

YOGA, PILATES AND FITNESS RETREAT HACIENDA RETREAT CENTRE, SPAIN

6 Day Retreat with Sally Parkes BSc, SYT, EYT
Friday 19th - Wednesday 24th September 2025

AS FEATURED IN

omyoga

CardiffLife

OK!
magazine

The
Telegraph

VOGUE METRO



Yoga, Pilates and Fitness Retreat with Sally Parkes BSc, SYT, EYT at The Hacienda Retreat Centre, Andalusia, Spain

5 Night/6 Day Retreat: Friday 19th - Wednesday 24th September 2025

Join Sally for this 5 night/6 day retreat in the beautiful Andalusian countryside in Spain for a wonderful blend of Dynamic Yoga, Hatha Yoga, Pilates, Fitness and Relaxation in the glorious Spanish sunshine.

The Hacienda Retreat Centre is just 60 minutes from Granada, and 90 minutes from Malaga, nestled in the beautiful Andalusian countryside with panoramic views of the Sierra Nevada. This retreat offers a complete getaway from everyday life, set in an area of outstanding national beauty and ecological diversity,

You can expect a warm welcome from your host at La Hacienda, Tracie, we promise a relaxing break with twice daily yoga/Pilates/fitness classes held in the outdoor yoga space or in the indoor yoga studio.

We will also be arranging 2 optional day trips to the local town of Montefrio and The Alhambra Palace in Granada - Please note: These will incur an extra cost.

During your stay, there will be time for quiet contemplation in the meditation temple or in the beautiful grounds as well as time to get to know like-minded people. There is also free time each day to explore, relax at our beautiful villa, sunbathe by the pool, watch the sunset, stargaze... the choice is yours.

Read on for the schedule and travel information.

Schedule

During your stay, there will be morning and evening classes held each day, all of which are optional. Classes are suitable for all levels including beginners – please let us know upon booking of any injuries or medical issues that may impact your yoga practice.

The following schedule may be subject to change (depending on the groups needs).

Please note our two main meals of brunch and dinner are large meals and there is fruit, yoghurt, cake and snacks offered throughout the day.

Friday 19th September 2025

Arrival to Hacienda Retreat

6pm – 7.15pm: Hatha Yoga

Dinner



Saturday 20th September 2025

8.30am -10am: Dynamic Yoga & Relaxation

Brunch

Day trip to Montefrio

5.30pm – 6.40pm: Pilates & Stretch Class

Dinner



Sunday 21st September 2025

8.30am – 10am: Dynamic Yoga & Relaxation

Brunch

Free time

5.30pm – 6.40pm: All levels fitness training

Dinner

Monday 22nd September 2025

8.30am -10am: Dynamic Yoga & Relaxation

Brunch

Day Trip to Alhambra

5.30pm – 6.40pm: Pilates & Stretch Class

Dinner



Tuesday 23th September 2025

8.30am – 10am: Dynamic Yoga & Relaxation

Brunch

Free time

5.30pm – 6.40pm: All levels fitness training

Dinner



Wednesday 24th September 2025

Breakfast

8.00am – 9.15am: Dynamic Yoga & Relaxation

10.30am: Depart

TRAVEL INFORMATION & FAQ's

➔ What is included in the cost?

All classes, accommodation, meals, and refreshments are included in the cost.

We offer a set time transfer to/from Malaga airport included in the cost of the retreat. Please see below for further details.

➔ Where shall I fly to?

Please book your flight to Malaga airport.

Guests often fly with Easy Jet, Wizz or Ryan Air from the UK to Malaga. We suggest you look at www.skyscanner.net for current flight availability and prices.

Please take note of the flight timings below to ensure that you arrive in time for the included transfer service.

For your ease and travel convenience, we strongly advise that you bring carry on luggage only.

Guests usually find bringing hand luggage/carry on baggage is sufficient for the retreat and find this speeds up their journey through the airport, as there can often be a delay at the luggage collection belts at Malaga airport.

➔ Transfers to and from the airport:

Included in the retreat price, is a transfer from Malaga airport to The Hacienda Retreat.

Our transfer will aim to leave Malaga airport at 14:30 / 2.30pm Spanish time on 19th September 2025. You will need to **ensure your flight to Malaga arrives before 13:15 / 1.15pm Spanish time** to meet us at the airport for this transfer.

We will then provide a transfer to leave The Hacienda at 10.30am to go to Malaga airport at on 24th September 2025.

For your departure, **please organise your flight from Malaga airport no earlier than 1.30pm Spanish time on 24th September 2025.**

Inclusive Malaga Airport Transfer Terms:

- **Transfer service is only available from Malaga airport at the stated times and is not available from any other airport.**
- **You do not have to take advantage of our transfer service if you do not wish to, but the cost of the retreat will stay the same.**
- **It is possible to get flights at different times, and get a taxi to The Hacienda, however we strongly advise against this as not all taxis will travel to The Hacienda, due to the rugged terrain. If you do choose to travel this way, taxis must be arranged by The Hacienda owner Tracie and the cost will be €160 (cash only).**



➔ Food:

All of the food that is provided on your retreat is locally grown and picked, and cooked on site, by our retreat chef, who 'makes everything from scratch'.

You will not go hungry on this retreat!

There is a self-service breakfast option if you are hungry first thing in the morning before class, and a large brunch is then served late morning.

Fresh fruit and herbal teas are available all day until and homemade cake is provided mid afternoon. A large communal dinner is then served following our evening class.

On your departure day, a self-service breakfast is available, and a snack/light packed lunch will be provided for your journey.

➔The Classes

Sally will lead two classes per day (one class only on arrival/departure days) which will consist of one yoga & relaxation class and either one Pilates or one Fitness class.

All classes are optional to participate in, and are suitable for all levels of experience and fitness. With almost 30 years of experience in teaching, Sally is fully able to teach and adapt classes to accommodate physical injuries and limitations.

Pilates classes will be mat based, using minimal equipment and props will be provided for yoga classes if needed.

Fitness classes will be focusing on cardiovascular training and body weight strength training. We will be using an exercise band in these classes which you will be required to bring - we will not be using weights.

Please note, that there is no gym on site.

➔ What should I bring?

Please bring with you suitable clothing for yoga and fitness classes. Loose or stretchy clothes are perfect. **You will need to bring with you a medium strength exercise band.**

A swimming costume, a pool towel, sun cream/block & a sun hat is also strongly recommended.

You may also want to bring some suitable clothes for walking as the surrounding area of the Sierra Nevada is stunning.

We have yoga mats, blocks, bolsters and straps at the venue.



Yoga, Pilates and Fitness Retreat with Sally Parkes at The Hacienda Retreat Centre, Andalusia, Spain

5 Night/6 Day Retreat: Friday 19th - Wednesday 24th September 2025

HOW TO BOOK:

Places cost from £807 per person and can be secured with a non-refundable deposit of £250.

Places must be booked directly with Sally via email at info@sallyparkesyoga.com or via WhatsApp on 07983 508018.

Payment plans are available at no extra cost, but payment must be received in full before the start of the retreat.

Retreat address: The Hacienda Retreat, Carretera Tocón, 18270 Granada, Spain
www.haciendaretreat.com

