

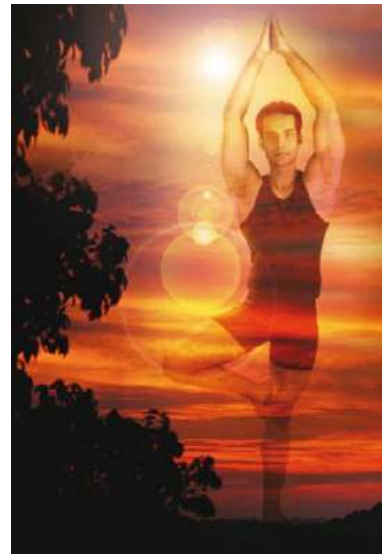
Let nature and the practice create a magical environment that will lift you out of your daily worries and concerns, and take you on a journey of “Inner Exploration” through movements of the body, rhythm of the breath and stillness of the Being.

The basis of the retreat is to learn from ones own experience and sensations, and to cultivate a deep awareness and understanding of mind and body, finally touching the depths of the soul.

Each day will be full of activities that challenge beginners and advanced students alike. The correct mix of Hatha Yoga, Yoga Nidra, silence, meditations, discussions, excursions, and much more.

All levels of students are welcome. Since the objective is to work at individual levels, beginners will feel perfectly comfortable working alongside more experienced students.

The overall atmosphere is non-competitive and relaxed, with the emphasis on enjoyment rather than effort. Throughout the day there will be enough time for rest, in which to reflect upon your personal experiences or simply to paint, sing or dance. The orientation is to seek joy in whatever one does and to establish a strong conviction in the divinity dwelling within.



About Prasad

Prasad is a Yoga Master from India and has been conducting Yoga workshops and retreats in more than 15 countries across Europe and Asia for many years.

Starting at the young age of 9, Prasad’s Yoga journey has taken him across India learning Yoga and its various aspects. Certified by various Yoga schools like Sivananda, Kaivalyadham, and learning personally under Masters in the Himalayas,



his individual style of yoga is an intelligent mix and adaptation of all that he has learnt over his yoga life.

Prasad has the ability of integrating different facets of Yoga and making them simple to understand and put into practice for daily living, thus at the end of his courses the participants have a clear insight into their personality and will experience an overall feeling of well-being and peace of mind which will continue with them even after the course is over. His strong cultural base, philosophical insight, health and fitness background and jovial and peaceful nature make him an ideal guide on everyone's path.



For more details visit www.yogaprasad.com

Topics Covered

Hatha Yoga: Concentrated practice on linking mind-body-breath. The focus is on alignment, fluidity and linking. The orientation of the class is to make the participants self-aware, self-confident and independent.

Discussions: What is Yoga? Different types of Yoga, Purpose of life, Yoga and practical life, Training the mind, Essentials on spiritual path: detachment - dispassion - discretion.

Experiments: Exercises to develop awareness, stilling the mind, Science of Breath, opening the energy blocks, concentration and practice.

Meditation: Meditation – what, why and how.

Yoga Nidra: Yoga Nidra is an ancient technique that brings a person closer to the subconscious and its practice for a better life.

Program

Time	Activity
7.00 to 8.30 am	Hatha Yoga + Pranayama
9.00 to 10.00 am	Breakfast
11.00 to 12.00 pm	Silence hour / art / Karma Yoga
1.00 to 2.00 pm	Lunch
3.00 to 4.00 pm	Yoga Nidra
4.30 to 5.15 pm	Self-awareness exercises, energy practices, discussions
8 to 10 pm	Satsang workshop, meditation, question & answer

NB As a part of karma Yoga, which is an essential aspect of yoga, the participants will be encouraged to help out with the daily routine of La Ganga. The delicious vegetarian meals will be made from fresh organic local produce. In case of any specific dietary requirements please let us know in advance by submitting details on your booking form.

