

Yoga and Ayurveda Wellness Retreat with Vicky

“Life brings change, just like time brings new seasons”

As the seasons change from Summer to Autumn, join Vicky from Yoga Belleza on this 7 day retreat amongst the natural elements of Valle de Vida; a true sanctuary set in the secluded valley at the heart of Spain’s Andalusian Mountains. The perfect haven to focus on letting go to make space for new growth, to slow down and to consider which direction you want your life to go.

Enjoy daily Yoga and Meditation on the wooden hilltop platform. During this week we will focus on preparing the body, mind and emotions for Autumn, using the qualities of Yoga and Ayurveda. The morning practise is uplifting and energising, and the evening is a more restorative and nourishing practise.

Vicky qualified as an Ayurvedic Consultant in March 2022, now practising as Ayurveda Belleza. She will share her sublime knowledge of Ayurveda during this week; including Dina Charya (daily routine depending on your Dosha type) and Ritu Charya (season routine).

Immerse yourself in the peaceful surroundings of Valle de Vida’s 18 acres of unspoilt natural beauty. Indulge yourself in Valle de Vida’s saltwater heated swimming pool, steam room/ hammam and wide range of treatments.

Day trips will be available to Malaga and Alora, a typical white-washed, Andalucian village, plus excursions to the Ardale Lakes and El Chorro gorge will also be organized.

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