



ASHTANGA YOGA
INSPIRATION



ASHTANGA VINYASA & YOGA RETREAT

WITH ANDREA PANZER (AUTH. LEVEL II)
& GOVINDA SCHLEGEL

ALL LEVELS WELCOME

Are you searching for inspiration for your Ashtanga or Yoga practice that fits YOU – your life, your age, your body?

With Ashtanga Yoga Inspiration you will experience strength and flexibility, ease and joy with an empathetic teacher in a natural and peaceful surrounding. You will find life inspiration and emerge feeling motivated, relaxed and renewed!

An authorised Level II teacher, Andrea is dedicated to sharing her approach to Ashtanga Yoga as a strong & gentle flow, and guiding her students to achieve their own deep and joyful practice. As a unique offering, Govinda presents – at least once a week - Indian classical music as a companion for the flow of Ashtanga, to support your breath and concentration in the moment – and our yogis love it!

We indulge you with delicious and healthy vegan-vegetarian snacks - prepared with joy and love to complement your yoga lifestyle. **You will return strengthened, refreshed and inspired!**

ASHTANGA YOGA INSPIRATION RETREAT PROGRAM

MORNING CLASSES: Monday-Saturday (some with live music)

08:00-08:45 Meditation and Pranayama, Vinyasa Krama movements to fix Breath and Bandha

8:30-11:15 Ashtanga Yoga - Mysore Practice
personal attention in a small group setting

11:15-12:15 Healthy vegetarian brunch by the pool

Saturday is usually Mysore Yoga Practice with meditative live music by Govinda.

WORKSHOPS: Monday & Wednesday

17:00-19:15 As a group, select from:
Pranayama & Mudra sessions - *asanas with inner concentration*

Asana Techniques in Primary and Intermediate

Question & Answer session

KIRTAN & CONCERT: THURSDAY, 20:00-21:30

PRICES & REGISTRATION

We offer our retreats as a non-residential Yoga Program, as well as a residential retreat.

OUR ASHTANGA YOGA RETREAT AS A NON-RESIDENTIAL PROGRAM

Join us daily for Yoga practice, vegetarian brunch and a dip in the pool!

Organise your accommodation in a location that suits you, in the nearby Cajiz (typical Andalucian village), or right by the sea in Benajarafe. We are happy to share our recommendations and can help to coordinate with other yogi/ni/s if you'd like to share your chosen accommodation.

DETAILS

- 390 EUR** *This price includes the 10% seasonal discount*
- 6 days Yoga program & events (25 hours)
- Vegetarian-vegan brunch
- Additional vegan-veggie evening meals may be booked separately



OUR ASHTANGA YOGA RETREAT AS A RESIDENTIAL PROGRAM: ACCOMMODATION AT THE FINCA EL OCLE

The **Finca El Ocle** is a typical Andalusian Finca (country house) – situated in the campo (countryside), with a pool and wide sea-views. Expect an essential family-like retreat lifestyle.

We have 2 rooms available for 2-4 guests.

Vegan/vegetarian snacks are included with the accommodation, except on Saturday evenings and Sunday mornings.

DETAILS SHARED OCCUPANCY

- 720 EUR** / week per yogi/ni - *This price includes the 10% seasonal discount*
- Shared room for 2 people (twin or double bed)
- 6 days Yoga program & events
- Vegan/vegetarian snacks

DETAILS SINGLE OCCUPANCY

- 840 EUR** / week per yogi/ni - *This price includes the 10% seasonal discount*
- Single room for 1 person
- 6 days Yoga program & events
- Vegan/vegetarian snacks



FURTHER DETAILS

Sunday is always the arrival day

Check-In is from 4 pm (in winter) and 5pm (in summer)

We start with a Welcome-Circle at 6 pm, and invite you to share a vegan-vegetarian snack at 7.30 pm.

Check Out is Saturday 1 pm after the Brunch and Farewell-Circle.

Bookings are always 1 week (Arrival Sunday - departure Saturday). Our Yoga program runs from Monday through Saturday mornings.

If you book 2 or more weeks, the night from Saturday-Sunday is a gift to you.

We recommend a longer stay so that you may dive deep into the practice and integrate new discoveries, as well as explore the beautiful Andalucian area.

Ask us about our special offer: Book 2 weeks, receive 100 EUR discount

RESERVE YOUR SPOT

Please apply via our website: Ashtanga-Yoga-Inspiration.com

Your spot is reserved when you have selected your chosen retreat dates & paid the deposit.

- The deposit for non-residential places are 390 EUR.
Please note that this does not include accommodation.
- The deposit for residential retreat places is 450 EUR
The balance of 270 EUR for twin occupancy, or 390 EUR for single occupancy is to be paid the day after your arrival.

With a copy of your flight-reservation your registration is complete.



GETTING HERE AND AROUND

HOW TO REACH CAJIZ (VELEZ-MALAGA)

BY TAXI

A taxi is 55 EUR from Malaga Airport directly to the Finca el Ocle or to Benajafe, with a driver who knows the way to our Finca!

We can arrange this for you.

BY BUS

There is a bus or train from Malaga-Costa del Sol Airport every ½ hour to Malaga (3-4 EUR) to the 'Estación de Autobuses' or 'Muelle Heredia/Estación de Autobuses de Puerto Malaga' (opposite the Plaza de la Marina & Oficina de Turismo (Tourist office)).

