

# VILLA FAHALA

In the heart of Andalusia, just 25 minutes from Malaga Airport, lies this stunning villa with breathtaking views over the green valley and two picturesque white villages in the background.

A stylish retreat where you'll find tranquility and serenity, luxuriate in rooms with plush beds and indulge in delicious meals prepared by our private chef Leen. Unwind to lounge music on the terrace, or soak up the sun by the pool with fantastic views.

Simply put, indulge in a laid-back atmosphere



# ELEMENTAL AWAKENING

Discover the harmony of body and mind in breathtaking Andalusia, Spain.

Join us on an unforgettable journey of healing, self-development and relaxation in the Spanish autumn sun.

With temperatures around 22 degrees Celsius and 9 hours of sunshine per day, the surroundings of Malaga offer a delightful escape in November

Uncover the secrets of Ayurveda, surrounded by the tranquility and beauty of Villa Fahala. With a perfectly balanced programme, you'll feel as if you're on a rejuvenating vacation. Your journey to inner balance begins here.

You deserve this experience!



12 - 16 NOVEMBER '24

A 5-DAY  
TRANSFORMATIVE  
RETREAT

# ACTIVITIES

- Daily Yoga sessions
- Meditation & Mindfulness
- Ancient breathing exercises
- Nourishing breakfasts on the terrace
- In-depth Ayurveda sessions focus on practical insights, aiming to integrate these principles into daily life.
- Each day is dedicated to exploring one of the five great elements
- Opening circle while sipping on refreshing Ayurvedic mocktails
- Indulge on delicious and healthy meals prepared by our private chef
- Guided walks in the surrounding nature
- Connecting with nature's wisdom
- Lazy moments by the refreshing villa pool
- Sacred Cacao Ceremony
- Connect and share with like-minded souls
- Some of our activities will be kept a secret to surprise you



[BOOK NOW](#)

Small group 6-12 people

Room rate (price per person)

Double occupancy: €1595

Single occupancy: €1995

Triple occupancy: €1495

Options:

Arrival Monday (16:00hrs) €129 p/p

Private Ayurvedic consult €75 p/hr



# RETREAT YOURSELF



Price includes:

All activities listed, airport pick up & drop off, meals & drinks

*Excluding:* flights, insurances and personal expenses

Language of Instruction



Spoken languages



## TESTIMONIALS



The coaching provided by experienced instructors was exceptional. They communicated in a kind and effective manner, making practices accessible to all participants. This level of guidance ensured that everyone, from beginners to more advanced practitioners, could deeply engage with both the yoga and the ayurvedic practices. This retreat is highly recommended for those looking to deepen their practice in a serene and supportive setting

**Armand - Spring Retreat April 2024**



What a wonderful program Sandy and Sanja presented during this retreat! Warm and respectful and full of love for everyone! I met such beautiful people and had inspiring conversations. The environment is a blessing if, like me, you are a bit full in the head. I will continue to do the breathing exercises and think of our time together with great warmth.

**Gina - Spring Retreat April 2024**



A retreat I wouldn't want to miss for the world; full of new insights, recognition, silence and reflection. I enjoyed meeting the participants and sharing stories. I certainly enjoyed the professional and warm personal guidance... it was great!

**Ria - Summer Retreat July 2023**



Came home feeling reborn! I experienced Sandy as a skilled yoga/ayurveda teacher. She radiates a natural calmth.. Thanks to Sanja, the retreat weekend was organized down to the last detail. Her hospitality and warm personality made me feel at ease, allowing me to be myself in a new environment. I can highly recommend this retreat to everyone!

**Ellen - Summer Retreat July 2023**



A valuable retreat of intense connection with inner peace, personal insights and lifestyle.

**Jolanda - Summer Retreat July 2023**

SACRED CACAO  
CEREMONY



IN-DEPTH  
AYURVEDA  
SESSIONS



DAILY YOGA &  
BREATHING  
EXERCISES



MEDITATION &  
MINDFULNESS



FIND STILLNESS  
AMIDST THE  
SERENE EMBRACE  
OF NATURE



[LET'S GO & BOOK THIS](#)

SIPPING AYURVEDIC  
MOCKTAILS AT  
SUNSET



LAZY MOMENTS BY  
THE POOL



DELICIOUS &  
HEALTHY FOOD BY  
PRIVATE CHEF LEEN



## PROFESSIONAL GUIDANCE

Sanja and Sandy's shared passion for travel and healthy lifestyle creates a beautiful harmony as they join forces. Their contagious enthusiasm radiates, fostering a welcome and uplifting atmosphere that embraces participants throughout their retreat experiences

**SANCHARI**  
y o g a & c o a c h i n g

Sandy Loup, owner of Sanchari Yoga & Coaching, operates from a holistic perspective, employing practical approaches rooted in insights and techniques from NLP, Mindfulness, Ayurveda and Yoga.

With extensive international experience in coaching leadership and providing education and training, Sandy is valued for her enthusiasm, engagement, and pragmatic outlook.

Certified as a Nature Coach and NLP Master Coach, Sandy has undergone various yoga trainings in Asia and completed her holistic Ayurveda coaching and Yoga teaching certifications in Costa Rica and Peru.



Sanja van den Broek, Event Manager at Dertien Dingen, is the organizing go-getter of the team. Years of experience at KLM Royal Dutch Airlines and as Party Manager at several large venues, provide a solid foundation for ensuring seamless events of all sizes.

Sanja goes above and beyond to ensure that everyone leaves with a beaming smile, their expectations not just met but exceeded. Her commitment to creating a positive and uplifting environment is admirable.

Sanja has completed the NLP Practitioner and Systemic Work training. Soon she will finish her NLP Master education.