

REVITALIZING YOGA RETREAT

in Andalucía, by Yoflaminga.



[The Program](#)

[The Town](#)

[The Finca](#)

[Your Yoga](#)

[Other Activities](#)

[Accommodation](#)

[Meals](#)

[Las Chicas](#)

[What's Included](#)

[Prices](#)

[Arrival](#)

[Contact](#)

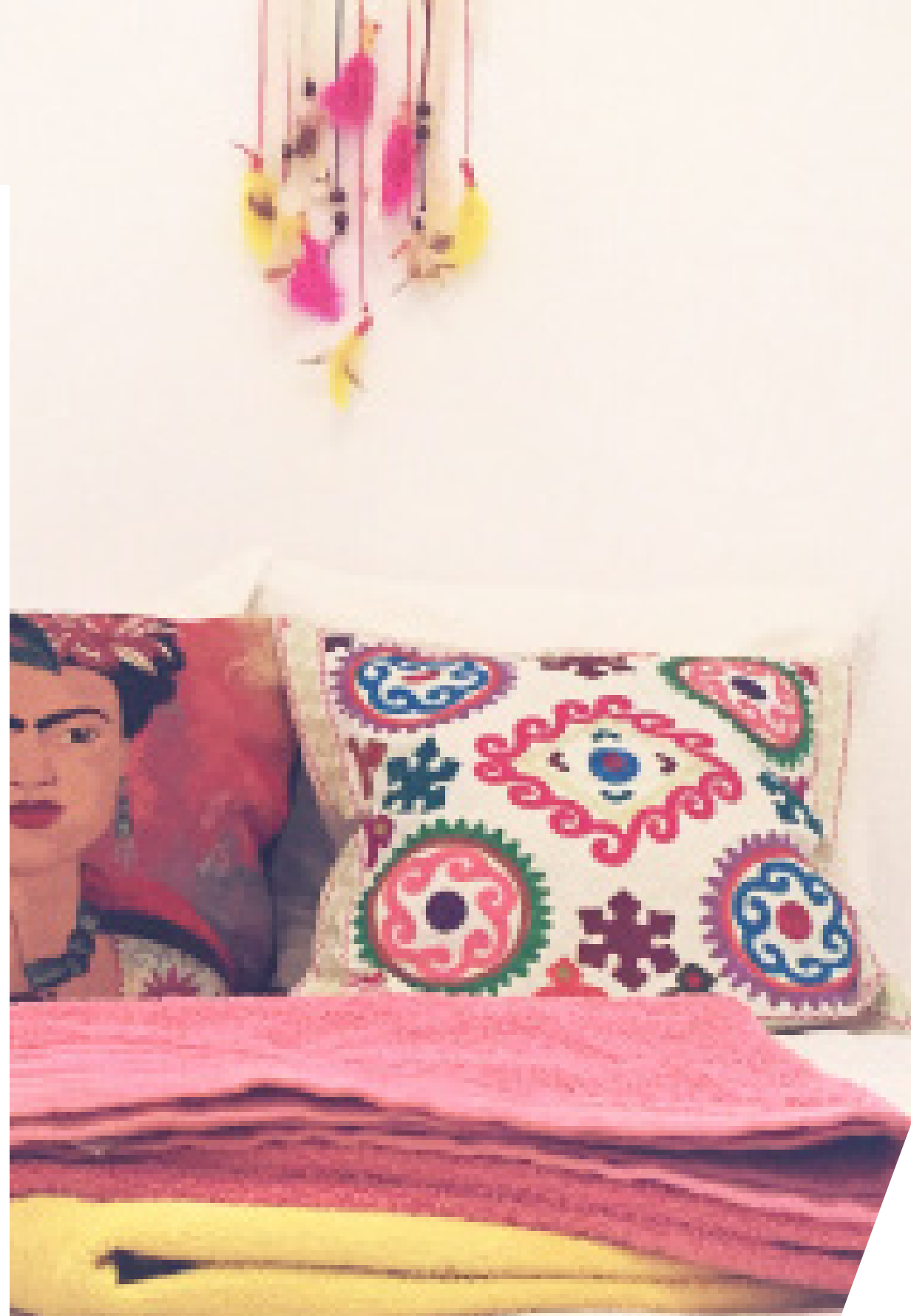
Hello & Welcome

Enjoy the warmth and calm of Andalucía while you start autumn with a yoga journey that revitalizes and strengthens your body, and frees your spirit.