From '**Estacion de Autobuses**' or '**Muelle Heredia/Estacion de Autobuses de Puerto Malaga**' take an '**Alsa**' bus in the direction of **Velez-Malaga**.

Please note that there are ticket counters to buy your ticket in advance.

Get off at the second bus stop in **Benajafe** opposite the small supermarket - 'Komokomo' (the bus stop with large white pillars).

Show the bus driver a note as they usually do not speak English:

"Segunda parada en BENAJARAFE – enfrente supermercado KOMOKOMO"

RENT A CAR

The airport is a half hour drive to Cajiz.

From the airport **follow first the sign to Malaga (A 20/21)** and then take the direction of **Almeria / Motril (Autovia A7)**. Take the **exit 960 to Cajiz / Iznate**.

Follow the MA 3202 to Cajiz to the meeting point in the village of Cajiz in front of the Farmacia or Cafeteria Bar La Plaza. (Google +code is QR58+V3, Cajiz). The Finca el Ocle is 1.5km from here.

Although we recommend renting a car, to give you the freedom to explore the area, many of our guests enjoy the peace of the Finca and manage without a car.



WHAT TO EXPECT, WHAT TO BRING WITH YOU

- Your own yoga mat if possible
(we have 6 mats available so check with us first if you need one)
- Towels for yoga and swimming
- “Onion-Clothing” – warm pullovers, warm out and indoor jacket to t-shirt
- House-slippers
- Obligatory – is a travel health insurance - please check with your provider that your health insurance covers travels in Spain
- An open heart, an open mind
- Be ready for a bit of Karma Yoga - like help in the garden or washing dishes

Please follow instructions at our Finca to preserve water and resources, and please respect that we are a strict Indian-veggie household.



CONTACT

CONTACT (WhatsApp)

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ADDRESS

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ASHTANGA-YOGA-INSPIRATION
wishes you a good journey!



TESTIMONIALS

I recently had the pleasure of attending a yoga retreat in the breathtaking hills of Malaga, Spain. Run by the inspiring couple, Andrea and her husband Govinda, this small retreat center is a hidden gem overlooking the sea.

Andrea, a highly talented and experienced yoga teacher, led us through Mysore-style classes every morning. Her expertise and gentle guidance made each session deeply enriching. The classes also included meditation and pranayama practice, which further enhanced the overall experience.

Govinda, a classical Indian musician and an excellent vegetarian chef, prepared wonderful meals for us. Each meal was delicious, made with love and care, perfectly complementing the spiritual nourishment we received from the yoga sessions. One of the highlights was listening to him practice each evening, adding a special touch to the serene atmosphere.

The retreat's atmosphere was warm and welcoming, making me feel right at home from the moment I arrived. Andrea and Govinda truly embody the yogic lifestyle, and their passion for what they do shines through in every aspect of the retreat.

Overall, the retreat was a transformative experience, offering the perfect blend of physical, mental, and spiritual nourishment set to a soundtrack of classical Indian music. I learned a lot and look forward to returning someday.

I highly recommend it to anyone seeking a rejuvenating escape in a stunning location.

Richard



Andrea and Govinda have created a truly magical place. I was able to spend 2 weeks on their beautiful estate with a pool and sea views.

Andrea draws on an enormous wealth of knowledge and teaches each person individually with love, passion and precision. I learned a lot and deepened my practice. Govinda takes care of your physical well-being with his loving and relaxed approach. It was a joy and a pleasure to enjoy his healthy and lovingly prepared meals every day.

The singing circle and his playing during the yoga classes were a real joy. Both offer a family atmosphere where I could relax and learn very well. Thank you very much, I can't wait for the next time!

Jessika

TESTIMONIALS

What an enriching yoga experience! With their empathetic and inspiring character, Andrea and Govinda create an atmosphere in which you can only feel good. Andrea not only masterfully conveys the technical aspects of asanas and pranayama, but also the holistic philosophy of yoga. In everything she teaches, you can feel the great wealth of knowledge and experience she has accumulated over the years. After the practice, Govinda treated us to delicious and varied dishes as well as excellent Indian music. I am incredibly grateful for the wonderful time I spent there and hope to return one day!

Alicia



We spent a week with Andrea and Govinda at the beginning of February. Although we have been practicing Ashtanga for a few years, we are always looking for inspiring teachers who are able to bring new perspectives to our practice. Andrea is simply amazing! With her experience and extensive knowledge, she taught us many new things; we are still assimilating all her input. What is especially worth mentioning: after several months without getting on the yoga mat, Andrea was able to teach us at our level and rebuild our practice in a very short time. The classes were Mysore style where Andrea paid a lot of attention to adjusting and improving the asanas. She also integrated Pranayama meditation. Her enormous knowledge from her time in India and her deep understanding of Ashtanga Yoga are the basis for a teaching that we have rarely experienced in this way.

The retreat also included small events such as heart rounds, mantra chanting and Govinda playing some of his many Sitar. Being located in the hills, it allows for stunning views and being away from the hustle and bustle. However, the beaches are only a short drive away. Given the excellent food that Govinda prepares, we had no reason to leave and often enjoyed the pleasant atmosphere by the pool.

I highly recommend this retreat. Many thanks Andrea and Govinda.

Henrik