



Reconnect in an Andalucian retreat

A separation from the familiar is a good way to draw a line and make a new start and where better to begin than in a beautiful setting for a week of yoga and meditation



YOGA, the Sanskrit word for 'union', uses posture and breathing to induce relaxation and improve strength. There is no age restriction and the physical benefits abound. It involves all the muscles and the various postures promote strength and flexibility. Yoga is especially good for those who are susceptible to stress and hypertension.

And to get going in a new direction, embarking on a week-long course may provide the beginning and impetus that will lead to ongoing benefits.

Five years ago Windsor artist Steffi Goddard and Partner Steve Robinson stumbled upon an old farmhouse, Cortijo Las Salinas, in southern Andalucia, Spain. A major restoration project has turned the former rural farmhouse into a spectacular a centre for art, cookery and activity (walking and cycling) breaks, and more recently Cortijo Las Salinas has become a yoga retreat. Under the direction of yoga instructor Kiran and fitness instructor Chloe, the pair are hosting a week of yoga, meditation, fitness, healthy meals, and fun. In addition to daily sessions of yoga and fitness, therapies to experience at the retreat include massage and meditation, talks on yoga philosophy and nutrition. Beyond that, music nights and a visit to

the local town for dinner and exploratory walks. Chloe said: "The objective is to come back home with your body and mind feeling lighter and energised and at peace." The yoga and fitness week runs from Saturday 4 June to Saturday 11 June.

Before Steffi and Steve took the brave step to live in Spain permanently, Steve was an antique furniture restorer and French polisher and Steffi was an exhibiting artist and art teacher.

The cortijo is now fully restored and the couple live in a private part of the complex, though they remain available to assist with local information, shopping, historic city and cultural visits. Steffi said: "We can also arrange Spanish lessons, cookery lessons, photography trips, help with cooking food in the traditional clay bread oven or to take an inspired art class. Steve is a talented chef and has been on many courses to learn about food from different parts of the world. Living in Spain has increased his thirst for knowledge about local Andalucian cuisine and the cortijo has a fully equipped cooking area where he tries out his new recipes."

Artist Steffi can often be seen out on location complete with paint, brushes and canvas and her studio doubles up as

her gallery where her paintings of the local landscape are displayed and are for sale.

With so many pressures put upon us to deal with everyday living, working, relationships and general good health, the benefits of a retreat, away from every day worries of society, can really help to enable people to reconnect again with their true selves. Steffi said: "The individual self is truly remarkable, able to know what's right, what choices to make, with insight and intuition the individual will travel along the correct path. Sometimes we get so caught up in life we lose ourselves and what's really important to us, which is simply to experience and share peace, love and contentment. If the way we are living our life isn't bringing us those three things then it is time to re-evaluate. Take some

time out and put things in place that will attract those things to us and to learn 'to just be'."

The cost £491 per person sharing (supplement for singles) on a full board basis with a deposit of £150 is required but with limited places there it is advisable to book early.

Not included are costs of flights, bar drinks, massage therapies (typical cost of back and neck massage is €20), Spanish restaurant evening meal, around €20 and an optional cultural day at the Alhambra (entry tickets around €12) and a trip to the local market.

To book, contact Kiran by email on kiran@kiranshashiyoga.co.uk or chloe at fit4me@live.co.uk

www.kiranshashiyoga.co.uk



ID:783697
size:8.452 by742.65
The Fitness Space