In the beautiful Finca Las Rosalindas, in Conil de la Frontera, we dedicate ourselves to an intensive and energizing Vinyasa Flow yoga practice and sooth our minds with mditation and restorative yoga sessions. Strolling along the beach, swimming, or unwinding on the garden hammock - surrounded by the fresh sea air and soothing nature -- we free our minds of every day cares and enjoy pure relaxation. Homemade fresh food gives us the inspiration to look after ourselves and live with more vitality and energy.

Expect an intensive yoga practice with pranayama and revitalizing Vinyasa Flow Yoga (120 Min) every morning and in-depth yoga sessions with restorative exercises, workshops, and guided meditation (90 minutes) in the afternoons.

Jenny Hirtz
Yoga Instructor, Yoflaminga



A View of One of the Guest Rooms in The Finca Las Rosalindas



Conil, Andalusia

WELCOME TO ANDALUCÍA

The beautiful, southern-most region of Spain

The Town

Conil de la Frontera, once a typical small fishing village on the Costa Luz, directly on the Atlantic Ocean, has grown steadily in recent years, without losing its original charm. The kilometer-long sandy beach is free of large hotels or tourist facilities, and invites every season for long walks, beach days and surfing. In clear sight, you can see until Morocco from the beach. Within Conil, everything is within walking distance. The narrow streets are full of life; countless bars, restaurants and cafes and cultural events under the open sky. Conil is held dear to the Spanish, many of whom holiday here in the summer months. In the off-season Conil is quiet, but entertaining. Especially in the autumn months the place is wonderfully relaxing and offers many sunny days.

Not without reason, Conil is also called “el paraíso”.

The Finca

The Finca Las Rosalindas is located in a quiet area with views of the hills of Conil. Only two kilometers from the city center, the Finca is located in a very quiet, almost rural neighborhood. It is a beautiful relaxing place, with an exceptionally green, 1,200 sqm large garden; date palm, olive, orange and lemon trees grow here, as well as 10-meter-tall cacti.

The city center is a 20 minute leisurely walk, and the beach is around 30 (or 5 minutes driving). We have one large car, which we can use for joint excursions. Should you prefer to be independent, you are welcome to hire a rental car. We can also offer several simple bicycles free of charge – a perfect ride to the beach. To travel further distances, we also offer sportier bicycles, for a small price.

A LITTLE TIME TO REWIND, RELAX, REVITALIZE

Your Yoga

We start each day with breathing exercises (Pranayama), followed by an energizing Vinyasa Flow yoga practice. Guided by our breath, we flow from one posture to the next, entering a meditative flow and forgetting everything else -- the entire body is strengthened and stretched. Every day, we dedicate ourselves to a different focus, such as the back, the improvement of flexibility, physical fitness, but also our ability to let go, to listen to our body and to feel what is good for us. In the afternoon/evening hours we will focus on restorative yoga practices, work on specific yoga poses, and devote ourselves to in-depth practice of Yoga Nidra, a deeply relaxing guided meditation. Here we can let go, let the day fade away and let our mind to come to rest.

Depending on the weather we practice under the open sky on the lawn, on the terrace, or in the beautiful spacious living room of the Finca.

Due the small group size and the personal

atmosphere, we can accommodate each level, whether you are just discovering the joys of yoga practice, or already an experienced yogi.

Other Activities

In addition to our daily program, Conil offers many great leisure opportunities. Whether you want to learn Spanish, visit a painting class, go horseback riding or surfing -- ask us, and we will help with the right contacts and the organization. Of course, you are free simply to enjoy the beach life or relax in the garden of the Finca, to take time for yourself or to spend it with the other Yogis -- a wonderful opportunity to reflect on life, exchange ideas, and to ask all your yoga-related questions.





