

Find authentic yoga practice at Kaliyoga- a beautiful yoga retreat in Andalusia, Spain

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Kaliyoga Yoga Retreats

Don't know your downward dog from your upward dog? Then Kaliyoga in Andalusia is the place to find out where you can ease yourself gently into healthy living and develop an authentic yoga practice.

Kaliyoga is a beautifully tranquil yoga retreat on the southern tip of Spain. Situated in between the market towns of Orgiva and Lanjaron in the Aljaporra mountains, the retreat offers a group transfer service from Malaga airport.

With a team of friendly, professional yoga teachers and natural therapy practitioners, Kaliyoga can provide all the elements of a healthy, holistic holiday - without the intimidation that can sometimes be felt if you're paired with hardcore yoga fans.

Kaliyoga runs Dynamic Yoga Retreats all summer long at their gorgeous and intimate Andalusian farmhouse. A Kaliyoga retreat is like staying at your best friend's house, who happens to be an amazing cook and an inspirational yoga teacher.

The strength of the programmes at Kaliyoga lies in the experienced team who are passionate about making yoga accessible and fun. Kaliyoga has a gentle family atmosphere that is genuinely unique. This is not a large, corporate spa/hotel - this is a warm, friendly and relaxed family environment.

Kaliyoga's programmes are designed to strengthen your body, nourish your soul and clear your mind. Best of all, Kaliyoga is easily accessible via many affordable flights to Malaga. A member of the Kaliyoga team will meet you at the airport and take you directly to the retreat in a shared-cost car or minibus.

Guests at Kaliyoga can also enjoy massages, holistic therapies, meditation, colonic cleansing, organic vegetable juices, swimming, hiking, horse riding, saunas and an outdoor hydrotherapy hot tub.

Lisa Thompson was a guest at Kaliyoga in February 2010 and after her retreat she wrote:

"Kaliyoga is a truly inspiring, beautiful and welcoming place. Stunning scenery and amazing vibes. I've been to a few different retreats over the years, but Kaliyoga has something special. I love the relaxed attitude and homely feel. The food was exquisite, as were all the therapists and staff. I loved it so much I'm going back!"

Retreats run throughout the year - details and dates can be found at www.kaliyoga.com.

Contact info@kaliyoga.com or call +44 (0)1373 814663

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