

The Yamas

7-Day Immersive Yoga Retreat – Andalusia, Spain
From Monday 5th to Sunday 11th 2028

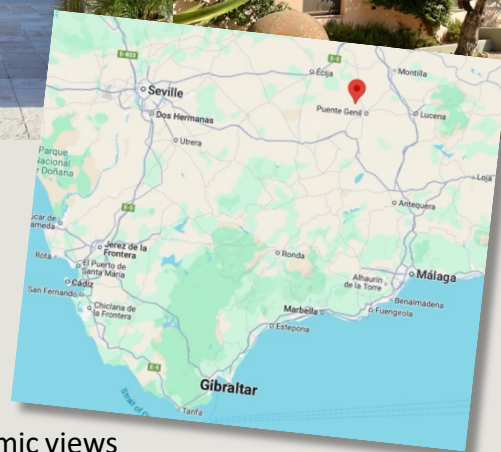
A 7-day yoga retreat covering the first limb of the 8-limbs of yoga - The yamas – the moral guidelines outlining how to interact with others and the world. Held at a beautiful & exclusive renovated corjito in the rolling olive hills of Andalusia, Spain.

Set in stunning surroundings, the 200-year-old venue provides the perfect opportunity to quiet the mind and reconnect with yourself. The friendly owners are passionate about providing amazing food and hospitality, all carefully planned around our yoga sessions and relaxation.



Retreat Centre Location

The beautiful and stylish historic Cortijo is set amongst acres of rolling olive grove hills, with stunning views in every direction. Each spacious room is decorated with its own Moorish style and exudes charm and cosiness. Facilities include: pool, loungers, chill out barn, hammocks, fire pit area, expansive wooden terrace, beautiful panoramic views of olive groves and the nearby laguna, home to a flamboyance of flamingos.



The retreat centre is located around 90 minutes' drive from Malaga and Seville airports, and around 60 minutes' drive from Cordoba, the nearest city. Return flights to Malaga and Seville are available starting from around £70 (not including checked bags) with easyJet, British airways and Iberia from various UK airports including Heathrow. Flight times are around 3 hours.

Taxi transfers from either airport are likely to be around €170, each way, which can be shared by up to 4 people. Or you could hire a car at very reasonable rates. You might choose to extend your travels to include a city-break experience at the beginning (or end) of your trip to Malaga, Seville or Cordoba or any of the many beautiful white villages dotted around Andalusia.

Yoga Practices

Daily yoga will be provided either in the beautiful indoor event space or under the shaded cover of the wooden veranda, to a back-drop of breath-taking views. One afternoon will be left free to allow those wanting to explore – perhaps an excursion to Cordoba or a walk around the neighbouring countryside, or guests can simply relax around the venue or make use of the multiple entertainment facilities.

The retreat includes one or two yoga sessions per day, combining a wide variety of yoga styles and practices:

- Yoga Philosophy
- Somatic movement
- Hatha Yoga
- Slow Flow Vinyasa
- Yin Yoga
- Restorative Yoga
- iRest Yoga Nidra
- Pranayama/Breathing Practices
- Guided Meditations
- Mantra and Mudra
- Mindful Journaling/Discussion

Sessions are suitable for all experience levels, with adaptations and props used to support postures as and when appropriate. Students are encouraged to listen to their body and only do what feels nourishing and beneficial to them and their circumstances.

Yoga is taught either from a large airy indoor space, with stunning stone walls and vaulted ceilings, or from the outdoor shaded veranda, over-looking acres of rolling olive groves. Yoga mats, blocks and bolsters are provided, though students are also welcome to bring their own equipment, if preferred.

Each session follows the retreat theme: 'The Yamas' - created to enhance personal development, well-being and transformation. Sessions will focus on the first of the eight limbs of yoga, and perhaps the most quietly radical. Often translated as ethical observances or restraints, the Yamas are not a list of rules imposed from outside, but a framework for how we relate to the world around us: how we treat others, how we speak, how we act, and ultimately, how we live. An increased understanding of the Yamas offers a genuine foundation for a life of greater integrity, clarity and inner peace. There will be time dedicated to learning, movement, deep rest and guided meditation, aiding the digestion and processing of the subject, leaving students feeling inspired, grounded and recharged.



