

# RELAX AND RECHARGE RETREAT



July 25 - 29 2024

Your yoga retreat awaits....

Here's a bit more about what you can expect on your Relax and Recharge Yoga Retreat with Love the Journey Yoga.

Step-away from the hustle of every day life and step into an oasis of calm, each day you can choose to.... slow down your mind and tune into your body - stretch, release and surrender on your yoga mat; swim and relax in the heated salt-water pool; take a stroll through the lush private gardens; read a book in the hammocks surrounded by palm trees; take some time-out of the meditation platform with mountain views and let your troubles melt away in the jacuzzi. Allow yourself to be completely catered and cared for, enjoying delicious and nutritious food and spending your days relaxing and recharging - this retreat is for you to do exactly as you wish, in beautiful surroundings, with like-minded people.



## Location and travel

The location of the retreat is The Palms Spain, Finca del Caballo Camino del Comendador La Alquería, Málaga, Spain and the nearest airport is Malaga Spain. Check-in time is from 11am on the 25th July 2024 and check-out time is 11am on the 29th July 2024, you are welcome to stay at the Palms until 2pm on the 29th if you have a later flight.

- Airport transfers can be organised by The Palms for approx. 30 euros per person return.



# Yoga

Classes will take place on the outdoor yoga platform with mountain views or beautiful indoor studio.

Yoga styles will include:

- Yoga Flow - vinyasa / hatha yoga - a flowing class where we will connect movement with breathwork and flow between different asana (poses) - these classes will begin and end with a meditation.
- Yin Yoga - a style of yoga where poses are held for a longer length of time to allow the muscles to deeply stretch, we'll hold poses for around 3 minutes and use props for support.
- Yoga Nidra - following your yin yoga you can completely relax being guided through a 20-30 minute meditation.



## Accommodation

Based on your choice when booking you will either sharing a twin room with two single beds, or a room with a king-size bed with either solo or double occupancy. All rooms are en-suite, have air-conditioning and have direct access to the pool or gardens.





# Food

I believe that food is a fundamental part of a retreat and The Palms go above and beyond to make sure every meal served is exceptional. You can expect plentiful amounts of nutritious and delicious vegetarian and vegan food cooked by their chef.

Below is a sample menu:

## Brunch:

Smoothie, juice or ginger shot

Fruit bowl

Overnight oats

Choice of eggs or scrambled tofu

Avocado toast

Tomato & garlic

Waffles

Jams, butter etc.



## Snacks:

Fruit, nuts, cakes, biscuits, healthy treats, fruit kebab etc.

## Evening meal

Spanish tapas:

Starter: Empanada (a spanish pastry starter with veg filling)

Main: meatless balls in rich sauce, patatas bravas, patron peppers, mushrooms pil pil

Dessert: chocolate mousse/ creme catalan



## Other evening meal themes:

Indian thali plate

Mexican

Moroccan

Asian

Greek

The last night is usually chef's creative evening



*Please inform Lucy if you have any allergies or intolerances.*



# Itinerary

Thursday:

11.00 - onwards - Arrival

14.00 - Lunch

17.30 - Yin Yoga and Yoga Nidra

19.30 - Dinner

Friday:

9.00 - Yoga Flow

11.00 - Brunch

12.00 - Local walk

15.00 - Snack

17.30 - Yin Yoga and Yoga Nidra

19.30 - Dinner

Saturday:

7.00 - Sunrise walk

9.00 - Yoga Flow

11.00 - Brunch

15.00 - Snack

17.30 - Yin Yoga and Yoga Nidra

19.30 - Dinner

Sunday:

9.00 - Yoga Flow

11.00 - Brunch

15.00 - Snack

17.00 - Yin Yoga and Yoga Nidra

19.00 - Dinner

After dinner - Fire ceremony

Monday:

8.30 - Yoga Flow

9.30 - Breakfast

11.00 - rooms must be vacated

11.00 - 14.00 - depart

All yoga sessions and meals are optional.

The time in between yoga classes and meals can be used to relax, swim, chat, meditate, read, go for a walk, enjoy the beautiful gardens, have a treatment or take an excursion etc.

*Please note the itinerary is approximate and subject to change*





# Extra Info

- All towels for showers and the pool are provided
- Shampoo, conditioner & body wash are provided
- All yoga equipment, including, mats, blocks, straps & bolsters, is provided and will be sanitised ready for your use
- There will be a complimentary daily wash of yoga clothes
- It's a good idea to bring a drinking bottle to refill as The Palms have filtered water on tap.
- All food is vegan and vegetarian.
- A list of treatments and excursions to pick from will be available closer to the time of your retreat.
- A WhatsApp group will be formed the week before the retreat and will be closed a few weeks after the retreat for sharing photos etc.
- And finally... all yoga, walks, meals, excursions and treatments are optional, there is no pressure to do anything. This is your retreat, for you to do exactly as you wish!