

# YOGA RETREAT TO ANDALUSIA

Oct 12 - 19, 2024



**Explore the Unique Culture of the South of Spain:  
A Mix of Moorish, Roma, and Christian Traditions**

**Beautiful Landmarks, Adventure, Good Company, &  
Wellness Await You!**

***\*\* All levels of yoga experience and ability are welcome \*\****



## TRIP ITINERARY

- Oct 12: Arrival into Málaga & Group Dinner
- Oct 13: Mijas & Benalmádena Tour
- Oct 14: Free Day / Beach Day
- Oct 15: Caminito del Rey Tour
- Oct 16: Free Day
- Oct 17: Granada or Cordoba
- Oct 18: Free Day / Flamenco Show & Group Dinner
- Oct 19: Departure from Málaga

*The itinerary listed gives a general layout of the day and schedule. It is subject to change.*

## LOGISTICS

This is an 8-day/7-night retreat. We will stay in 4 star hotel in Málaga, conveniently located near the central district and Malagueta Beach. We will have one yoga session per full day (exception may occur on one tour day) in an indoor space at the hotel. There will be three planned tours. The Mijas & Benalmádena Tour includes a visit to lovely local mountain villages with spectacular views of the coast. The Caminito del Rey Tour is a hike along the walls of a gorge in El Chorro, with an optional swim in the lakes. Depending on ticket availability, we will visit either Alhambra Palace in Granada or Mezquita (Arabic Mosque) and Jewish Synagogue in Cordoba. An English-speaking guide will accompany us on all tours.

Daytime temperatures in October reach to the mid-to high 70 degrees (Fahrenheit), and night temperatures are in the mid 60 degrees.



## INVESTING IN YOU

### **\$2200 for double occupancy w/ private bath**

*\* This option is recommended for 2 people registering together for the same room. Roommates can be assigned only if available; otherwise you will be responsible for the up-charge to single occupancy.*

### **\$2800 for single occupancy w/ private bath**

**Included:** Accommodations in 4 star hotel with AC, one daily yoga session, meals (all breakfasts, 2 dinners), roundtrip airport transfers, professional tour guides, planned excursions, entry fees for all sights, flamenco show, and tips for hotel staff, tour guides and drivers.

### **\$300 non-refundable deposit is required to reserve your spot**

Balance is to be paid by September 1, 2024. Payment plans are available. To register, email: [chiati@onelovewellness.com](mailto:chiati@onelovewellness.com) or call: 917-348-5757

*Cancellation Policy: Retreat fee minus the \$300 deposit will be returned if you cancel before 45 days of the retreat. Between 44-30 days of the retreat, you will receive 50% of the retreat fee. If you cancel within 29 days of the trip, the entire retreat fee is forfeited. No refunds issued due to inclement weather, unforeseeable events, or Covid related situations. If there is a waitlist and your spot can be filled from there, then your retreat fee minus the deposit can be refunded. Travel insurance is recommended.*



Your passport must be valid for 3 months beyond the period of stay for this trip. If you hold a US passport, you do not need to apply for a visa for Spain. You will be issued one upon arrival.

Airfare to Málaga is not included. Your final destination is Málaga-Costa del Sol Airport (AGP).

Chia-Ti has taught yoga, mindfulness and resilience building for the past 21 years. Her passion is making connections between wellness and social justice, through a trauma-conscious and strengths-based lens. She teaches elders, adults and teens in NYC. Chia-Ti leads international yoga retreats, as well as facilitates workshops on navigating stress, cultivating resilience, and encouraging belonging. She believes in the power of healing and growth through both self care and community care practices.