Enveloped in Warm Colours, Natural Light and Wellness



A Typical, Beuti Andalucian Villa

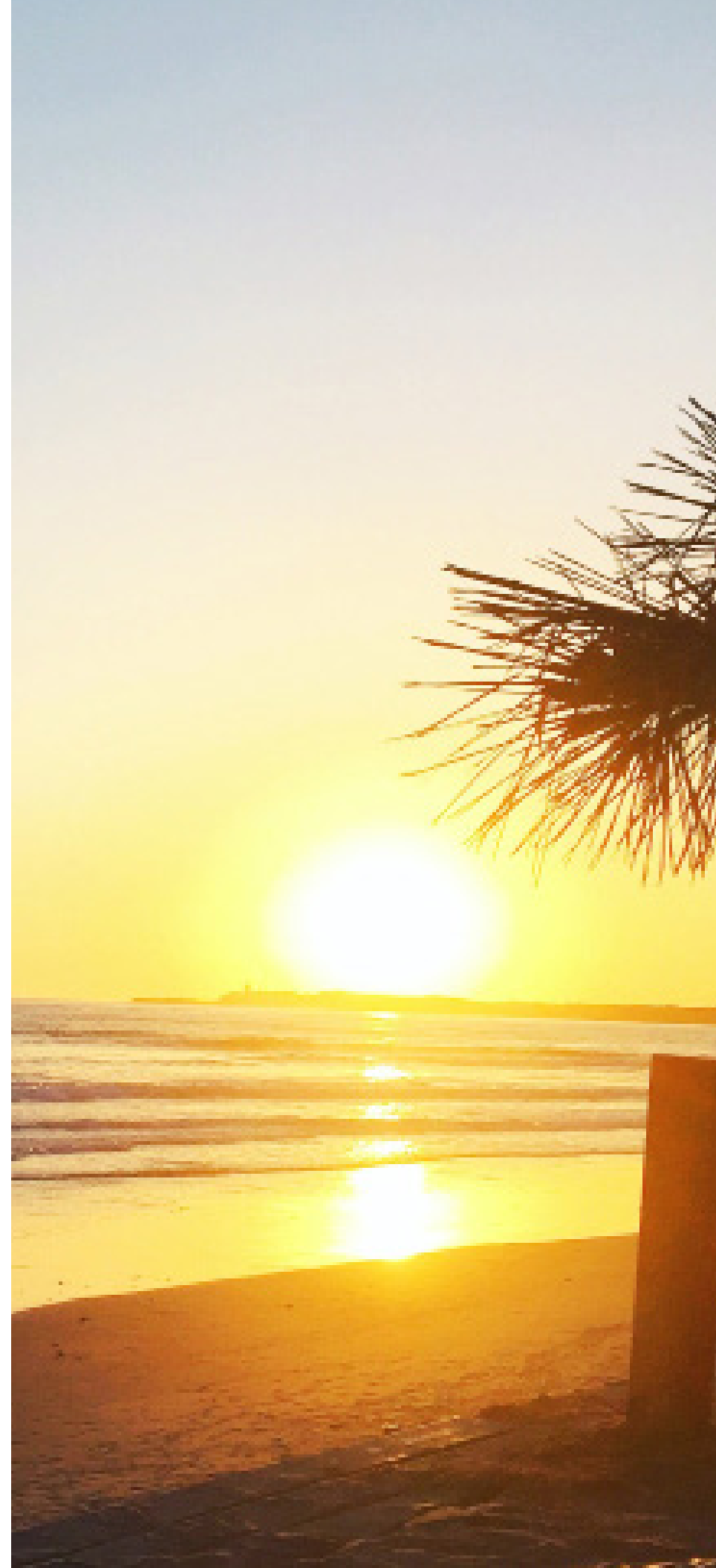
Accommodation and meals

We are staying in the Finca exclusively with 11 persons (us 3 chicas + you 8 Yogis). You will be accommodated in cozy, bright and charmingly decorated rooms, with the possibility of separate beds in the double rooms. There are two beautiful shared bathrooms accessible from the corridor. The kitchen, the large living room and a beautiful 1,200 sqm large garden invite you to relax, by yourself or together with the rest of the group.

