

Yoga Holiday with Petra & Alan: May 30 -June 4, 2020

We're delighted that you are interested in joining us for our Luxury yoga retreat and look forward to having you with us for **5 night/ 6 blissful days** of yoga in Spain. We really want to make this an amazing experience for you.

Location: Villa Pi Blau is a purpose-built luxury yoga retreat on the hills overlooking the bay of Aiguablava, with its crystal clear water and beautiful beaches. This is just outside of Begur, a picturesque medieval town with a castle and chic shops.

Airports: Girona (50 minutes drive) and Barcelona (2 hours) are the nearest airports and are good places to stopover on your journey to, or from, the retreat **Please note, the local paths to the beaches are quite steep and there are stairs from the yoga studio to the main building.**



Swimming pool



The bedrooms



Cove views

Dates: May 30- June 4, 2020.

Prices: Earlybird: £720.00 based on sharing a double or triple room. This discount is only on offer until October 2020. Normal price will be £775.00.

Deposit: A £250* non refundable deposit will be required for all rooms. The deposit needs to be paid within 7 days of your email confirming your place on the retreat. We recommend you book travel insurance.

Remaining Amount: to be paid 60 days before the retreat starts – so the deadline is April 30, 2020.

Twin Rooms: Please let us know if you have a friend/s who would like to share your twin or triple room with you.

Next Steps: If you would like to come on our 2020 Yoga Retreat, please fill out the booking form, sign and return in an email to confirm as soon as possible. Your room will be confirmed once we have received your completed registration and your deposit (or payment in full).

Retreat Bank Details:

Bank Account Name: PETRA COVENEY **Bank:** Santander **Sort Code:** 09-01-29 **Account Number:** 32261484 01

Your Teachers: Petra and Alan



Petra Coveney

Petra's yoga teaching style moves the body and calms the mind to build strength, grace and a sense of wellbeing.

She is a British Wheel of Yoga qualified and experienced yoga teacher with a 200+ hour British Wheel of Yoga diploma and an additional 200 hour+ Yoga Alliance training qualification in Inner Axis for people experiencing stress and anxiety. Petra also holds a 50-hour diploma for Tapasaya Hot Yoga and 75 hours training in Restorative Yoga.

Petra trained at the UK's most prestigious yoga studio - Triyoga - on the internationally respected and in-depth two-year diploma course. She has teaching insurance and a First Aid certificate.

Website: <https://www.mind-bodyyoga.co.uk>

Alan Kelly

Originally from Dublin, Alan has been practising Yoga since 1995 and teaching for over ten years.

Since qualifying for the Yoga Alliance Teacher's Certificate in 2005, he has been fortunate enough to be able to study with many world renowned master Yoga teachers, such as Jean Hall in London.

With Alan's steady pace, creative sequencing and attention to detail, he encourages students to move freely, deeply and mindfully into their bodies through asanas, breath work (Pranayama) and meditation, bringing mind, body, spirit and emotions into harmony and working together as one.

Website: <http://www.alankellyyoga.co.uk>



What is included?

- 3 locally sourced & Organic (where possible), Chef-cooked Mediterranean Vegetarian & Vegan Meals per day. (Breakfast, Lunch & Dinner or Brunch and Dinner)
- Free tea station with nuts
- 2-3x daily yoga and meditation sessions, including dynamic yoga, slow flow, yin yoga and a yoga workshop
- Yoga Mats/ equipment. We will have plenty of mats, blocks and bolsters for everyone but please feel free to bring your own if you prefer.
- A welcome fruit basket (fruits of the season).
- A bottle of purified and energized water in each room.
- Bed and bath linen, organic shampoo and shower gel.

All yoga classes are optional, feel free to take up one of the other activities or just swim and relax in a hammock – this is your holiday

Extra Costs not included

- TRANSFERS to and from the airport are not included, we can help to book you into groups and organise a taxi to pick you up (c45mins from Girona airport).
- DAY TRIP: Optional afternoon day trip to local sights including Salvador Dali's house, pottery shops, other beaches.
- RENTAL CAR: (there is space for 2 cars at the retreat).
- MASSAGES: A masseuse will also be available
- Alcohol. An honesty bar will be available.



Villa Bi Plau

What to bring ?

