

# LIVE FIT

## Yoga Retreat

### Albatros

### Cabo De Palos

### Spain

### 2019

Friday morning we all arrived at the villa and settled into a relaxed mode with beautiful weather you definitely needed shorts and T-Shirt for! To transform us into the Spanish vibe we strolled down to the sea front and had a tapas lunch with rosé and a sea view. There were quite a few connections between the guests, so it was lovely to unravel details. I knew they were going to be a good fun group together!

The guests had the afternoon to explore the coastline or relax at the villa by the pool. Our first yoga session in the evening was relaxed backs, opened hips and was restorative and low to the ground to encourage 'rest and digest'. Of course a little chat was had, with a giggle or two, which invited the group to bond in their yoga zone. I always love to see this playfulness and joy when someone realises they can do a posture really well. We rejoiced completion of 1.5 hours of yoga with a BBQ and went to bed early in preparation for an active day to come.

We started early in aim to get to the National Park beaches as the sun was coming up and no one would be around. I can only express this time and place as shear serenity. (I'm not going to talk too much about the freak mosquitos. But I will say we killed them and they did actually disappear.) We practiced yoga flow with breath, grounding us to the beach. The flow gave a panoramic view out to sea keeping our heads and hands raised with balance challenges at feet, in the sand. We included agni sara a digestion breathing technique and a standing meditation while feeling the sea just below our knees. We all glided into the calm sea with no one around but a few distant fishermen and one family on the beach.

We had definitely earn't our lunch, so we headed back for Spanish cured ham, Manchago cheese, artichoke pasta salad, avocado and tomato salad. And a cheeky little beer to round off our nutrient reward. The guests relaxed by the beach and pool and restored before an evening yoga.

It was time to explore shoulder and core strength. This practice was a powerful, tough flow to challenge and move and be strong on shoulders. It was basically 'Boot Camp' yoga, to which some characters could relate and found their love of the practice! Energised we had a fun 'Sian Aperol Spritz' and went to a local restaurant with a fun atmosphere.

Sunday morning was lie in time. And very deserved. We woke up to another beautiful day and I took a light flow class to wake us up gently and ease stiffness, from the strong work the day before. This class was lateral, freeing arms and working into the sides of the hips. Savasana we took to the pool and drifted off. Very hungry from a late start we had granola and yogurt, pineapple, croissants and coffee. On this particular Sunday there was a market to explore, so half the group headed off to take a look while others chose to relax by pool and beach. A couple of yogis wanted to explore back bend - wheel, so I took them through a warm up with explanation as to how to get there. Both of them worked the wheel beautifully. I had a go too and we ended up feeling totally spaced out!

The final yoga session we took by the pool where there was a nice light breeze. This session was tailored to the group. It built in requests of postures and I worked to the strengths of the group and what I knew they would enjoy. The practice had humming bee breath, balance sequences with hip openers, lots of flow and shoulderstand. Bobby had been chief photographer throughout

our weekend and at this point had simultaneously prepped a fantastic Spanish chicken and chorizo dish with rice and salad. The weekend was drawing to a close, but we still had pre drinks, where we caught up on the day and the experiences we had followed by dinner.

The following morning the flights were around 10am, so a reasonable time, to just come back to the UK relaxed and rejuvenated. Apart from the fact we came back to grey sky's and heavy rain, missing Spain already!

Thank you to Lindsay, who came on the retreat. As it is in fact her place in Spain.

If you would be interested in booking this villa for a week you can have a look at the property at homeway.co.uk. And search Albatros, Cabo De Palos, Spain.

Or go to Trip Adviser: <https://tinyurl.com/y5xnnn4n>

If you would be interested in the next Yoga Retreat in September 2020 Friday 18th to Sunday 21st, please let me know so I can reserve you a place.

Main house Twin Upstairs. £450 per person Sharing. Reserved.

Main house Twin Downstairs. £450 per person Sharing. Reserved.

Main house Double Downstairs. £550pp if single. £450pp if sharing couple. Reserved.

Main House Single £450pp

Large Double in annex £550pp if single. £450pp if sharing couple.

Flights not included. For the best price, please book in advance.