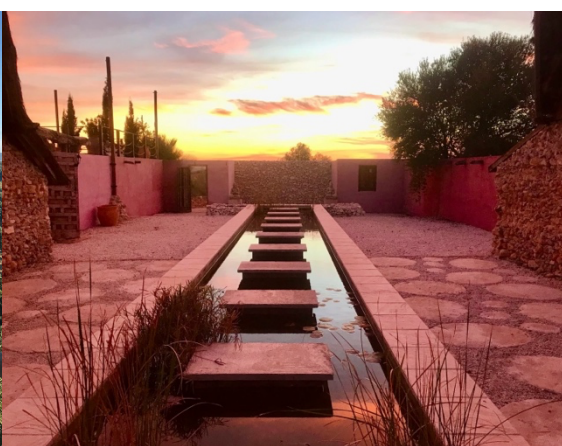


Daily Schedule

Fruit, biscuits, mineral water, coffee & tea are available throughout the day, including before 8am.

- 08:00 :** Satsang: Group gathering to discuss and reflect upon the daily theme, followed by somatic movement/meditation and a breathing practice – all designed to encourage focus, clarity and set authentic intentions for the day.
- 08:30 :** Morning yoga: a dynamic practice combining slow-flow vinyasa yoga, pranayama / breathing techniques, mudra and guided meditation, followed by the provision of optional journal prompts.
- 10:15 :** A healthy breakfast of eggs, corn bread, avocado, fruits, cereals, yogurts, etc.
- 11:00 :** Free time, for optional journaling before lunch.
- 14:00 :** Shared lunch: enjoy recharging the body and social connections with like-minded people.
- 15:00 :** Free time, for relaxing, reading, swimming, walking, socialising, holistic treatments, etc.
- 17:00 :** Evening yoga: a soothing practice combining time for reflection, mindful movements, pranayama, yin yoga, restorative yoga, mantra, and yoga nidra.
- 19:00 :** Free time, for reflection and preparing for dinner.
- 19:30 :** Delicious buffet dinner, eaten in dining spaces either indoors or on the veranda, under the stars (dependant on weather and group preferences).
- 20:30 :** Evenings will allow for social connection, personal reflections, group fire pits and music

The retreat will also include one yoga-free afternoon, allowing for a half-day excursion or free time.



Accommodation

Cortijo San Jose is full of character and charm, providing beautiful accommodation and a variety of spaces for entertainment and relaxation. The Cortijo, renovated by its loving owners, consists of several traditional 200-year-old Moorish style buildings on a secluded private eco-friendly complex, completely off-grid with power coming from solar panels.

The buildings are set around a beautiful central courtyard with additional gardens, fire pit, and swimming pool along with other areas to explore – enabling you to chill in seclusion or socialise with others, as you wish.

The complex consists of a number of uniquely styled sole-occupancy, twin and triple bedrooms, either en-suite, or sharing one bathroom between two bedrooms.

Other facilities include: free Wifi, swimming pool, Moroccan pool bar, saloon bar, library, fire pit, chill-out barn with bamboo beds, chill-out room, large terrace with comfy sofas, hammocks, courtyard seating area, sunken garden with a pergola, and a secret garden. It even has a piano, snooker table, out-door table tennis table and table football, should you be feeling a little more energetic!

Food and Drink

All meals are prepared with love and care by the chef owner, who is passionate about producing quality food, using local produce wherever possible. Expect to be impressed and well nourished.

Breakfast: The day starts with a selection of whole-foods, including fresh fruit, porridge, nuts, seeds, yoghurts, corn bread, eggs, avocado's, cheeses and rallado (Spain's answer to the Italian's bruschetta).

Lunch: After the morning yoga session, we share a delicious lunch comprising of fresh salads, colourful vegetable dishes, fresh breads and nutritious dips.

Snacks: A variety of seasonal fruits, biscuits, coffee and herbal teas provide a boost of energy at any point throughout the day.

Dinner: A varied evening meal caters for all preferences and appetites, consisting of dishes such as: veggie burritos, aubergine parmigiana, vegan Bolognese, curry with popadoms, accompanied by a selection of vegetables and colourful salads.