The La Ganga Retreat

La Ganga (www.huertaganga.com) is a spacious Scandinavian-style chalet house, combining a mixture of Moorish and traditional architectural influences. Set in an elevated position amidst the stunning mountainous terrain of Andalusia.



Large balconies and a long covered terrace provide breathtaking panoramic views over the Sierra de Tejada down to the Mediterranean far below. The yoga terrace is ideally situated for a perfect salute to the sun, as the sun rises over the ocean.

The swimming pool looks over the Andalusian mountain ranges and in the evening the moon rises from far behind the peak of La Marona.

Accommodation

All prices are based on 2 people sharing twin-bedded rooms.

La Ganga offers a variety of beautifully styled accommodation on three floors.



Top floor

One room, with en-suite shower facilities, on the top floor is accessed by an open wooden staircase from the open-plan living area. The second room is at the opposite end of the house also with en-suite shower. Each of these rooms has two adjoining terraces with amazing views.

First floor

On the first floor the huge high ceiling, open planned living space has versatile usage with a long shaded terrace. The first floor twin-bedded room is adjacent to a large bathroom, ideal for relaxing in after classes. This room also has an adjoining terrace.

Ground Floor

In keeping with true yogic retreat-style accommodation, two twin rooms share a bathroom with shower facilities



Booking Terms and Conditions

Accommodation is limited to ten places, registration is accepted on a first-come first-served basis, so please register and send your deposit early to ensure a space at the Retreat.

PRICES

Top floor twin rooms: with en-suite shower and adjoining terraces: €425 per person.

First floor twin room. This room also has an adjoining terrace: €350 per person.

Ground floor twin rooms: sharing a communal shower-room: €350 per person.

Flights are not included. Prices cannot be adjusted due to either late arrival or early departure.

The course includes: accommodation, breakfast, lunch and evening meals, classes, workshops and handouts. Yoga mats will be provided.

Assistance with transfers to and from the airport is available at an additional cost. Please ask for information.

REGISTRATION and DEPOSIT

To make your booking, please e-mail us first to check availability. Contact Prasad or Jackee by email makemeyogi@yahoo.co.in or jackeehughes@hotmail.com

A registration form with bank transfer details will then be emailed to you for completion. This should then be returned to us and the €150 deposit sent via bank transfer. We require details of your bank transfer, so that we can check that your payment has arrived.

The remainder of the balance is due **6 weeks** before the Retreat commences. If you are booking within 6 weeks of commencement **full payment** is required.

If your cancellation is made within 6 weeks of commencement of the course, **the deposit** is non-refundable.

INSURANCE

Holiday insurance is **essential** and a condition of booking. It is strongly recommended that you take out adequate insurance coverage for **cancellations, health, lost baggage** etc. for the full duration of your Retreat. Please ensure that you are covered for **all yoga practices** and **walking**.

We are not responsible for any loss or damage to your personal property, or for any injury or illness sustained during your Retreat.

If you are travelling from a EU/EEA country outside Spain, it is a good idea to carry a E11 form or the European Health Insurance Card (EHIC), which entitles you to free emergency treatment whilst in Spain. In the UK you can get this form from the post office where it must be filled in and stamped. Please remember to enclose a photocopy of your insurance cover.

Please respect our right to cancel or re-schedule the Yoga Retreat, or the daily program due to weather conditions, or for any other reasons of safety.

Registration Form

(Separate form to be completed by each person)

Name.....

Address.....

Telephone/email.....

Do you have any special dietary requirements? Yes/No

If so, what are they?

Do you have any medical conditions that we should know about? If so please advise.

Is transport required from the airport? Yes/No

Flight details (if known)

Please select your choice of accommodation from the following selection:

top floor accommodation	<input type="checkbox"/>
first floor accommodation	<input type="checkbox"/>
ground floor accommodation	<input type="checkbox"/>

We also require:

1. Details of your bank transfer, so that we can check that your payment has arrived.
2. Photocopy of travel insurance.
3. Photocopy of health insurance (eg. European health card).

I am happy to accept the terms and conditions of booking as set out above.

Signed.....

Dated.....