



Springtime Yoga & Well-being Retreat at House of Light, Southern Spain

Sunday 26th April – Saturday 2nd May 2026

An opportunity to sink deeper into enriching and inspiring practices - breathe deeply, move gently, and reconnect with yourself. Join me for six days of rest and renewal in the Andalusian hills — surrounded by light, nature, and like-hearted souls.

What to Expect

- **A magical property and land**, from where you can view both the mountains and ocean.
- **Twice daily** yoga for four days — accessible, soulful practices blending postures, breathwork, mantra, reflection, and guided meditation
- **One yoga session** on day of arrival and day of departure
- All **equipment provided** including Manduka mats, bolsters, blocks, belts and home filled lavender eye pillows
- **Wednesday, a full rest day** to explore or simply be
- Group **sound healing** session
- **Three delicious and nourishing vegetarian meals per day** prepared with love and care.
- **Salt-water swimming pool, hammocks**, and **nature walks** among olive groves and tranquil landscapes. Space to sit and simply be.
- **Massage** (optional at additional cost).
- Freedom to **do as much or as little as you like** — this retreat is yours.
- **Your place on the retreat** will cost from £1,260 - £1,400 (plus air fares & insurance) and may be reserved with a £300 deposit.

The Space

House of Light, a nature-based sanctuary in southern Spain (just two hours from Malaga airport), designed for deep rest and inspiration — a Moorish inspired retreat centre with bright rooms, wide horizons, and nourishing simplicity. There are relaxing communal areas for group gatherings, as well as plenty of spaces for peaceful reflection and solitude if required.

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Yoga Spaces

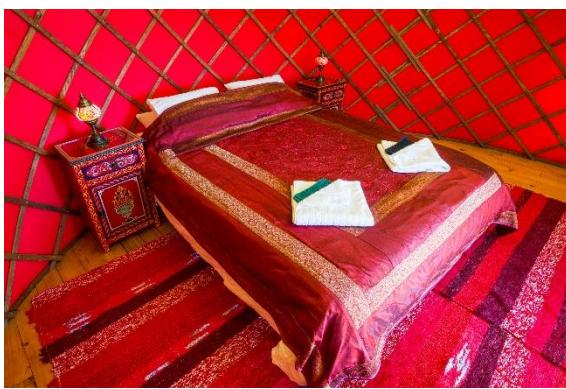
The indoor yoga hall is light and airy with stunning mountain and sea views on two sides. The perfect place for calm, grounding practices and meditation. Fully equipped with mats, blocks, belts, cushions, blankets and lavender eye masks. There is also a circular yurt yoga space sitting on a wide terrace surrounded by nature.

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Bedrooms

All the rooms at House of Light have been decorated with a care and love and have their own rustic charm, colour and feel. Ranging from wonderful, traditional yurts to Moroccan inspired rooms, all are inviting, calm spaces. Each yurt/ room accommodates two twin beds complete with bedding and towels, and shared toilets and bathrooms. The yurts are fully insulated and have heaters to keep them cosy in cooler temperatures, and all rooms in the main house have underfloor heating.



Food

A passionate team of chefs will nourish your body with clean, nutritious, and exciting cuisine. All ingredients for the vegetarian, vegan and raw food meals are either grown in the retreat gardens or carefully sourced from local farmers. The menus are designed to feed both body and soul, using fresh

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ingredients and organic whole foods prepared with love and consciousness. All dietary requirements can be catered for (special allergy/dietary requirements are catered for at an extra cost of €8.00 per person, per day).



Gardens

House of Light is set in extensive gardens. This is mountain terrain, steep and terraced with fruit and nut trees, ancient olives and various flowering trees, bushes, and succulents. There are large flat areas for outdoor practices and contemplative corners where you can sit and take in the breathtaking views. Connect with nature, breathe clean, fresh air and gaze over the mountain ridges to the sea.



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Your Well-being

Please note that all the yoga sessions are designed to be inclusive and adaptable. You are encouraged to listen to your body and rest or opt out whenever you need.

Reserve your space with a deposit soonest, places are limited!

Please ensure you read the retreat Terms and Conditions below as by submitting your booking and payment, you confirm that you have **read, understood, and agreed** to said Terms and Conditions.

