

# Suryalila Retreat Spain



20th - 27th  
July  
2019



## REAL REVOLUTION HEALING

Yoga, Meditation and Healing Retreats





## Yoga, Meditation & Healing

There will be a Yoga, Meditation and Healing practice every morning and afternoon. Classes will include pranayam, kriyas, asanas, seated meditation, guided visualisation and more. The yoga taught will be accessible to all levels and the schools of yoga drawn on include Kundalini, Sivananda, Scarivelli, Iyengar and Yin. Also, the felt influence of John Stirk.

The practice will be led by Jeannie Bréhaut, a yoga teacher and healer with a thriving practice in London. Jeannie's approach to yoga and healing is to keep it spiritual, facilitate a depth of practice and have fun. Jeannie's role as a teacher is to meet people where they are in this moment and to set up a safe space where individuals and groups can let go and explore.

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## Venue

The Suryalila Retreat Centre is nestled in the foothills of Parque Natural de las Sierras - a district renowned for its natural beauty. Centre facilities include: an outdoor salt-water swimming pool; magnificent OM Dome meditation and yoga space (largest in Europe); hammocks and pagodas throughout; stunning indoor dining area as well as al fresco eating space; shop with essential luxuries such as organic olive oil harvested by Suryalila from their own olive groves; beautiful grounds for walking; enchanting organic vegetable garden; exquisite fruit trees - and more.

Bicycle rental, horseback riding, salsa classes, excursions to various beaches, trips to places of historic interest and local wineries/vineyards can all be arranged through the Retreat Centre. [www.suryalila.com](http://www.suryalila.com)

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## Food

The Suryalila kitchen offers fresh, locally-sourced vegetarian cuisine, using organic and biodynamic ingredients where possible. Dishes are artfully prepared and the aim is to delight everyone's senses - taste, touch, sight and smell.

Specific dietary needs as well as likes and dislikes can be readily catered for.

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## Accommodation

### Main Houses

Deluxe Single (own bathroom) **£1300**  
Deluxe Single (shared bathroom) **£1225**  
Deluxe Twin (own bathroom) **£1050 p.p.**

Yurt (shared eco-toilets / open air shower)  
Single **£945**  
Double **£755 p.p.**

### Eco Casa

(natural structure, shared eco toilets and open air shower)

Single **£945**  
Double **£755 p.p.**

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## Price & Travel Information

Cost per person: Includes seven nights' accommodation, delicious meals served three times daily, teas, water, coffee and fruit plus all yoga, meditation and group healing. Check-in is from midday on Saturday 20th July, and check-out is before midday on Saturday 27th July.

Seville is the closest airport to the Centre, with direct flights available from the UK. Transfer time to the retreat centre is approximately one hour. Please note: Flights, airport transfer, insurance, wine, local excursions and private healing sessions are NOT included.

Private healing sessions are available at an additional charge of £105. Massage with a talented in-house masseuse is also available.

To book contact Jeannie by email [jeannie@realrevolutionhealing.co.uk](mailto:jeannie@realrevolutionhealing.co.uk) or telephone UK mobile +44 (0)7786 995399.

