



ONE RETREAT 2019

with Chloe Watts Goddard & Lucy Victoria Jackson

Week One: Saturday 7th - Thursday 12th September 2019

Week Two: Saturday 14th - Thursday 19th September 2019

Giving yourself permission to switch off at the Cortijo is so easy, it's barely even a decision. Chloe and Lucy have thoughtfully created this 5-day retreat to rejuvenate, refresh and uplift. By drawing on their ever-expanding skill-set, the combination of daily yoga classes, mesmerising sound baths, meditation, workshops, and so much more, it is an indulgent experience not to be missed...read on to find out why...





A day in the life of a Retreater...

- Sunrise meditation
- Dynamic morning flow
- Breakfast
- Pool time
- Explore the olive groves
- 2-course lunch
- Time for treatments
- Yin yoga
- 3-course dinner
- Bedtime Gong meditation



Further information about your stay...

- Opening Ceremony
- Time spent in nature
- Plant-based menu
- Asana workshops
- Pranayama techniques
- Creative workshops
- Additional treatments
- Jacuzzi stargazing
- Unlimited coffee & teas
- Great company
- Lots of laughter!
- Closing Ceremony
- ...and a few surprises!

Price List (all prices inclusive of accommodation, 3 meals per day, unlimited coffee/tea)

Tier One

Twin Room (best for sharing with a friend)

Shared Bathroom (max. 3 guest sharing)

@ £689pp

3 Twin rooms available

Tier Two

Single Room (all with Double beds)

Shared Bathroom (max. 3 guests sharing)

@ £739pp

4 Double Tier Two rooms available

Tier Three

Single Room (all with Double beds)

Ensuite private Bathroom

@ £789pp

5 Double Tier Three rooms available



N.B. Both Tier Two and Tier Three rooms would be suitable for couples, but the price pp. remains the same.

Flights & transfers are not included within the pricing – with regards to transfers it is approx. 1 hours from Granada airport to the venue, and 2 hours for Malaga. Flights between London and Malaga are very regular, and between London and Granada only run on Saturdays, Tuesdays and Thursdays.

We advise all guests to fly in the AM on arrival day (to arrive at the venue around 3pm), and on the PM on departure day (leaving the venue around 10/11am). Please note, closer to the time we will assist all guests in arranging transfers, and we are usually able to group guests together to divide the cost between you.

Treatments, Creative Workshops & the shop

To make the most out of your stay we will also be offering:

- **Reiki with Steffi** (our beautiful host for the week) €60 (highly recommended, this is a wonderful treatment)
- **Lomi Lomi massage with Ricardo** €75 (this is an Hawaiian form of massage & Ricardo is a real character! This treatment is not to be missed!)
- **Art workshop with Steffi** €25pp - if there is enough interest within the group Steffi will host a very accessible, fun, engaging art workshop. Last year we made Om Symbol wall hangings...what will she have in store for us this year?
- **QBI Report** (a full body scan followed by a consultation offering you health & nutrition advice based on the results of your scan) €60
- In the art studio you will find one-off handmade art pieces, local olive oil, beauty products etc. all available to purchase

These will all be available for you to book on arrival at the Cortijo. With this price list you can plan ahead & be sure to bring enough Euros (all treatments, creative workshops & shop items will require cash payments).

Further Venue Information

Cortijo Las Salinas
Sabariego, 23685
Alcuadete, Jaen

Cortijo las Salinas is a very old Spanish villa which has Roman origins and some fascinating ancient history.

It has been restored into a stunning retreat venue with flexible accommodation, and is centred around a traditional courtyard with marble fountain.

When you enter the Cortijo you feel welcomed immediately, your warm hosts and stunning surroundings are the perfect recipe for a rejuvenating stay.

Surrounded by peaceful Olive groves you get a real chance to truly retreat from the world. It is an oasis of calm & peace.

Now all you need to do is imagine yourself by this glorious pool looking out over the Spanish mountains... we'll see you there ;)

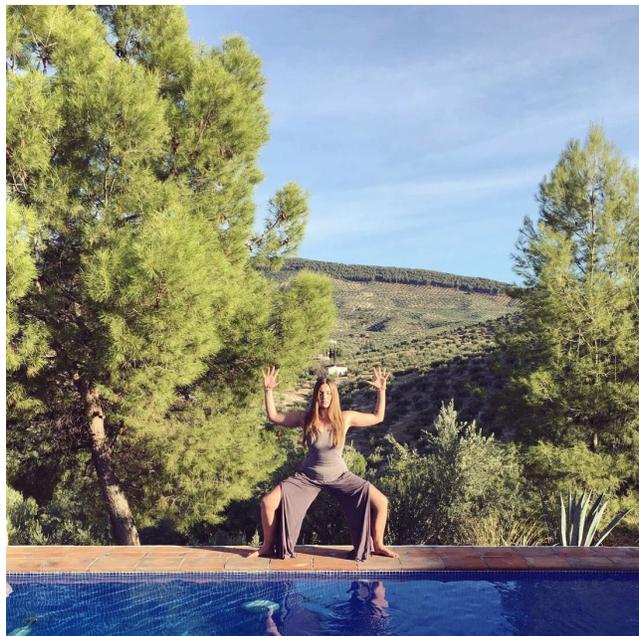


About your teachers

Chloe Watts Goddard (AKA My Happy Body) is a yoga teacher & Gong Master from Windsor, Berkshire. She has the ability to light up a room, and her warmth is highly contagious! She a wonderfully talented asana teacher, and also has a magical way of leading meditation sessions and glorious Gong Baths.



Lucy Victoria Jackson is a yoga teacher & Crystal Singing Bowl practitioner from Ascot, Berkshire. Her passion is bringing out the best in people both on and off the mat. She will make you feel nurtured but able to trust in yourself and in your practice. Lucy teaches both Vinyasa & Yin yoga, and is a firm believer in balancing the Yang with the Yin. (She is also partial to a soothing chant or two!)



Together they make a DREAM TEAM! They are very supportive of one another, and their positive energy will leave you feeling full of love. There is something special about their dynamic, and you will truly benefit from having two teachers leading you on this retreat. Come to one of these gorgeous retreats to find out for yourself!

To book please send an email copying in BOTH Chloe & Lucy (this helps us with communications)

chloe@myhappybody.co.uk and lucyvicjackson@gmail.com

To book your place please return the booking form & non-refundable deposit of £250 (or payment in full) to us ASAP. **If you opt for splitting your payments between the deposit & final payment the full amount must be received by FRIDAY 26 JULY 2019** at the latest. We do anticipate that these retreats will sell-out.

To find out more about Chloe & Lucy you can always visit their websites: www.myhappybody.co.uk and www.lucyvictoriajackson.com AND/OR follow them on Instagram: @myhappybody @lucyvictoriajacksonyoga



We can't wait to welcome you here! Photos on this document are courtesy of the venue's website: www.yogaretreatspain.com or from the 2017/2018 ONE Retreat.