

Idyllic Spanish health & yoga retreat holiday



15th — 22nd July 2012

Molino del Rey, Andalusia, Spain
as featured on BBC programme 'Living in the Sun'

Only
18
Only Places Available

Seven truly unforgettable days in the wild beauty of Andalusia.
All rooms are en suite with A/C. You will have the opportunity to deepen your yoga practice, and understanding of each Asanas through 2 yoga classes each day, plus one posture clinic, receive individual corrections and advise. **Join both Richard and Georgina for a truly stunning week of yoga!**



Price is £845* per person per week if booked by 1st December 2011, £895* thereafter

Price includes: Accommodation, Yoga tuition, 2 classes a day, 1 posture clinic, meditation and additional workshops (tbc). 2 Healthy vegetarian meals per day & sauna. **All room are en suite with A/C and tea making facilities**

Molino del Rey is set in the wild beauty of Andalusia, the hamlet of Jorox is in a fertile green valley, flanked by orange groves in the Nature Reserve Sierra de las Nieves, only 50 min from Marbella of the Costa del Sol and the magical city of Ronda

Book now while flights are cheap to avoid disappointment

Fly to Malaga directly from Bristol with Easy Jet or Ryan Air from **£39.99 per person**

* Flights, airport transfers and insurance not included

For information and booking please call Georgina on **0117 930 0454**
or email georgina@bikramyogabristol.com visit www.bikramyogabristol.com