



## ONE RETREAT

with Chloe Watts Goddard & Lucy Victoria Jackson

*Saturday 9<sup>th</sup> September – Thursday 14<sup>th</sup> September 2017 (5-nights)*

Join Chloe & Lucy for a glorious 5-day getaway at Cortijo Las Salinas, Spain.

Giving yourself permission to switch off at the Villa is so easy, it's barely even a decision. With daily yoga, mesmerizing Gong baths, meditation and asana workshops, fire ceremonies and so much more on offer, Chloe and Lucy have the recipe for a totally restorative break. They have thoughtfully planned out the 5 days with the hope of sending their guests home rejuvenated, refreshed and uplifted, as well as with some Yogi-tools to use in day-to-day life to keep the zen-vibes going long after the retreat.







**Further information about your stay:** – sunrise and moon meditations – fire ceremony – 2 yoga classes each day – an organic plant-based menu (3 meals each day) – chakra recharging therapies – rebalancing pranayama techniques – quiet time by the pool – star gazing in the jacuzzi – a pamper evening – rustic hikes – Gong Bath meditation – unlimited herbal teas and detox waters – surprise goody bag – a few surprises

## Price & extras info:

- **Early Bird price: £649 - until 31st May 2017**
- £699 from 1st June 2017
- N.B. There is a slim chance that we may have to put a few people into a twin room – if you would like to guarantee a single room there is an added £100 fee. However if you do have a friend coming along and would like to share with them, then do let us know & we'll do our best to ensure you're in the same room (there are only 4 on the property).
- **Not included – flights to Malaga airport and transfers – with regards to transfers it is approx. 2 hours from the airport to the venue. Closer to the time we'll put you in touch with other guests on your flights, so that you can arrange a taxi share.**

## Flight suggestions:

- Below are a few flight suggestions if you are flying from the London area.
- We advise you to take an early flight on Saturday 9<sup>th</sup> September, as we anticipate that we will open the retreat with a gentle yoga practice in the late afternoon, followed by dinner & an evening welcome ceremony.
- On the way home we advise a late-night flight as we will guide you through a morning practice on the 14<sup>th</sup>, followed by a brunch, a gratitude ceremony, and a late lunch for those who are still around.
- At the moment that plan is not set in stone, however we are confident that the first & last day will look something like this.

	<b>07:25</b> STN	2h 55 Direct	<b>11:20</b> AGP	1 deal <b>£105</b> <a href="#">Select →</a>
	<b>21:55</b> AGP	3h 04 Direct	<b>23:59</b> STN	
	<b>05:45</b> LGW	3h Direct	<b>09:45</b> AGP	5 deals from <b>£121</b> <a href="#">Select →</a>
	<b>23:50</b> AGP	2h 45 Direct	<b>01:35 (+1)</b> LGW	

<b>easyJet</b>	<b>06:05</b> STN	2h 55 Direct	<b>10:00</b> AGP	<b>£121</b> <b>Select →</b> 2 bookings required
<b>RYANAIR</b>	<b>21:55</b> AGP	3h 04 Direct	<b>23:59</b> STN	
<b>easyJet</b>	<b>05:45</b> LGW	3h Direct	<b>09:45</b> AGP	<b>£125</b> <b>Select →</b> 2 bookings required
<b>Monarch</b>	<b>21:10</b> AGP	2h 50 Direct	<b>23:00</b> LGW	
<b>easyJet</b>	<b>05:45</b> LGW	3h Direct	<b>09:45</b> AGP	5 deals from <b>£129</b> <b>Select →</b>
<b>easyJet</b>	<b>21:35</b> AGP	2h 50 Direct	<b>23:25</b> LGW	

#### Further Venue Information:

[Cortijo Las Salinas](#)  
Sabariego, 23685  
Alcuadete, Jaen



*Cortijo las Salinas is a very old Spanish villa which has Roman origins and some interesting ancient history. It has been restored into a stunning retreat venue with a combination of single and double bedrooms, creating flexible accommodation, and is centred around a traditional courtyard with marble fountain.*

## About your teachers:

Chloe Watts Goddard (AKA My Happy Body) is a yoga teacher & Gong Master from Windsor, Berkshire. She has the ability to light up a room, and her warmth is highly contagious! Not only is she a wonderfully talented asana teacher, but she also has a magical way of leading meditation sessions and glorious Gong Baths.

Lucy Victoria Jackson is a yoga teacher from Ascot, Berkshire. Her passion is bringing out the best in people both on and off the mat. She will make you feel nurtured but able to trust yourself in your practice. She trained in India, and is



therefore knowledgeable about the many different sides to the practice: asana, pranayama, meditation, chanting, and even a little Ayurveda...

Together they make a DREAM TEAM! They are very supportive of one-another, and their positive energy will leave you feeling full of love. Come to this gorgeous retreat to find out for yourself!

To book please email both Chloe & Lucy: [chloe@myhappybody.co.uk](mailto:chloe@myhappybody.co.uk) and [lucyvicijackson@gmail.com](mailto:lucyvicijackson@gmail.com)

They will reserve your place, provide you with a booking form & payment details. To secure your place please return the booking form ASAP and either pay the amount in full (£649 before 31<sup>st</sup> May) or a £200 deposit.

To find out more about Chloe & Lucy you can always visit their websites: [www.myhappybody.co.uk](http://www.myhappybody.co.uk) and [www.lucyvictoriajackson.com](http://www.lucyvictoriajackson.com) AND/OR follow them on Instagram: @myhappybody @lucyvictoriajacksonyoga

*Most photos on this document are courtesy of the venue's website:*  
[www.yogaretreatspain.com](http://www.yogaretreatspain.com)