

## Yoga & Pilates

All our Yoga and Pilates classes are held at the Halcyon Yoga Studio on Monmouth Drive.

Yoga classes in blocks of eight lessons taken over a twelve week period.  
Drop in to a lesson subject to a space being available

Pilates classes in six consecutive classes.  
Drop in to a lesson subject to a space being available

All equipment is provided

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Sunday 10.00 - 11.00 Prenatal Yoga  
Suitable for ladies in their 2nd and 3rd trimesters.  
(I will take ladies in their 1st trimester after screening)

Sunday 11.30 - 12.30 Yoga for beginners and improvers

Monday 09.30 - 10.30 Gentle Pilates for Seniors  
(This class involves seated exercises and standing exercises with the support of a chair. You do not need to get down onto the floor)

Monday 18.30 - 19.30 Pilates for beginners and improvers

Monday 19.30 - 20.30 Pilates for beginners and improvers

Tuesday 09.30 - 10.30 Pilates for beginners

Wednesday 10.00 - 11.00 Yoga

Wednesday 11.30 - 12.30 Yoga for beginners

One to One sessions available



## The Halcyon Yoga Company

### Yoga

Yoga is the union of the physical body with the mind and spirit. It has existed in some form for thousands of years.

Our classes aim to strengthen both the body and the mind, restore energy levels and help to reduce stress.

### Pre & Postnatal Yoga

The Prenatal classes can help with morning sickness, indigestion and anxiety. They aim to keep the mother to be, strong, flexible and comfortable, preparing the body for labour and helping the baby to settle into the correct position for birth. The Postnatal classes, where baby accompanies the mother, help the body to return to its pre pregnancy state and provide a place for new mums to meet and support one another.

### Pilates

This is a series of exercises devised by Joseph Pilates in the 1920s which is designed to improve posture and strengthen the body with an emphasis on core stability.

### Sports Therapy

Whether you have an injury, a bad back or simply need a sports massage our practitioners are well qualified to treat you at our clinic on Monmouth Drive.

Get in touch with us to find out more.

Tel: 0121 355 1325

Mobile: 07712 338379

Email: sportsclinic140@yahoo.co.uk

The Halcyon Yoga Company  
277 Monmouth Drive, Sutton Coldfield  
B736JU

## Spanish Yoga Retreats in Andalucía



## The Halcyon Yoga Company

0121 355 1325  
[www.thehalcyonyogacompany.co.uk](http://www.thehalcyonyogacompany.co.uk)  
[sportsclinic140@yahoo.co.uk](mailto:sportsclinic140@yahoo.co.uk)

# Energising Spanish Yoga Retreats

*With Elizabeth Lee & Mark Lowry*



*Enjoy a relaxing yoga retreat and take  
a break from the daily grind of life*

The Halcyon Yoga Company is based in Sutton Coldfield and offers Spanish retreats in the mountains of Andalucía.

- Have a delightful countryside experience
- Return home feeling relaxed and refreshed
  - Restore balance into your life
  - Calm your mind and de-stress
- Experience varied sessions of meditation and yoga
  - Relax by the pool
- Enjoy delicious vegetarian food



Our Spanish Retreats are held at La Finca Halcyon which is nestled in the mountains of Andalucía. All the rooms have their own bathroom and La Finca has its own Shala and a small swimming pool. The food is vegetarian, locally sourced and freshly cooked.

## Dates for 2018

Arrival is on Thursday night and departure

Sunday evening:

June 7th - June 10th  
June 14th - June 17th  
July 5th - July 8th  
July 12th - July 15th  
Sept 13th - Sept 16th

## The price includes:

Airport transfers from Malaga Airport  
Bed linen, towels (including a pool towel)  
Shower gel and soap  
All meals, bottled water and wine with evening meals  
All classes and lectures  
All equipment

Single occupancy: £520

Shared occupancy: £460

EARLY BIRD BOOKING THREE MONTHS BEFORE  
RETREAT 10% DISCOUNT

Please contact us for further information or to book  
0121 355 1325  
sportsclinic140@yahoo.co.uk

## A TYPICAL DAY

(All activities are optional)

- 8.30 Guided meditation
- 9.00 Breakfast
- 10.30 Yoga
- 11.30 Refreshment break
- 12.00 Yoga Nidra
- 12.45 Free time to have a swim, take a walk or just sit and enjoy the views
- 14.00 Tapas lunch - a selection of delicious, freshly prepared vegetarian dishes
- 15.30 A forty five minute presentation -
  - e.g. Know your Dosha type
  - Different types of meditation
  - Understand and learn how to balance your Chakras
- 17.00 Pilates
- 18.00 Refreshment break
- 18.30 Forty five minutes of Restorative Yoga
- 19.30 Guided meditation
- 20.30 Drinks on the terrace followed by a truly amazing three course vegetarian meal

