



# ashtanga.yoga.inspiration.

**your mysore-shala@costa del sol in Cajiz (Malaga)**  
**ASHTANGA VINYASA & YOGARETREATS all year round**  
**With ANDREA PANZER auth. Level II & GOVINDA SCHLEGEL**  
!All levels welcome! Workshop speech is english (+ deutsch + español)

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

(you may book 1 or 2 weeks)

**SEPT.:** 15.9. – 28.9. | **OCT.:** 13. - 26. 10.

**NOV.:** 17. – 30. | **DEC.:** 22. – 4.1.2020 (you may arrive earlier in Dec.)

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

**JAN. 2020:** Mo., 6.1. - 2.2.2020

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

**OCT. 2020:** 27.9. - 25. OCT. 2020 (in german, English translation when needed, 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!**

**Please see Prices on: [www.yoga-andaluz.com](http://www.yoga-andaluz.com)**

## **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.





# ashtanga.yoga.inspiration.

## 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.

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

Looking for a Ashtanga & Yogashala in the beautiful tropical south of Spain?

Searching for inspiration for your Ashtanga- or Yogapractice, 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 & flexibility, easiness & joy, with an empathic teacher, a slow down and life-inspiration - you will find it here. Traditional and gentle 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 to Yoga, as well as advanced practioners (Primary and Intermediate)!**

## **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 technic 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.**

**Saturday is a Mudra-Practice or a day of supervised self-practice with meditative background of life-music by GOVINDA.**

8 – 8.50: Meditation & Pranayama, slow breathing exercises

9 – 10.45: Mysore Yoga Practice (means personal attention in a group setting)

11-12: Healthy veggy fruity or andalusian brunch at the pool





# ashtanga.yoga.inspiration.

## **WORKSHOP: Monday & Wednesday**

5 – 6.30 pm (subject to vary): Pranayama & Meditation, Asana Technics, in Primary and Intermediate, Q & A,

Holotropic Breathwork - depending on interest of participants!

If you prefer more afternoon practices we try to arrange it - on extra charge!

## **KIRTAN & CONCERT: Wednesday 7.30 – 9pm**

## **PRICES & REGISTRATION:**

We prefer bookings for the complete week program, and we are open for your drop in requests.

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

350 EUR: First week – 6 days Yoga Program (22 hours), including 6 x Brunch

300 EUR: From the second full week onwards

## **price includes:**

- full workshop-program (22 hours Yoga)
- 6 x Brunch
- meditative concert / kirtan

## **ACCOMODATION:**

### **WE OFFER 2 ROOMS in our FINCA EL OCLE:**

- Twin bed-room for 2 yogi/ni/s (per person 25.-)
- Single or double-room for a couple (as Single-room 35.- / or per person 25.- )
- For our guests in the Finca, we organize the dinner, as in our experience it works out the best. Expences are 90.- for dinner and and snacks for 6 days.

**Please ask us via email about availability of our rooms!**

### **Our Ashtanga Retreat as an non-residential program:**

Organize yourself a beautiful stay at the Costa del Sol and just ride up for the yogapractice, the yammie Brunch and - in summer – a dip in the pool!

You will find lots of great places to stay in the nearby typical andalucian village (Cajiz) or in Benajafe (beach-side). Please ask for our accomodation-list.

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





# ashtanga.yoga.inspiration.

You may search on

- [Airbnb.com](https://www.airbnb.com)
- [google-maps](https://www.google.com/maps) for hostels nearby
- [homeaway.com](https://www.homeaway.com)

## HOW TO GET AROUND:

We recommend to rent a car to reach us and to get around and be independent.

However you may come along with a taxi, as for trips to the beaches or nearby villages, it is around 18 EUR oneway to Benajazafe or Velez-Malaga – and around 3 times a week we will drive down to buy food and can take you also for one way.

You may share Taxi costs with other Yogis.

## 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 about availability. After our confirmation, please transfer the yogafee within 3 days for the first week to the account given below. ONLY after receiving your transaction - your place is reserved!

**Payment is without refund – when cancelled less then 6 weeks before.**

**Cancellation more than 6 weeks before are refundable to 60 %.**

## 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](mailto:yogaandrea@web.de)

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

**BY TAXI:** Taxi is around 50 EUR from the Airport to directly to the Finca el Ocle (we may order it for you, with a driver who knows the way).

**BY BUS:** There is a bus from the aeropuerto every ½ hour to Malaga (3 EUR) to the “**Estacion de Autobuses**” or go out at “**Muelle Heredia**” = “**Estacion de Autobuses de Puerto Malaga**” (it is opposite to Plaza de la Marina or Oficina de Turismo).

From there, take a bus in the direction to **Velez-Malaga**.

With an “ALSA” bus it is 45 minutes to the busstation in **Torre del Mar**, where we pic you up.





# ashtanga.yoga.inspiration.

**RENT-A-CAR:** The Airport of Malaga is only a half-hour drive to Cajiz. Follow the sign to Malaga and then take the Autovia A7 in the direction to Almeria / Motril, Take the exit N° 265 Cajiz, Iznate. Follow the MA 3203 up to Cajiz. 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). The Finca El Ocle is 1,5 km from there.

## **PS:**

Best is to check with your mobile-provider, that you will have Internet coverage in Spain and that you have whats-app: Here EVERYBODY uses whatsapp to communicate as it is free of costs (taxi-drivers etc.)

With Internet, you find on google-maps the next buses to Torre del Mar.

Have an English-spanish translater-app on your phone as hardly anybody speaks English.

## **WHAT TO BRING**

- If possible bring your own yogamat, towels for yoga and swimming
- An open heart – an open mind ☺
- Please follow our instructions at the place to preserve water and resources!

PS: Please respect that we are a strict vegetarian place (no fish - no eggs) and also want to keep only veggy food in our house!

## **OUR MOBILE-NUMBERS:**

**GOVINDA: +34 644 80 66 25**

**ANDREA: +34 633 323 396**

Please contact us with whats-app!

## **ADDRESS:**

**Finca el Ocle**

**Andrea Panzer + Govinda Schlegel**

**Carretera Cajiz-Iznate km. 1**

**29792 Cajiz (Velez-Malaga) Spain**







# ashlanga.yoga.inspiration.