- Activewear for yoga sessions
- Camera
- Suncream & Sunglasses
- Comfortable trainers
- Warm jumper
- Swimwear
- Torch
- Layers of clothing
- A warm jumper & socks for evenings
- Travel Adaptor
- Citronella/ Mosquito repellent
- Driving license & credit card (if you intend to hire a car)
- Local Euros
- Sun hat
- Journal
- E1HC card
- Travel Insurance documentation



Sample Menu

- **Starters**
- Beetroot, orange and rocket salad / Leek velouté / Gazpacho / Pumpkin and lime velouté
- **Main courses:**
- Zucchini stuffed with vegetables ragout / Quinoa and vegetable paella / vegan lasagna
- **Desserts:**
- Coconut Pannacota with lime syrup / Fruit salad / Melon with spirulina



Sample Programme

- 07.00 : Tea & Fruit
- 8.00: Pranayama & Meditation
- 08.15-9.15am Rise & Shine Vinyasa Flow
- 9.30am-10.30 BREAKFAST
- 10.30-2pm Free time to chill or read a book on a hammock
- 2-3pm LUNCH Freshly prepared local and organic where possible, Vegetarian lunch
- 3pm-6pm Walk to the cove or relax by the pool
- 6pm-7pm Yoga Class
- 7.30pm-9pm DINNER



Getting There

- GIRONA airports is approx 50 minutes away
- BARCELONA is 1h35 minutes drive to Begur.
- You can Hire a Car or take a train to Girona train station from either airport and we will arrange a group pick up from Girona Train Station.
- The time and cost of the transfer pick up will depend on the number of other guests and their arrival times.

Previous Guest Experiences

Here are some of our guest comments from our previous retreat...

"Thank you for making my holiday so perfect. I've had a wonderful time"

"I loved every minute of the place, the course, the girls, the pool, the hosts"

"Joy and an abundance of laughter"

"I can't think of a thing that could have been improved. I've never felt so relaxed"

"What a brilliant weekend, I cannot thank you enough. You took such terrific care of us and thought of everything"

"I loved the location , the isolation, the mountains , the market & the tub, sauna & massage were a hoot"

"I feel inspired, rejuvenated, informed"

"The yoga instruction was fantastic, the people and the food"

If you would like to join us in 2020, please fill out the booking form and return the deposit within 7 days.

FAQs

- **Do I have to go to all classes?** No, this is your holiday, please feel free to join the classes as much or as little as you like.
- **Is this retreat open for beginners?** We ask that all clients are familiar with yoga and are at least a level 1 yoga for the morning vinyasa/ hatha dynamic sessions. Early evening sessions are more restorative and relaxing and will be suitable for complete beginners.
- **Will alcohol be available?** Yes, there will be an honesty bar with local wine, you can add these to your tab and settle with the owner at the end. However, this healthy retreat holiday is an opportunity for you to detox and rebalance your body.
- **Can I get a massage whilst at the villa?** Yes, a masseuse will be available to massage away all of your aches and pains.
- **Are there mosquitos?** Yes, there may a few mosquitoes around at this time of year so please bring some long sleeved clothes and trousers if you are particularly susceptible to being bitten
- **What will the weather be like?** Temperatures are likely to fluctuate from 10-24 degrees (evening to daytime) so please bring a couple of warm jumpers for chilly evenings.
- **Can I walk to the beach from the retreat?** Yes, there is a small rough track (please note, this path has steep incline/ declines) that will take around 10-15 minutes to get to the nearest beach.
- **Is there anything else within walking distance to the retreat?** Yes, if you follow the road, there are a few small coves with restaurants and bars (c15/20 minutes walk) . A supermarket is also around 15 minutes walk away should you require any other essentials. The lovely cobbled street, medieval town of Begur is also within walking distance (30 minutes) or you can share a taxi (5 mins).
- **Will the menu feature meat/ fish?** The chef at the villa specialises in vegetarian/vegan food but we can request a fish and seafood option.
- **What should I do if I have food intolerances/ allergies?** Please let us know as soon as possible so that we can discuss these with the chef and amend the menu accordingly. There may be an extra charge for some specialist food requests.
- **How much spending money should I bring? 3 meals a day** will be provided every day apart from 1 evening where we would like to walk to the cove and try out a local tapas restaurant. Please bring money to cover this meal. **IF you do not wish to join us, please let us know during booking.**
- **Do I need insurance?** Yes, we always recommend you buying travel insurance as soon as you book a holiday in case you need to cancel or if there are any problems whilst on holiday.
- **When can we check in?** We are able to check in from 3pm on May 30, 2020.
- **When do I need to leave by?** We all need to leave the property by 2pm on June 4, 2020.
- **Where do I pay my money into?** Please pay into the bank account detailed on page 1. In the payment reference please state your name & Reference 'RETREAT 2020' so we can match the payments coming into the account. Please send us an email once you have done this.