All dishes are lovingly prepared in-house, with organic ingredients and locally grown fruit and vegetables. Water and herbal teas

are available throughout the day. The meals are all vegetarian and, on request, vegan (please notify us in advance about any intolerances or allergies!). On demand, we also serve fresh fish of the season. We begin the morning with tea and coffee and if you like with fresh fruit. After the daily morning yoga session we enjoy a big brunch together, with everything the heart desires, in order to strengthen us and to start the day's activities energetically. On five evenings, we will eat together on the terrace or in the dining room. On the remaining evenings, we want to give you the opportunity to explore the surrounding Restaurants and their delicacies. On request, we can organize a Tapas Tour through the best places in town, with a personal guide who reveals the all the local secret tips.

The Beautiful Beach at Conil is Within Walking Distance



Sunset, Conil

Jenny is a certified Hatha and Ashtanga Vinyasa yoga teacher (500 RYT) and teaches in Berlin and internationally while traveling around the world. Trained in India, her teaching is characterized by clear and precise instructions and gentle adjustments. Supported by purposefully chosen music or just the sound of her voice, she guides you through a meditative flow of dynamic, powerful movements, in conjunction with focused breathing. With individual attention and great sensibility for the group, she radiates a great sense of calm and positivity, and creates an atmosphere in which you always feel in good hands.



Jenny: Yoga Teacher, Yoflaminga

Maja, with her Spanish roots, is the perfect hostess, who takes loving care of everybody and serves culinary delights. She knows all the secret local tricks and has the right contact for any of your wishes. Growing up as the daughter of two restaurateurs, you could say she spent her childhood in the Spanish kitchen.



Maja: Hostess, Chef

Lullu is a trained physiotherapist. Even if she is scheduled to mainly take care of your culinary well-being, she will not hide her healing abilities from you. In addition to the physiotherapy treatments and her extensive osteopathy training, she was also educated in the field of Ayurvedic Massage. Apart from her therapeutic work, she is very happy to be able to implement her culinary passion and years of dedication and experience in the gastronomic area during our stay at the Finca.



Lullu: Physiotherapist, Chef

OVERVIEW OF SERVICES AND PRICES



Jenny Teaching, Monticule, France.

What's Included

- ▷ 7 Nights in the respective room
- ▷ 7 x big brunch with fresh juices and Smoothies, fresh fruit and bread, various homemade dishes
- ▷ 5 x dinner with homemade vegetarian, Mediterranean cuisine
- ▷ Tea, water, coffee, and fresh fruit at anytime
- ▷ Fresh bed linen, towels, mid-sized beach towels
- ▷ Daily cleaning
- ▷ Wi-Fi
- ▷ 6 x 120-minute Morning Yoga (Meditation, Pranayama, Vinyasa Flow Yoga)
- ▷ 5 x 90-minute afternoon Yoga (Restorative Yoga, Workshops, Meditation)
- ▷ Excursion to an organic wine - grape and olive grove



The Accomodation Sleeps 11 and is Reserved Exclusively for You Yogis.

