

Kundalini Yoga

with Swallows, Nightingales and
Turtle Doves

at Cortijo Las Salinas in
Andalucía, Spain

24-30 April 2018



Nidhān Avtār Kaur (Jen Reid) invites you to join her for some Kundalini Yoga bliss in the hills of Andalucía in southern Spain.

- Nourish body, mind and soul with Kundalini yoga and meditation
 - Experience Aquarian Sadhana (early morning practice) accompanied by birdsong as the sun rises over hills and valley
 - Sleep in a delightful, traditionally furnished bedroom and enjoy the views from the terraces over the gardens and olive groves beyond
 - Enjoy delicious vegetarian food and healthy drinks
 - Walk in nature to hear singing nightingales; visit the resident hens; treat yourself to an optional, additional activity such as an art workshop with Steffi or indulge in an individual session of Reiki or Hawaiian massage
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YOGA AND MEDITATION

The recent growth in interest in yoga and meditation suggests that people are in much need of relaxation and ways to find inner calm and physical well-being. Nowadays, the average person is subject to a daily explosion of information. Access to precious information no longer wields power, as it did for previous generations. Now the pressing need is to be able to sift, choose and disregard information to avoid mental overload and stress. Stress breaks down the systems of the body opening it to disease and discomfort. Yoga, and particularly meditation, can help us develop a “buffer zone” of the mind to counteract stress. With the advent of computers and the rise of the knowledge-based economy, many of us are sedentary for hours at a time. Yoga is an excellent form of exercise for maintaining health as it rebuilds the body through stretching and strengthening exercises which can be modified to suit physical limitations, chronic health conditions and ageing. Through the practice of yoga and meditation, even for a very short period of time, major improvements in physical health and mental clarity are possible. It also lifts your spirits and brings joy!

KUNDALINI YOGA

Kundalini Yoga as taught by Yogi Bhajan is a physical and meditative discipline that combines posture, movement, breath, focused attention and the chanting of mantras. In the Yoga tradition, kundalini energy lies dormant at the base of the spine. Through the yoga practice, this energy is raised and travels up the spine, through the chakras (energy centres), creating an overall sense of well-being and a heightened sense of awareness.

Traditionally Kundalini techniques were only communicated from Master to disciple and through a long initiation process. In 1969 Yogi Bhajan began teaching kundalini yoga openly to the public. He said, *“Yoga means a discipline of mind and body. There is nothing mysterious about it. Yoga does not explain the meaning of life... Its aim is to develop a quality of mind which can perceive reality and acquire self-knowledge.”*

The yoga I teach is suitable for beginners, as well as providing the odd challenge for those who are up for it, and accessible for those with physical limitations. For example, chair-based alternatives can be suggested for exercises normally undertaken on the floor.

VENUE

Cortijo Las Salinas is an historic Spanish villa with Roman origins. Steve and Steffi have restored it to form a delightful holiday and retreat venue with a range of well-appointed accommodation, all individually decorated in a traditional style, and centred around a traditional courtyard with marble fountain. This private oasis is located between the ancient cities of Granada, Cordoba and Jaén, amidst ancient olive groves with breath-taking uninterrupted views over the beautiful and dramatic landscapes of the Sierra Sur. There are many secluded areas for reading and meditation as well as the communal areas for yoga, eating and socialising. The swimming pool is unheated so might be a bit chilly in April, but it is still inviting with its dramatic view and sun beds. There is also an outdoor Jacuzzi with a view.

<http://www.yogaretreatspain.com/>

OUR HOSTS

Steffi and Steve are wonderful hosts. Together they have created a magical location for a yoga holiday: its special atmosphere will seep into your soul, helping you relax and feel uplifted. Steve’s cooking will delight your eye and your taste buds, aided by the Spring sunshine and clean mountain air. Steffi’s joyous artwork adorns the walls, and her enthusiasm for yoga means the villa’s facilities work perfectly for a yoga holiday.

<http://www.yogaretreatspain.com/about-us/>

COST

The holiday costs **€695** (**€645** Earlybird rate available until 12th January 2018) plus a non-refundable deposit of **£50**. The main payment is to be made in euros to avoid issues arising from fluctuations in currency exchange rates or bank charges, to keep costs as low as possible. Your bank should only charge you a small fee for an international bank transfer.

- The deposit of **£50** is payable on booking and may be paid by cash, cheque or direct bank transfer to Jennifer Reid sort code 08-92-86 account 17186807.
- The main payment of **€645/€695** is due on 12th February 2018 and **must be paid in euros** to an account in the name of Michael E Phillips at Allied Irish Banks, The Square, Gort, Co. Galway. The details for your payment are: IBAN: IE87 AIBK 9371 1828 6400 60 (BIC: AIBKIE2D). Bookings received after 12th February must be accompanied by payment in full.
- The cost includes accommodation, all meals, snacks, hot drinks and filtered/detox water at the Cortijo, and all yoga sessions. Travel in a shared minibus/taxi to and from Málaga Airport is also included in the holiday price, subject to your arrival/departure times (please see the 'Getting There' section below).

