



## Yoga and Ayurveda Wellness Retreat with Vicky

“Life brings change, just like time brings new seasons”

As the seasons change from Summer to Autumn, join Vicky from Yoga Belleza on this 7 day retreat amongst the natural elements of Valle de Vida; a true sanctuary set in the secluded valley at the heart of Spain’s Andalusian Mountains. The perfect haven to focus on letting go to make space for new growth, to slow down and to consider which direction you want your life to go.

Enjoy daily Yoga and Meditation on the wooden hilltop platform. During this week we will focus on preparing the body, mind and emotions for Autumn, using the qualities of Yoga and Ayurveda. The morning practise is uplifting and energising, and the evening is a more restorative and nourishing practise.

Vicky qualified as an Ayurvedic Consultant in March 2022, now practising as Ayurveda Belleza. She will share her sublime knowledge of Ayurveda during this week; including Dina Charya (daily routine depending on your Dosha type) and Ritu Charya (season routine).

Immerse yourself in the peaceful surroundings of Valle de Vida’s 18 acres of unspoilt natural beauty. Indulge yourself in Valle de Vida’s saltwater heated swimming pool, steam room/ hammam and wide range of treatments.

Day trips will be available to Malaga and Alora, a typical white-washed, Andalusian village, plus excursions to the Ardale Lakes and El Chorro gorge will also be organized.

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ANDALUSIAN YOGA RETREAT WITH VICKY  
23rd OCTOBER - 30th OCTOBER 2025  
at  
VALLE DE VIDA  
PIZARRA  
SPAIN

Set in a secluded valley in the heart of the Andalusian Mountains  
“A true retreat”

The cost of this retreat will be £995.00

This includes Full Board shared accommodation (either in the traditional Andalusian Finca or one of the luxurious Teepees, Pods or Dome) 3 Nutritional meals a day, water, tea and coffee, and daily Yoga Classes with Vicky on the wooden hilltop platform.

Daily Smoothies and Juices are available on request.

Enjoy full use of the Heated Swimming Pool, Sauna and Steam Room

Single room supplements will apply for the 7 night stay

Flights and transfers are not included in this price (arrivals are advised from 10am- 1pm on 23rd October and a midday flight departure on 30th October to avoid extra transfer expenses).

A wide range of therapies are available on request, these are extra and best booked in advance through Valle de Vida.

Archery, walks and group sound journeys can be organised.

I will be organising a day trip to Malaga by train to see the markets, Picasso museum, the old town of Malaga, tapas bars, beach and more.

Close by there is a white washed typical Andalucian village of Alora.

Day outings to the Ardales lakes and El Chorro gorge can be organized for 30€ per head with lunch or picnic extra (includes entry fee to the lakes national park).

**A non refundable deposit of £300 will secure your place.**

**A second instalment of £300 will be due by 1st June 2025**

**Balance of £465 due by 1st August 2025**

Please contact [vicky@yogabelleza.com](mailto:vicky@yogabelleza.com) or mobile 07761977537 for further details or Booking Form. For further details of location visit [www.valledevida.com](http://www.valledevida.com).