

Spain Yoga Retreat

2nd - 6th October 2024



El Botanico de Sagra, Alicante, Spain

El Botanico de Sagra is a luxurious ecolodge located 15km inland from the Mediterranean coast of the Costa Brava. Our yoga retreat is set amongst 5 acres of private botanical gardens, the perfect peaceful haven of tranquility and calm to relax and unwind.

Join Sam for 4 days of well-being in this magical retreat centre the perfect backdrop for our yoga and meditation. Included in your stay are delicious freshly prepared meals using local and homegrown ingredients. You can do as much or as little as you wish, there will have plenty of time to relax and unwind, chilling in a hammock or reading your book on a lounge in the sunshine. Take a dip in the swimming pool or go exploring the breathtaking scenery of the local area, you can't fail to love this tropical paradise. There will be a visit to the coast and an evening meal in a beachside restaurant. The rooms are arranged within 4 unique brightly painted houses with ensuite facilities, private terraces and twin beds. There is a dedicated yoga studio and some practice will take place in the gardens. Massages can be booked at an additional cost.

Cost: From £650 shared room, from £720 single occupancy room.
Included: Accommodation, breakfast, dinner and snacks.
Not included: Flights and transfers, taxi to beach & one evening meal in local restaurant
When: Wednesday 2nd - Sunday 6th October 2024



The Accommodation at El Botanico



Set amongst the botanical gardens are four unique brightly painted casa's with luxury bedrooms all with ensuite bathrooms. Within each casa there is a living area and kitchen. There is a fifth casa with the main kitchen and a dining area. Our yoga will be taken in the designated studio or within the gardens.

Retreat Investment

Included in the cost are all yoga sessions, breakfast, dinner & snacks while at El Botanico (excludes meal's out in restaurant), day trip transport to beach & accommodation.

Casa Azul

1. Lychee Room - x 2 single beds with terrace
2. Mango Room - x 2 single beds with terrace
3. Hibiscus Room - x 3 single beds with terrace

Casa Rosa

4. Yucca Room - x 2 single beds with terrace
5. Bambou Room - x 2 single beds
6. Palmera Room - x 1 queen bed

Casa Naranja

7. Cactus Room - x 3 single beds with terrace

Casa Turquesa

8. Aloe Vera Room - x 2 single beds with terrace

Please indicate via email if you plan to share a room with friends.



The Itinerary

Wednesday

- Arrival at El Botanico
- Gentle evening yoga session
- Welcome drinks
- Dinner

Thursday

- Sunrise yoga session
- Breakfast
- Free time to explore, relax, swim, have a massage.....
- Evening yoga session
- Dinner
- Bedtime meditation and pranayama

Friday

- Sunrise Yoga
- Breakfast
- Afternoon Yoga session
- Transport to the beach
- Dinner in local restaurant by the beach

Saturday

- Sunrise yoga
- Breakfast
- Free time
- Evening yoga session
- Dinner

Sunday

- Sunrise Yoga
- Breakfast
- Farewell to El Botanico

** This is just a guide, the final plans will be made closer to the retreat.*



The Food

Homegrown and locally sourced the food will be seasonal vegetarian, prepared by a local chef at El Botanico. Included in your stay is a hearty brunch and an evening meal and there are light snacks of nuts and fruit available.

For those of you who might need a cold glass of local vino or cerveza, this is available the buy at El Botanico.

On Friday afternoon we will be visiting a local beach and having dinner in a restaurant by the sea. (The meal & taxi transport is not included, approx cost pp meal 35€ /taxi 15€).



Things to do

Adventure

El Botanico is located at the foot of the mountains, the scenery here is spectacular, so if you are keen to explore the countryside you can head off on foot from our accommodation. An early morning walk in to the hills offers a fantastic opportunity to catch the sunrise.

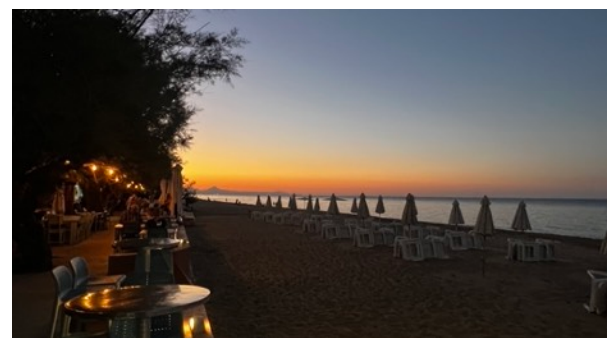
We are located about 15 minutes drive from the coast, we have an optional trip on Friday to a local beach, however, there is much coastline to explore if you have your own transport.

