



## Yoga Holiday with Michelle in Southern Spain

*Come and enjoy a week's holiday of exploration through Yoga to relax and de-stress, Rejuvenate, re-energise and expand your whole mind, body and soul.*



### The Yoga

Michelle teaches Flowing Hatha Yoga, drawing from different styles of yoga including Sivananda, Vinyasa for flowing sequences and Yin for meditative practice, balancing the dynamic power and flow, with the softness and stillness of yoga. She encourages each person to connect with his or her own body and mind with a strong focus on the breath, emphasising precise alignment and fluid movement and encouraging deep relaxation within.

This retreat is suitable for all levels and backgrounds. Each person receives individual attention, adjustments and encouragement to go beyond any self-imposed limitations. Michelle's teaching is motivational, intuitive, encouraging and inspiring, using a down-to-earth approach, drawing from her extensive experience working with the body.

### The Venue

Source of Light is an especially lovely venue for those of you who like a room to themselves, most of the rooms are single rooms with no extra costs involved. It's situated in a tiny hamlet, high in the mountains east of Malaga, surrounded on three sides by spectacular mountains, with fantastic views. The region offers a Mediterranean climate, many hours of sunlight; sunbathing takes place by the oval pool, the relaxation area surrounding it is a natural sun trap.



**Michelle Cross**

**<http://www.yogarelaax.co.uk>**

**07956 127366**

**78 Cheviot Road, London, SE27 0LG**



### **The Accommodation**

There are nine rooms in three blocks, each with their own en-suite facilities. There are eight singles and one that can be used as double or single. Although quite small they are tastefully decorated and comfortable - south facing with a patio outside giving magnificent views down the valley to the sea.

### **What to expect**

A restorative week to relax and renew...in the sun!

- Two yoga sessions a day with one night off for a trip out
- Each class incorporates Pranayama (breathing exercises), Sun Salutations with flowing vinyasa variations, Asanas and guided relaxation.
- The morning classes are more dynamic and uplifting and is done outside in the open air, on a tiled area or by the pool
- The evening classes more restorative however will be guided by the groups' needs and can be done inside in a cool room if it's too hot.
- As little or as much sunbathing as you wish
- Walks or cycling (two bikes are available at the venue) or horse riding – stables a short distance away
- Hot Springs, sailing, trips to the beach, and a round of golf at a brand new golf course, can all be provided by your hosts
- The holiday includes bed, breakfast and a vegetarian evening meal.
- One night is dedicated to a trip to a local restaurant where you can buy a Spanish meal for a modest price.

### **The Cost**

£450 for a single room with ensuite facilities and south facing terrace.

Further discount if you are a regular student of Michelle you receive the week for £425 – Bargain

Price includes Accommodation, all yoga classes, meditation, yoga nidra, breakfast and dinner.



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### The Teacher

Michelle has over 19 years experience in the health, wellness and fitness industries, originally as a fitness/ exercise instructor and Holistic Massage Therapist in London. Over the years she has trained in various therapies and having found Yoga 10 years ago, re-trained as a Yoga teacher with the International Sivananda Yoga Vendanta Centre and is certified by the Yoga Alliance. Michelle encourages everyone to find their own yoga and the union within. She is down to earth, caring and compassionate and brings like to bring a sense of fun and enjoyment to every class.

### Getting There

Fly to Malaga airport. There are a number of \*airlines serving this destination, including many internet companies such as Easyjet and the British Airways website page. It is also possible to fly to Granada airport. The retreat is about 50km from Malaga, and the taxi will take about 1 hour. This costs 70 euros per journey. On yoga weeks help will be given to try to link people arriving at similar times so they may share the taxi cost. Arrive early in the day if you want this option. You need to arrange your own travel Insurance and travel.

### Book Now!



Places are Limited so Booking early is advised.  
Contact Free Spirit Travel [info@freespirituk.com](mailto:info@freespirituk.com) or call Jilly on 01273-564230

More info at <http://www.freespirituk.com/Yoga/moreinfoMontanaPalmera.htm#Michelle> or  
<http://www.freespirituk.com/Yoga/moreinfoMontanaPalmera.htm>

Look forward to seeing you there and sharing the power of yoga with you!

Michelle says,

***"It is a pleasure to share a practice that has the potential to change your life, as it has mine - I am inspired by those I teach and I hope to inspire you to find your Yoga."***

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