SALLY PARKES YOGA

YOGA & PILATES RETREAT HACIENDA RETREAT CENTRE, SPAIN

AS FEATURED IN

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6 Day Retreat with Sally Parkes BSc, SYT, EYT500
Monday 14th - Saturday 19th June 2027





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

5 Night/6 Day Retreat: Monday 14th - Saturday 19th June 2027

Join Sally for this 5 night/6 day retreat in the beautiful Andalucian countryside in Spain for a wonderful blend of Dynamic Yoga, Hatha Yoga, Pilates, Movement 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/movement 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.



Monday 14th June 2027
Arrival to Hacienda Retreat
6pm – 7.15pm: Hatha Yoga
Dinner

Tuesday 15th June 2027
8.30am -10am: Dynamic Yoga & Relaxation
Brunch
Day trip to Montefrio
5.30pm – 6.40pm: Pilates & Stretch Class
Dinner



Wednesday 16th June 2027
8.30am – 10am: Dynamic Yoga & Relaxation
Brunch
Free time
5.30pm – 6.40pm: Movement training
Dinner

Thursday 17th June 2027
8.30am -10am: Dynamic Yoga & Relaxation
Brunch
Day Trip to Alhambra
5.30pm – 6.40pm: Pilates & Stretch Class
Dinner



Friday 18th June 2027
8.30am – 10am: Dynamic Yoga & Relaxation
Brunch
Free time
5.30pm – 6.40pm: Movement training
Dinner



Saturday 19th June 2027
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 subsidised set time transfer to/from Malaga airport for 30€ each way. Please see below for further details.

➡️ Where shall I fly to?

Please book your flight to Malaga airport.

Guests often fly with Easy Jet 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.

➡️ Transfers to and from the airport:

We will arrange a transfer from Malaga airport 14:30pm Spanish time on 14th June 2027 to The Hacienda Retreat.

This will be provided at a subsidised rate of 30€ each way.

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 19th June 2027.

For your departure, please organise your flight from Malaga airport no earlier than 1.30pm Spanish time on 19th June 2027.

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 subsidised 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 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.

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.



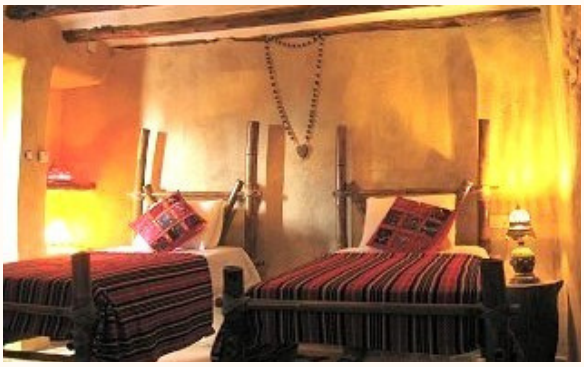


ROOM OPTIONS & PRICES

Main House

Twin En-Suite - £857pp

Single En-Suite - £947pp







School House

(Shared bathroom)

Twin - £807 pp

Single - £897 pp









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

Places can be booked directly with Sally via email at info@sallyparkesyoga.com or via WhatsApp on 07526 436828.

Or via here: sallyparkesyoga.com/hacienda-spain-retreat/

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



Scan the code to book