

## Moving towards summer celebration

In keeping with the natural rhythm of nature, the full growth of spring, the moving towards the expansive exuberance of summer, this retreat will have a light hearted spirit of celebration. We will explore the principles of yoga that bring a sense of joyfulness, lightness of body and buoyancy of spirit.

All morning classes will include yoga posture linked into creative sequencing that invite a gentle opening, balancing and energising of the body/mind.

The afternoon yoga sessions will take on the form of a play shop, where we can explore together any aspects of the morning class.

These sessions are generally fun, spontaneous and enjoyable with everyone sharing his or her experiences.

All sessions will include pranayama, meditation, deep relaxation and open discussion.

## FOOD

We get very excited when planning our menus and we are especially so, for this time of year, when here in Spain we have an abundance of highly nutritious berries and a huge variety of salad and fresh herbs, we even get to make you our very own special super food everything free but the good stuff ice-cream! Our guests love our food they find it “energising, cleansing and delicious” and so do we.

What’s going in between yoga and eating?

The pool and the beach are both equally inviting at this time of year and the walks in the garraf pretty with wild flowers and herbs.

Some people like to surf, pop to sitges or organise a little afternoon outing to the Tibetan monastery which is close by

The gardens are so beautiful and the views so peaceful and soothing that hanging out on one of the big comfy sofas, while chatting to new friends seems to be many a past guests favourite way to reconnect with themselves.