

Summer Retreat for personal growth and development



Shiatsu, great vegetarian food, sunshine, mountains and the Mediterranean



Come to the Andalusian mountain village of Ojen for an active but super relaxing week learning and practising the oriental art of shiatsu, enjoying delicious vegetarian meals and making the most of Marbella and the Costa del Sol with its Mediterranean beaches and vibrant summer life.

11th to 18th July 2015

The program

Arrive on the 11^h July. We are 45 minutes by car from Malaga Airport, there is a regular bus service to Marbella from the airport and we can pick you up from there.

There is a welcome supper on the evening of the 11th and classes start the following morning after breakfast.



We will spend the mornings learning and practising shiatsu.

Classes are led by Brian Carling Director of the European Shiatsu School in Spain. Classes are practical and fun, the participants practice on each other.



Shiatsu is probably the most effective de stressing therapy available and it is good for both the receiver and the giver.

The course is a chance to become more aware of yourself and your own physical and emotional balance and also a chance to help others. The use of non-intrusive touch enables people to open up at many different levels and creates a close and relaxed group experience.



The classes include self massage , yoga and qi gong to increase personal vitality, flexibility concentration and relaxation. You will learn and receive shiatsu sequences which can easily be applied to friends and family to relax and improve their health and well-being. For those with previous experience of shiatsu or other types of bodywork it is a chance to increase your knowledge with an excellent teacher and enjoy a fulfilling and relaxing experience.

Brian is a highly experienced teacher whose classes are always great fun as well as being great learning experiences.

Classes start at 9.30 am until lunch with a mid morning tea break. Lunch is at 2.30pm which is normal in Spain.



The afternoons are then free for a siesta, the beach or whatever takes your fancy.



Accommodation and Meals

We offer accommodation at the school in a shared studio space which comfortably sleeps 6 people.

The studio has a fully equipped kitchen and a separate bathroom.





It also has a Mediterranean herb garden where you can enjoy the sun or dine al fresco.

We can also offer a range of other accommodation in the village according to your needs. Please [contact us](#) for a quote as this option may involve an additional charge.

The program includes half board – breakfast plus a mid day meal. On the day of arrival there is a welcome supper and on the final evening a farewell dinner.

For their evening meal participants have the option of self catering in the studio, or of eating out at one of the many bars and restaurants in Ojen or Marbella



The Cook – Santi Plaza Gamez provides excellent ovo-lacto vegetarian food you can see some of her recipes on her blog: [La Glicinia Gourmet](#)



Other activities

While the morning is taken up with shiatsu after lunch the participants are free to enjoy the beach and the attractions of Marbella and the Costa del Sol or to explore the village and the surrounding mountains.

If you wish to go further a field Malaga city with its extensive cultural offer or Tarifa wind and kite surf capital of Europe are an hour away.



Ojen

Ojen is a typical andalusian "White Village" it is in the mountains 8 km from Marbella with views over the coast and across to Morocco. Behind it is the Natural Park Sierra de las Nieves . For those who like to walk there are numerous routes to follow, if you prefer mountain bikes these are available for hire.

Price

Accommodation in the studio apartment, course, activities, breakfast and midday meals, welcome supper and end of course dinner.

595€

For other accommodation options in the village please [contact us to explain your needs and get a quote](#)

INSCRIPTIONS 95€

By bank transfer

IBAN: ES07 0182 4135 45 020 004905 7

Swift: BBVAESMM

THE BALANCE IS PAYABLE ON ARRIVAL

