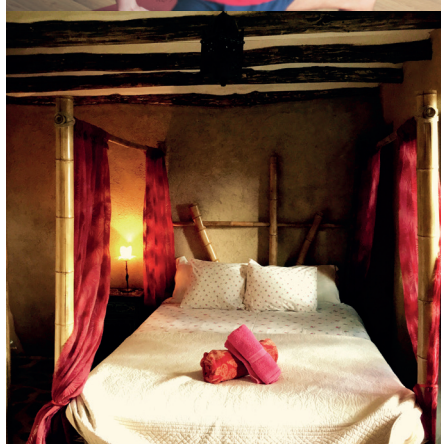




**SUNNY
SPANISH
RETREAT**
14th – 19th
June 2027



Yoga, Pilates & sunshine in ANDALUSIA

Escape to the tranquil Andalusian countryside for a restorative six-day yoga and Pilates retreat with highly experienced teacher Sally Parkes. Set against panoramic views of the Sierra Nevada, The Hacienda offers a peaceful space to slow down, move, breathe and reconnect.

With almost 30 years' teaching experience, Sally leads twice-daily sessions combining dynamic and Hatha yoga, Pilates, functional movement and relaxation. Classes are suitable for all levels and are optional, leaving plenty of time to swim, sunbathe, explore the grounds or simply enjoy some quiet contemplation.

Nourishing, locally sourced vegetarian meals are prepared on site, with fresh Mediterranean ingredients, generous brunches and communal dinners forming an integral part of the experience. Excursions to the local town of Montefrío and The Alhambra can also be arranged. This retreat is welcoming, accessible and thoughtfully designed, creating the perfect environment to unwind, reconnect and return home feeling refreshed.

Prices start from £807 per person,
sallyparkesyoga.com/hacienda-spain-retreat/

