

Yoga Retreat in Tarifa - Spain

31st August to 7th September 2024

“La Pena”



Villa La Pena is an exclusive, spacious and secluded luxury Yoga Retreat in Southern Spain with extensive grounds, large yoga studio, massage room, indoor and outdoor swimming pools, air-conditioning and Wi-Fi.

It sits in a stunning elevated position in the La Pena area of Tarifa, nestled between mountain and sea with a panoramic vista over miles of sandy beaches. It faces the Straits of Gibraltar, looking out east across to Morocco's Rif Mountains and west to the Port of Tangiers.

Tarifa is a uniquely cosmopolitan town, historically and geographically significant as Mainland Europe's southern-most point, where the Mediterranean meets the Atlantic.

World renowned for the quality of its Tuna, it also offers an abundance of high quality fresh fish, local vegetables and fruits.

Your teacher Gillian Cawte

Gillian has practiced yoga since 1999. She undertook her teacher training at The Life Centre in London in 2005-7. Gillian is the British Wheel of Yoga Yin Yoga Module Teacher and a Senior Teacher with Yoga Alliance UK.

Over the past 20 years, Gillian has studied with a wide variety of international teachers, including Mukunda Stiles, Aadil Palkhivala, Richard Freeman, Max Strom, Donna Fahri and Bernie Clark. Her current teachers, whom she continues her training with are:

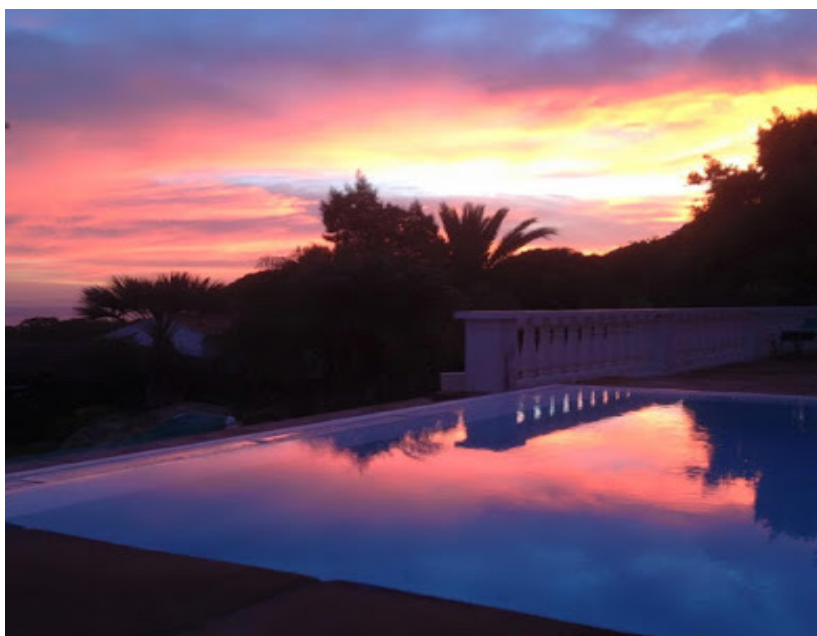
Sarah and Ty Powers with whom she has completed “Insight Yoga” 500 hours certification. In addition Gillian completed a 6 month Level III “Insight Yoga” course studying the Buddha Dharma.

Paul and Suzee Grilley on whose programmes she gained their Yin Yoga Level 5 Diploma Teacher Training Certification.

Gillian’s teaching style incorporates Hatha Yoga with flows and yin and she encourages her students to feel their poses rather than the focusing on the aesthetics of the pose. Gillian emphasises how each individual student can respect and tune in to their own unique body. She explains how poses are performed and likes her students to be comfortably challenged. Turning your mind inwards during yoga can help you identify any areas of the body that feel tight. Gillian emphasises the fact that all bodies are unique and students should respect their own limitations, breathing into these areas to help release tension. She encourages her students to take yoga off their mats and into their daily lives, focusing on Buddhist principles.

Gillian has run thirteen successful yoga retreats in various European countries. Currently she is learning about her authentic nature through self-practice and the teachings of the Buddha. She is committed to living with a whole-hearted curiosity to learning and awareness of the nature of suffering.





Daily Programme

First day (Time permitting) yoga class

Dinner

Morning 8.30 till 10.30

Meditation and gentle yoga

Brunch 10.45 am

Afternoon

Free to enjoy yourself and relax

Yin Yoga 4.30 till 6.30 pm

Quietens the mind and releases tension from the body. Floor based poses are held for 3 to 5 minutes.

Dinner 7.30 pm

All classes are included but you can decide which to attend, it's your holiday !

Activities and Excursion

Tarifa is the closest town. There are numerous activities including horse riding, kayaking and gentle walks



Fees

£ 950 per person in a shared twin room with ensuite
£ 1100 per person in single room sharing a “Jack and Jill” ensuite
£1200 per person in a single room with ensuite

Included

All Yoga and Meditation classes

Transfers to / from Gibraltar airport coordinated with flights
Transfer time about 40 minutes

7 nights accommodation and use of all the facilities at the centre

Full board. Tea, herbal teas, coffee, water and snacks available during the day.
Wine and drinks can be purchased.

Use of yoga mats, blocks and belts

Not Included

Airfares, there are direct flights to Gibraltar from
London and Manchester airports
Alternatively flights are available to Malaga but transfers are not included
Excursions on Wednesday

Travel insurance is required, also please bring a GHIC card if it is still valid

Massages and treatments are available as extras

A non-refundable deposit of £250 will secure your place.

Deposit is non-refundable if the retreat runs. The balance is payable by 30th May 2024

For more information, booking conditions and to reserve your place, please contact: -

Gillian Cawte

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