

# Yoga Retreat in Granada, Spain 20th - 26th October 2019

Experienced yoga tutors  
**Lucie Landau &  
Maggie Davis**  
invite you to join them on  
retreat in  
Southern Spain



**We will be exploring the  
energy system in the  
subtle body and its con-  
nection to the physical  
body and the mind**

**During the week you will experience:**

- \* **Asana - dynamic and restorative**
- \* **Pranayama, Meditation, Yoga Nidra and Chanting**
- \* **Yoga Philosophy**
- \* **Silent times for reflection**
- \* **A day of silence, mid-week**
- \* **Comfortable Full board accommodation**
- \* **Friendly Rural Hotel**
- \* **Optional visit to Granada**

You'll also be able to enjoy time to yourself for walks, relaxation and a beautiful swimming pool (depending on the weather), and silent times for reflection alongside social times for discussion. There are walks around the hotel to explore, so good walking shoes and some level of fitness is recommended .

Contact details: [lucieindia@gmail.com](mailto:lucieindia@gmail.com) , [mags.davis@btinternet.com](mailto:mags.davis@btinternet.com)  
[www.yogauniversal.co.uk](http://www.yogauniversal.co.uk) – [www.maggiedavis.co.uk](http://www.maggiedavis.co.uk)