

YOGA RETREAT

finding balance



Santillan Retreat **SPAIN**

with **HEIDI ULRICH & AMANDA DAWN BLACKLEY**

JULY 21 - JULY 27 2024

Heidi Ulrich and **Amanda Dawn Blackley** are close friends who are both passionate about sharing the practice of self-care and awareness through movement and stillness. For many years they have been combining their individual skills as yoga and mindfulness teachers by offering a unique time to retreat and restore, in a safe and nurturing environment.

In summer 2024 they are excited to be hosting a week-long retreat for cultivating inner calm and finding balance returning to the beautiful **Santillan Retreat Centre in Andalusia (Spain)**, close to Malaga. Heidi and Amanda have a special skill for blending the opposing, necessary and complementary energies of Yang and Yin: activity and rest, strength and softness, movement and stillness to provide a unique experience and time for deep listening.

Begin your day with an outdoor mindfulness walking meditation amidst the breathtaking sea views and gardens, a way to settle and focus energies for the day, followed by a dynamic morning session of Yang-style Yoga with Heidi, which is both challenging and fun to stimulate and awaken the body and mind.

Daytime is free to explore the local area (different activities are available, see below) and an Introduction to Mindfulness Workshop will be on offer mid-week for those who wish for a deeper dive.

Early evening will commence with a Yin Yoga practice led by Amanda, a valuable space to slow down and truly let go, a moment of silence and stillness. During the week we will journey together through the five elements of Traditional Chinese Medicine, visiting different areas and organs of the body, and their corresponding emotions to rebalance and revive our energies at every level.

Having their own organic vegetable and herb gardens, fruit trees and free-range chickens the Santillan chefs create fresh, nutritional Mediterranean menus for brunch and evening meals to support and balance the body from the inside-out.

Santillan Retreat Centre was voted among “**the 20 best yoga retreats in the world**” by **The Times newspaper (January 2021)**, and offers state-of-the-art yoga facilities, a salt-water pool and extensive gardens set within an incredible Andalusian cortijo.

EARLY BIRD DISCOUNT OF 100EURO if you send deposit before January 30 2024 !!



Heidi Ulrich is a yoga teacher, teacher trainer, and co-founder of the Yoga Moves Nyon studio in Switzerland. She has taught yoga to thousands of students of all ages and abilities. A professional ballet dancer for 12 years she feels now blessed to be able to share her passion for mindful movement with her community. Heidi is from Melbourne, Australia.

Amanda Blackley is a teacher of Yin Yoga and Mindfulness, London born, Amanda has lived in Spain for 24 years. Her passion for the quiet stillness of Yin Yoga and the practices of Mindfulness infuse her classes with an integral therapeutic approach to self-care for experiencing a deep sense of calm and ease.

All classes will be offered in English, Heidi Ulrich is also French speaking and Amanda D. Blackley also Spanish speaking. The retreat is open to all levels of students and beginners are welcomed and encouraged.

SCHEDULE :

Arrival day (Sunday) July 21, 2024

15:30 - Check in begins

18:00 - 19:30 - Yin Yoga by Amanda

20:00 - Welcome dinner

Daily schedule (Monday - Friday)

07:00 - Walking Meditation (optional)

07:30 - 09:00 - Yang-Style Yoga by Heidi

10:30 - Brunch

11:30 - 18:00 - Free time to relax by the pool or excursions to explore the area

18:00 - 19:30 - Yin Yoga by Amanda

20:00 - Dinner

Departure day (Saturday) July 27, 2024

07:30 - 08:30 Yang-Style Yoga (if flight schedules permit)

08:30 - light breakfast

10:30 - latest check out time



***EXCEPTIONS:**

-Depending on interest we may organize an optional group excursion day trip, (day to be advised) which would be paid individually by the participant (not included in your price).

On this day depending on timing, there may not be an afternoon yoga practice.

RETREAT CENTER AND ACCOMMODATION :

Santillan is only 35 mins from Malaga airport yet tucked away in the mountains of the Andalusian countryside surrounded by tropical gardens and views of the Mediterranean sea. The center has one outdoor and 2 indoor yoga studios, one that includes the yoga wall , which offers deep stretching, an outdoor salt-water pool, paddle tennis court and 20 luxury ensuite bedrooms which can accommodate single or double accommodations. Every room has a balcony or terrace with garden or sea views, air-conditioning, shower and bathtub.

www.santillanretreat.com

PRICE (PER PERSON) : 7 days / 6 nights

single room w/ensuite private bath - 1805 euro

double room w/ double or twin beds and ensuite bath - 1410 euro

triple room w/ensuite bath - 1345 euro

*SUITES offering larger sitting areas and other amenities are available upon request.

included in above price is the following :

-6 nights accommodation at Santillan Retreat exclusively for our group

-tuition for all yoga and meditation courses and workshops with Heidi and Amanda

-unlimited coffee, tea, water for duration of your stay

-tea, fruits and light snacks before morning class

-2 plant based buffet meals (brunch and dinner) per day with occasional fish - the center can cater to most food allergies and dietary requirements if advised in advance

-fully equipped yoga facility with mats, blankets, blocks, straps and more for use during your stay

-outdoor salt water swimming pool, paddle tennis court and many terraces and outdoor living spaces to relax in

-Wi-Fi in common areas

NOT included in price :

-travel cost/flights to Malaga, Spain

-rental car or transfers to/from the airport to retreat center (can be arranged through Santillan Retreat)

-additional beverages not mentioned above

-excursions and optional activities

CHECK IN / CHECK OUT :

Participants should aim to check in on Sunday July 21 from 15:30 onwards as rooms are not available until that time. Please make travel arrangements accordingly. On Saturday July 27, check out and departure is 10:30.





HOW TO GET TO SANTILLAN RETREAT :

BY AIR - The nearest airport is Malaga-Costa del Sol (AGP), which is serviced by Easyjet, Swiss, Iberia from Geneva.

RENTAL CAR AND TRANSFER :

RENTAL CAR is highly recommended to get to the Santillan Retreat and explore the areas. We can help to coordinate shared car rentals with other retreat participants.

AIRPORT TRANSFERS can be arranged with Santillan Retreat for additional cost.

OPTIONAL ACTIVITIES AVAILABLE FOR ADDITIONAL COST :

-there is so much to discover in this part of Spain, the retreat center is close to Malaga, Granada, Cordoba, Ronda, Marbella and the white villages of Andalucia

-golf, hiking, horse back riding, beaches, water sports, thermal bathing and excursions to historical/natural sites

-massage and bodywork treatments available on site

-ask for our COMPLETE LIST OF ACTIVITIES W/ PRICE INFORMATION !

BOOKING & PAYMENT :

A non-refundable deposit of 300euro/person is required to secure your place at time of booking. The balance of payment is due by **June 9, 2024**.

FOR RESERVATIONS OR QUESTIONS CONTACT :

SUSAN susanbiboso@gmail.com OR HEIDI +41 79 648 29 55