Relaxation

Aside from yoga and meditation, relaxation will be actively encouraged. Taking time for your self to enjoy the beautiful surrounding and lush tropical gardens of the El Botanico. Lounging by the pool and taking the occasional dip.

Massage

There will be the opportunity to book massages at an additional cost of 65 euros per hour.



Yoga and well-being

All our yoga and meditation sessions will be lead by Sam. Her aim is to offer you a holistic weekend of well-being surrounded by nature. Ensuring we balance our physical practice with our emotional practice, working on poses and allowing time to calm the distractions of the mind in meditation and stillness. There will be plenty of time to relax and enjoy the company of like minded others, getting to know one another during our practice sessions and together during our social time at meals and throughout the day. Unified by shared experience and this wonderful opportunity to enjoy some well deserved self care and 'me time' in this magical location.

Teaching an inclusive style of yoga fusing hatha and vinyasa styles, with a little bit of Pilates, Sam creates a yoga flowing practice at a physically attainable pace. The aim of each class will be to stretch, strengthen and mobilise with a variety of focus to benefit the whole body. In turn tuning into our bodies sensations and breath awareness to ease the fluctuations of the mind.

The sunrise morning class will begin around 8.00am gently easing into the day and building up to an invigorating practice to set you up for day. The evening yoga will reflect and develop on from the morning practice and will include some yin and restorative poses to settle the body and mind.

Each session will include meditation and pranayama (breathing exercises), ending the classes with relaxation in savasana.

Weather permitting we will take our morning sessions outside in the beautiful gardens of El Botanico over looking the pond and gazing up amongst the trees.

There will be time each day to discuss poses and offer advice and assist with your practice. The yoga sessions are optional there is absolutely no pressure to join each class.

All our yoga sessions will be suitable for all levels and abilities. If you have any injuries or ailments please flag this up in advance so the adaptations can be offered to you.

"Yoga does not just change the way we see things, it transforms the person who sees."

B.K.S. Iyengar



El Botanico de Sagra

El Botanico de Sagra is an ecolodge located halfway between Valencia and Alicante. It consists of 5 unique brightly coloured buildings in which are housed the accommodation. These casa's are surrounded by the beautiful botanical gardens covering 20,000 square metres. With over 64 different species of trees including a tropical orchard of avocado, lychee, mango guava, chirimoya, pomegranate and more. Much of the food served up will have come from the garden, so you know you will have only the freshest ingredients straight from the garden to the kitchen to your plate. In addition there's a bamboo grove and a wonderful variety of flowers, cacti and succulents. These incredible gardens offer a calming backdrop to relax, connect with nature and find an inner balance in this tropical paradise.



I go to nature to be soothed and healed, and to have my senses put in order. –John Burroughs



Booking

To secure your place on the retreat a non-refundable deposit of £250 or full cost is required. Once this is received you will be issued a receipt confirming your place. It is then advised you progress to booking your flights.

The balance payment is required no later than 10 weeks prior to the start date of the retreat.

Payments can be made via bank transfer. Contact Sam for details.

samtanyoga@gmail.com

Cancellation Policy

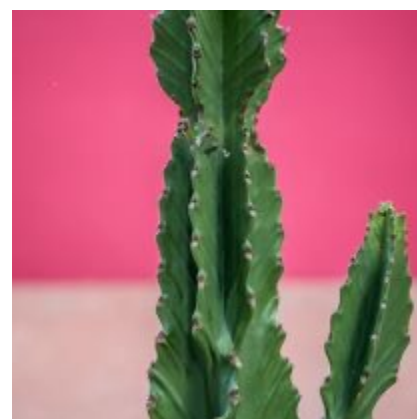
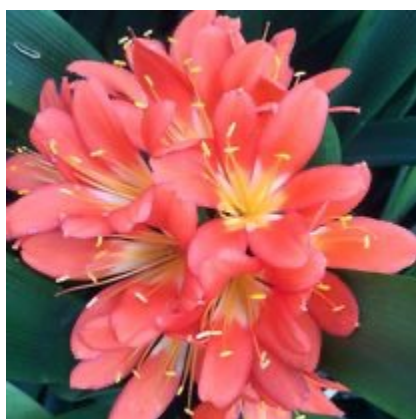
In the event that the retreat organiser must cancel the retreat for any reason, all payments including the deposit will be returned immediately. Unfortunately the additional travel costs can not be refunded.

