretera Cajiz-Iznate km. 1

29792 Cajiz (Velez-Malaga) Spain





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