



Accommodation

All the facilities here are of a very high standard although we feel we should point out that the rooms are small - but perfect for your needs.

There are 8 single rooms and 1 room with a double bed which serves as a double or single. All rooms have en-suite facilities with a terrace; look down the mountains over the lake (on a clear day you can see Africa) .

Both vegetarian & non-vegetarian meals are provided.

Cost (not including flight) £425

This is a special price for Pam's yoga students only, the published price is £450

There is no single room supplement.

Flights & transfers:

You will need a flight to Malaga, you might like to search the internet for prices, Free Spirit Travel can do this for you if you wish .

Call Jilly or Debbie on 01273-564230

Please call for advice on transfers, we will be matching people up to share taxis.

Do not arrive in the evening if you wish to share a taxi

Includes:

Accommodation, yoga, a large breakfast/brunch each day and dinner on 6 nights .

Not included:

Flight to Malaga, transfers, travel insurance.

There will be one day without yoga and dinner. Instead you will be taken to a typical Spanish restaurant where you may purchase your own meal.

There will also be optional excursions during the week.



**To reserve your place, or for more information, please contact the Free Spirit Travel office:-
01273-564230 email: info@freespirituk.com
www.freespirituk.com**

Pam Anand at Montana Palmera



Southern Spain Hatha Yoga

August 1st - 8th 2009

single room £425 (plus flight)





This delightful retreat is hidden away in a tiny hamlet, high in the mountains above Malaga and thirty minutes from the coast by car. Perfect for walking, riding or mountain biking, the local scenery is stunning

There is a purpose built yoga circle in the shade of the trees on the mountainside, where the yoga normally takes place. A second space is available between the buildings

and it is also possible to do yoga indoors in the dining room with its full length panoramic windows and fantastic views.



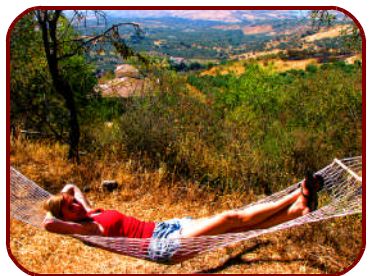
Yoga with Pam Anand

My full name is Paramjit Anand, most people know me as Pam. I currently live in London and also spend several months of the year in Goa India, teaching Yoga and Well-being.

As a teenager I was introduced to the ancient practices of yoga and this is how my journey began. In 1998 I encountered the true experience of Yoga at the Sivananda Ashram in Kerala. Here I practised the 5 main principles of yoga and have continued my practice ever since completing the Sivananda teacher training course in 2003.

Since 2006 I have taught yoga and fitness full time and I have never been happier.

My mission is to guide and support each individual on their journey of self discovery and a healthier life through regular practice of Asanas (yoga postures), Pranayama (breathing exercises), Relaxation, Meditation and General Wellbeing. Allow the light, the star that is within all of us to shine more brightly.



Additional information

Sunbathing takes place by the oval pool, with its mosaic lining depicting leaping dolphins.

The relaxation area surrounding it is a natural sun trap. Lay on the sun-beds with a book and look down through the olive groves to the lake below you and far in the distance glimpse the glittering sea and occasionally Africa.



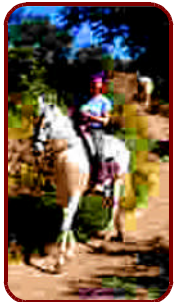
Four mountain bikes are on the premises, great for exploring the quiet roads and surrounding countryside, or visiting the next village.

Alternatively take your bike to the old railway line behind the retreat and cycle along it and across the hills, through fields of olive and almond trees and past picturesque old farmhouses.

Tennis, horse riding (one hour away), visits to the hot springs or golf can all be arranged by your hosts - or simply take the resident dog for a walk, massage is also available.

Robin, the owner, will give an optional introductory walk to familiarise you with the area as well as plenty of good advice on the best paths and trails to try.

A short walk away is a local bar (*picture below*) with coffee, drinks and snacks, these are also available on site from the in-house bar.



Your basic holiday includes vegetarian, non-vegetarian, Spanish and Thai food, with one night dedicated to a trip to a local restaurant where you can buy a Spanish meal for a modest price.

A large breakfast/brunch will be served after the morning yoga class and dinner after the evening yoga class.