Pricing

What's Included

- 6 nights accommodation
- 3 healthy, nourishing meals each day
- Two yoga sessions daily (morning flow + evening restorative, yin, breathwork, yoga Nidra or meditation) for four days, one yoga session on day of arrival and departure.
- Group sound healing session
- All yoga equipment provided
- Use of the retreat facilities (pool, gardens, communal spaces)

Your place on the retreat will cost from £1,260 - £1,400 (twin bedded room or yurt). All details on the attached booking process form.

Non-refundable deposit of £300 saves your space. Payable now

Staged payments follow from January (details of your payments will be sent with your booking confirmation).

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Not Included

- Flights to/from Spain (as at today, 05/11/25 - £198 return with checked in 20kg bag. Ryanair)
- Transfers to the retreat centre (I can arrange shared transfers closer to the time at round £70 return)
- Travel insurance
- Optional massage or other therapy

Come home to yourself

ALL PHOTOGRAPHS CREDITED TO HOUSE OF LIGHT

Enrich Women's Retreat Terms & Conditions

1. Booking & Payment

- A non-refundable deposit of £300 per person is required to secure your place. Booking is only confirmed once the deposit is received.
- The remaining balance is due through staged payments beginning January 2026. The balance payment must be received by March 6th 2026. If payment is not received by this date, your booking may be cancelled, and your deposit and payments to date forfeited.
- Staged payments to be made via bank transfer.

2. Cancellations and Refunds

• Participant Cancellation:

Please note that only the first staged payment for January is refundable up to February 1st 2026 — the deposit, February staged payment, and March balance — are non-refundable. You can however transfer your booking to another person with organiser approval.

(Due to the necessity of committing to accommodation, vendor contracts, and other retreat arrangements well in advance of the start date, the organiser must adhere to a strict cancellation policy. Your deposit and payment not only secure your spot but also affect the overall planning and logistics of the event).

- We strongly encourage participants to **take out travel insurance** to cover any unexpected cancellations, illness, or travel changes. (Martin Lewis: "Travel insurance is not just to cover you while you're away. It is also very important to cover you in case something happens before you go that stops you going. So I have a rule that you should **get your travel insurance ASAB - as soon as you book**").
- **Organiser Cancellation**
In the unlikely event that the retreat is cancelled by the organiser, you will receive a full refund including your deposit.

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- The Organizer is not responsible for any additional costs (such as flights, transport, or travel insurance).

3. Health & Well-being

- I recommend you get a **European Health Insurance Card** because it helps you get medical care more easily and cheaply if you fall ill or have an accident while on holiday in Spain. It's free from NHS.
- Participants are required to complete a health and well-being questionnaire after booking, to inform the teacher of any injuries, medical conditions, or health concerns.
- Yoga and retreat activities are designed to be inclusive and adaptable, but participants are responsible for their own health and well-being.
- Participants should consult a medical professional before attending if unsure whether yoga or travel is suitable.

4. Liability

- Participation in the retreat and yoga sessions is at your own risk.
- The organiser cannot accept responsibility for any injury, loss, or damage incurred during the retreat, except in cases of proven negligence.
- The organiser is not responsible for personal belongings or valuables.

5. Travel & Transfers

- Flights, airport transfers, and travel arrangements are the responsibility of the participant unless otherwise stated.
- The organiser can arrange transfers, but cannot be held responsible for delays, missed connections, or travel disruptions.
- Ensure passport has at least 6 months before expiry.

6. Accommodation & Meals

- Accommodation will be as described in retreat information.
- Meals are included as stated, and any special dietary requirements must be communicated in advance.
- Shared rooms are available as advertised; any requests for single rooms are subject to availability and additional costs.

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7. Conduct & Participation

- Participants are expected to behave respectfully toward others and follow health, safety, and retreat guidelines.
- The organiser reserves the right to ask a participant to leave the retreat without refund in cases of disruptive or unsafe behaviour.

8. Photography & Media

- The organiser may take photos or videos during the retreat for marketing or social media purposes.
- Participants may opt out by informing the organiser in writing before the retreat begins.

9. Changes to Schedule

- The retreat schedule may be subject to change due to unforeseen circumstances (weather, instructor illness, etc.).
- Any changes will aim to maintain the spirit and quality of the retreat.

10. Governing Law

- These Terms & Conditions are governed by the laws of United Kingdom.
- Any disputes arising will be addressed through mediation or legal proceedings within the same jurisdiction.

11. Acceptance

By submitting your booking and payment, you confirm that you have **read, understood, and agreed** to these Terms and Conditions.