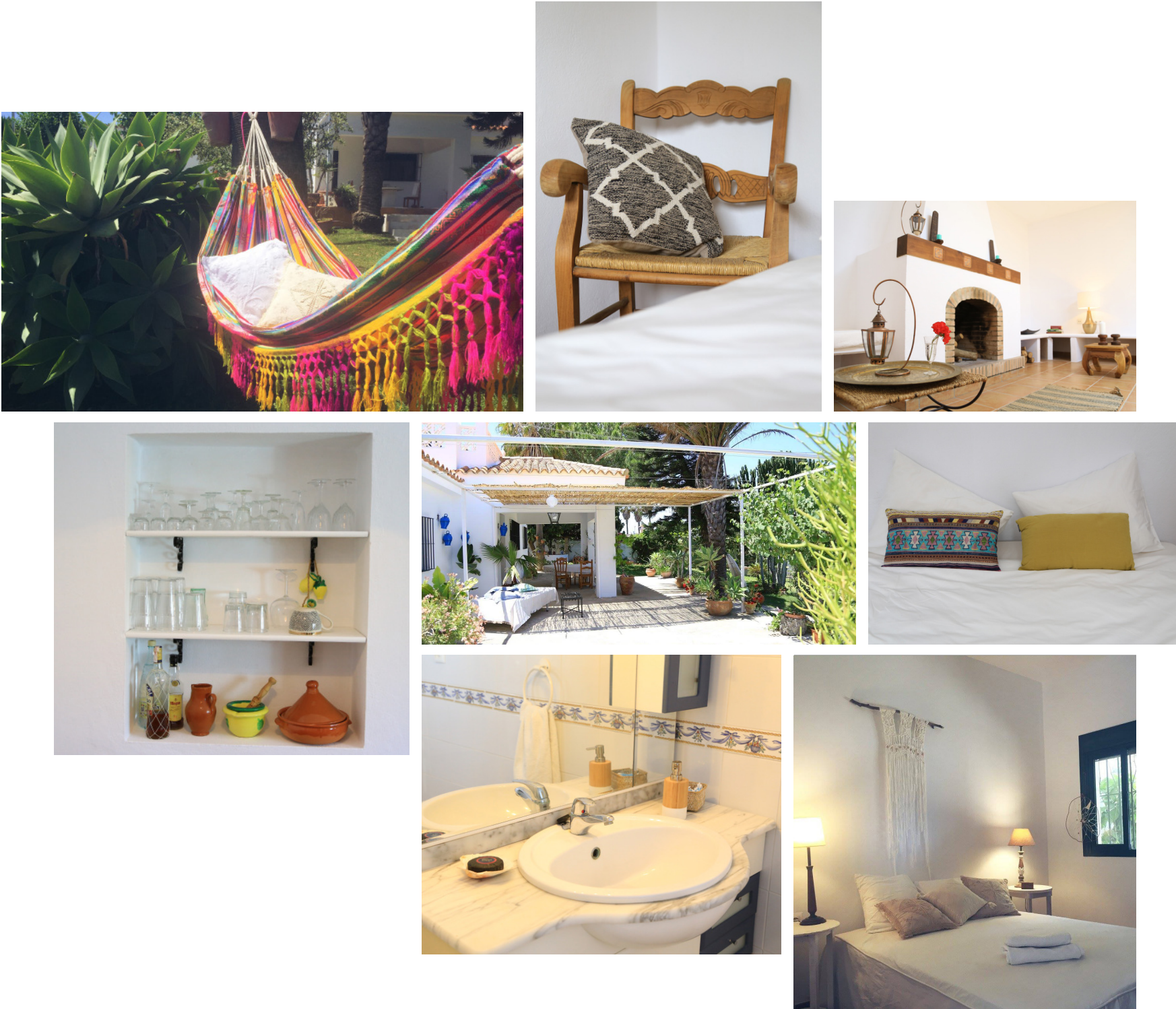
Price List

Double room (double bed or two single beds)	820,- p. p. Early Bird 790,-
Single room (with one double bed)	920,- p. p. Early Bird 890,-

Single room (double bed, internal window)	720,- p.p. Early Bird 620,-
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Not included

- ▷ Travel costs
- ▷ Airport transfer (Transfer from Jerez de la Frontera can be arranged at an extra cost, from Seville or Malaga you can book a rental car, or take a bus)
- ▷ Surf lessons, painting, massages, and other leisure activities





The Fortress at Jerez de la Frontera.

Arrival

You fly to Jerez de la Frontera. The airport is 45 minutes away from Conil. Sevilla is about 1.5 hours and Malaga about 3 h.

Contact

Of course, we are available to you at any time with questions.
We would be happy to help further, also with respect to the transfers.

Contact us on [Facebook](#) or via yoga@fincalasrosalindas.com



We look forward to welcoming you at The Finca Las Rosalindas for the Revitalizing Yoga Retreat in Andalucía, by Yoflaminga.

www.fincalasrosalindas.com
www.yoflaminga.com