



# Yoga @ finca la maroma

In 2019 choose from THREE men's naked yoga retreats, all including:

- 5 nights accommodation (based on two guests sharing a double studio)
- Full and varied programme of daily yoga; meditation, pranayama, asana, massage
- Plenty of free time to enjoy the space, tranquillity and freedom offered by Finca la Maroma's beautiful secluded location (see [www.fincalamaroma.com](http://www.fincalamaroma.com))
- Delicious home cooked vegetarian meals (including wine with dinner)
- Use of heated pool, jacuzzi, gym, sauna all in a clothing-optional environment
- Transfers from Torre del Mar
- Optional chillout weekends (20% discount, or **free** if you book two retreat weeks)
- Retreats limited to 12 guests (so please book early to avoid disappointment!)

*The hushed and stoic beauty of the mountains are the perfect backdrop for a few days of yoga, touch and massage, nature connection, mindfulness and meditation. In what are more than just yoga retreats, **Andy** shares practices, exercises and games to enable deeper connection to oneself, others and the world around us. Replenish your body's strength and vitality, let go of what no longer serves you and open up to the joy and camaraderie of community.*



## **Yoga Glow Sun 5 – Fri 10 May 2019 with Andy**

*The focus of the first week will be dynamic vinyasa flow yoga. This is a relatively vigorous practice, which strengthens the core and upper body. You will be guided through sequences that generate heat to detoxify and energise, and that quieten the mind by absorbing it in a lively physical practice. Beginners are welcome but you should be relatively fit and active.*

## **Yoga Chill Sun 12 – Fri 17 May 2019 with Andy**

*The focus of the second week is more restorative as you'll be guided through a slower, more mindful flow. We will take a little more time to release deep held tension and connect to subtle flows of life force energy. There will also be a bit more of an emphasis on stillness and meditation in this week.*

**Find your Inner Yogi Sun 19 – Fri 24 May 2019 with Matthew**



*We all have one, the inner yogi. It's just a case of knowing where to look to find him. **Matthew** says: I found mine at Finca la Maroma, and on this yoga holiday we'll explore our relationship with ourselves, with the men around us, and with the world at large, and see if we can find yours too. Suitable for beginners and experienced yogis alike, we'll look at both the physical side of yoga: flexibility, strength, balance, breathing; as well as the mindful side of yoga: meditation, self-awareness, inner calm.*

**Booking:**

€695 per person

25% deposit to reserve a place. Balance due one month before the event begins.

**Special Offer :** Stay on or arrive early and relax over the **"Chillout Weekends"** of 10-12 or 17-19 May and enjoy a 20% discount (i.e. room only for €87 per night), or if you book two retreat weeks, the weekend in between is free of charge!

**Travel:**

Arrival on Sunday - please book a flight to Malaga which lands by about 16:00 to ensure you're here in time for the welcome drinks and dinner.

Transfers to the Finca from Torre del Mar (reached by train and bus from the airport) are included in the cost of the retreat. Direct airport transfers are available at €60 each way for up to 3 passengers.

Departure on Friday after lunch.



Contact Tom or Mark to reserve your place:

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