In the event you need to cancel your retreat place for any reason a refund can be offered, excluding the deposit, up to 10 weeks, after this time the costs are non-refundable.

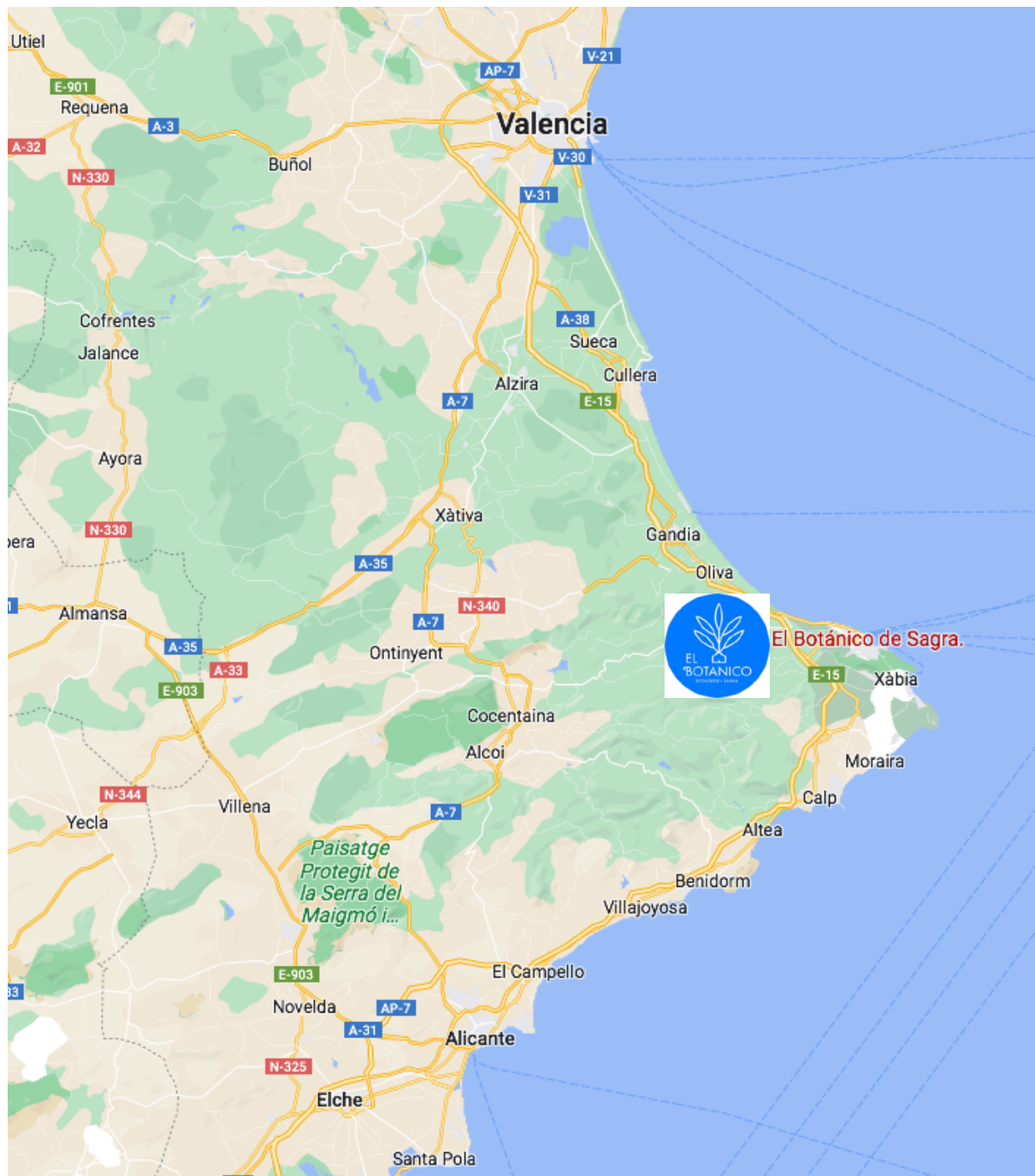
Flights and Transfers

Flights and transfers are not included in the cost of the retreat. You will need to organise your own flights. Alicante and Valencia are about a 75 minutes drive from El Botanico. Taxi's can be arranged in advanced x4 people approx. 150 euros / x8 people van approx. 300 euros. Car rental is another option, there are many rental companies offering competitive rates.

Please email your flight details once you are booked to coordinate transfers.







SAM TAN YOGA

MOVE, STRETCH & STRENGTHEN

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