NOTE: Please let Emma know in advance if you have specific dietary requirements e.g: vegan, gluten free, lactose free, nut allergies, etc.



What's Included:

- 6 night's accommodation at Cortijo San Jose
- Single, twin or triple occupancy, either with an en-suite or adjacent bathroom (shared with just one other bedroom)
- Morning breakfast, juices and teas
- Morning yoga session, based on the daily theme
- Use of yoga mats and props
- Nutritious buffet lunch
- Fresh mineral water, tea and coffee, fruits and biscuits available throughout the day
- Afternoon/evening yoga session
- Delicious evening meal
- Wireless internet connection
- Swimming pool and various other entertainment options
- One yoga-free afternoon, to allow extra time for optional excursions, holistic treatments or relaxation

What's NOT included:

- Flights and transfers
- Travel insurance
- Local taxis, travel, etc.
- Optional excursions and activities
- Massage treatments
- Additional accommodation before/after retreat dates
- Alcohol – available for purchase at either of the venue's 2 bars on an honesty basis



Dates and Investment

The retreat starts on Mon 5th June 2028 until Sun 11th June 2028.

Please note: An initial, non-refundable deposit is payable to secure a booking, with interim payment 8 months before the retreat date, and a final balance due 16 weeks prior (by 14th Feb 2028). To connect & share information, travel arrangements, etc. Emma will set up a private WhatsApp group for everyone attending the retreat, available soon after reserving your space.

Book Direct At:
bookwhen.com/llg

Please feel free to contact us if you have any questions.

E: info@learnlivegive.co.uk

By booking, you agree to our full terms and conditions at:

www.learnlivegive.co.uk/tandc.html

Sharing Options:

Triple occupancy room with en-suite:

£1150 pp

Deposit £500 (at time of booking)

Twin occupancy room with shared bathroom (with 1 additional guest):

£1200 pp

Deposit £500 (at time of booking)

Twin occupancy room with en-suite:

£1250 pp

Deposit £500 (at time of booking)

Single occupancy:

Single occupancy room options (shared bathroom with one other room):

£1350 pp

Deposit £500 (at time of booking)

Optional extras:

We're hoping to organise a masseur at the venue, available for treatments each afternoon.

The beautiful cities of Cordoba, Malaga and Seville are all within a 60 or 90 minute drive and offer an abundance of beautiful architecture and culture for city breaks before or after the retreat (or during the afternoon off yoga).

There's also an opportunity to take part in a flamenco dance lesson: A light-hearted and fun evening that will bring out the dancer in you! Price to be confirmed closer to the event, but likely to be around €20 per person.



About Your Teacher - Emma Bacon

Emma is a passionate yoga teacher, keen to encourage her students to learn how to find personal balance and happiness through the combination of yoga movement, yoga philosophy and other self-development practices. She teaches all levels, from beginners to advanced, irrelevant to age, gender, size, fitness, beliefs, background or lifestyle. Emma teaches Somatic Movement, Hatha Yoga, Slow Flow/Vinyasa Yoga, Yin Yoga, Restorative Yoga, iRest Yoga Nidra and Meditation. She also likes to incorporate breathing practices/pranayama, mudras, mantra, journaling, and the wisdom of yoga and Ayurvedic principles and philosophies.

Emma encourages students to personalise their practice, and empowers them to make good choices, based on their individual needs and circumstances. She believes that yoga aids the mind-body connection, encourages self-compassion, and can empower meaningful transformation.

In addition to her yoga experience and training, Emma has qualifications and experience in somatic coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She also has experience in the leisure and hospitality industry running a well-being retreat centre (www.lpretreatcentre.co.uk), yoga studio, and various yoga retreats in the UK and abroad. She views herself as a life-long student, with a desire to learn from a mixture of accredited courses, other teachers, students, reading materials, travel and cultures.



As a wife and mother, Emma understands the pressures of modern-day life. She's found balance through the principles and practice of yoga and mindfulness and, ultimately, wants to share her knowledge with others. There's nothing she loves more than to watch someone choosing to become their most authentic self, open and curious to all future possibilities.