WHAT IS NOT INCLUDED?

- Travel to Spain is not included – see 'Getting There' section below.
- Holiday insurance is not included. You must have an annual insurance policy or arrange a suitable single trip policy to cover the full period of the holiday including travelling times.

ACCOMMODATION

The standard of the accommodation is excellent: some rooms have en suite bathrooms, while others share two bathrooms within a self-contained unit of 3 or 4 rooms. The rooms are all twin or double but you will not be required to share unless you request this. Towels, robes and pool towels are provided.

FOOD

Our delicious vegetarian food is all lovingly prepared on the premises by Steve. It will be light but nourishing, with an emphasis on fresh, seasonal vegetables and fruit. You will not go hungry! There are lovely snacks around as well for between meal peckishness. You can make yourself hot drinks at any time in the breakfast room, and some of the accommodation areas also have a kettle. Chilled filtered water is on tap, and jugs of 'detox' water containing herbs, fruit etc. are provided with meals. Here are some photos to tickle your tastebuds:

<http://www.yogaretreatspain.com/food-photos/>

DAILY PROGRAMME

There will be three yoga sessions on offer each day (other than arrival and departure days): an early morning pre-breakfast session, a late morning session and a meditation before dinner. Afternoons are free for other activities such as walking, relaxing round the pool, painting, reading, having an individual treatment or massage or snoozing in a hammock! Dinner will be relatively early, at least by Spanish standards, so that those rising early can get to bed by 9pm. It is completely up to you how much yoga you wish to do.

WHAT SHOULD I BRING?

Yoga mats, blocks, cushions etc. are provided but you may wish to bring your own sheepskin or natural fibre mat cover. It was warm during the day when I was there in April 2017, so bring sunscreen, sun hat etc. but you will also need warm layers for early morning meditations – warm socks, jumper, warm blanket, even a woolly hat might be welcome. It is traditional to cover your head with a natural fibre covering to contain and protect your energy during some Kundalini yoga practices, so you might want to bring a cotton scarf, skullcap, beanie etc. in case you want to try this. A head torch, small handheld torch or the torch facility on your mobile phone is useful for reading mantras while we practise before dawn. If you have one, a small folding meditation stool might be helpful, although you can of course use a chair for seated practices.

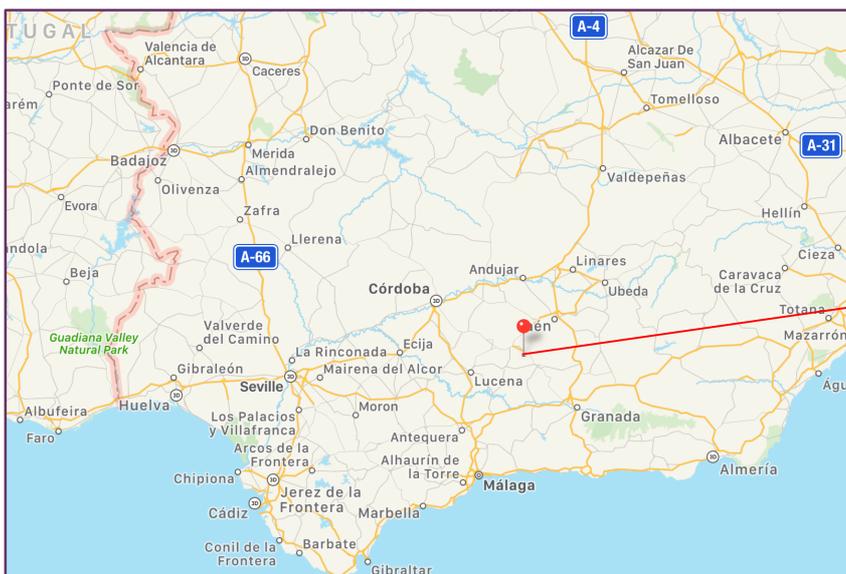
You will be surrounded by nature so, according to your interests, do bring your camera, binoculars, bird/wild flower guide, sketch book, and a good pair of walking shoes or boots as the ground is stony, dusty, baked clay. Bring your bathing costume for the pool and Jacuzzi.

There is no need to bring much cash since shopping opportunities are very limited but you may wish to have a few euros with you for the airport. Steffi also has a small shop within her art studio selling local art, crafts and produce.

GETTING THERE

The nearest airports are Granada and Málaga but at the time of writing there were no direct flights to Granada from Scotland. I will be flying from Glasgow to Málaga – I may be able to include you in a group booking if you let me know in enough time. I shall ask for sterling payment separately for flights booked as a group. There will be a pre-booked minibus/taxi transfer from Málaga airport on the day of arrival and back to the airport on the day of departure. The timing of airport transfers will depend on group booking of flights. You will need to arrange your own transfer if you are travelling to/from another airport, or arriving outwith the time of the shared transfer (time to be advised).

LOCATION MAP



Cortijo Las Salinas