

Voted one of the 'Top 10 yoga retreats in the world' by The Times



Santillan

Year round yoga retreats hosted by some of the world's best teachers in one of the world's finest yoga studios.

40 minutes from Malaga airport with 20 en-suite sea & garden view bedrooms, salt water pool, and tropical gardens.

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## RawFitYoga.Life

### A NEW PATH TO INNER AND OUTER FITNESS

SPAIN: May 4-11, May 11-18, September 14-21 | TURKEY: June 17-24

RAWFITYOGLIFE | rawfityoga.life



**RawFitYoga.Life**  
**Spain & Turkey**  
 4-11 May, 11-18 May, 14-21 September,  
 2019 at Santillán, Spain  
 17-24 June, 2019 at Huzur Vadisi, Turkey

RawFitYoga.Life is the latest total health retreat programme, developed and presented by wellness industry leaders Simon Low and Kirstin Arnesen. It offers a full spectrum of activities over a seven-night intensive retreat; with morning hikes, dynamic and restorative yoga, cutting-edge fitness, breathing practices, Qi Gong, meditation and stillness, all fuelled by cold-pressed juices and the power and healing of nutritionally-based plant food, with raw food preparation and supporting lectures. The ultimate in nutritional education and enjoyment.

Each seven-night retreat is designed to promote physical and mental fitness, detoxification, weight-loss, relaxation, wellbeing skills and nutrition knowledge,

all followed-up with recipes, practices and inspiration right into your Inbox for you to continue your desired practices at home. Raw food preparation and lectures will teach you how to benefit from plant-based raw food in your daily life.

The team of RawFitYoga.Life experts have designed the retreats with a commitment to sharing their knowledge and skill gathered through decades of experience, research, private and group teaching, and the leading of international retreats. Each activity will be perfectly threaded within the tapestry of the balanced programme, gradually building over the week toward the achievement of attainable and informed intentions. Previous participants have described RawFitYoga retreats as 'life-changing'.

### Information

**Cost:** from €1295  
**Yoga styles:** yin and yang yoga, and restorative yoga. Suitable for all people interested in yoga, fitness, nutrition and walking  
**For further details visit:** rawfityoga.life

