

YOGA RETREAT IN THE SPANISH SUN May & June 2017

1. 25th May - 1st June

2. 1st June - 8th June

In Castro de Filabres

Special Offer £425 pp per week
price does not include air fares

Contact Rose Preston

Mobile: 07759 105504

www.roseyoga.net/workshops



The Accommodation



CASA FIDEL Casa Fidel is a sensitively renovated village house that sleeps 8 comfortably and has a spacious roof terrace making it excellent for large groups of people. The village of Castro de



Filabres stands at an altitude of 1000 metres, so the air is immaculate. Within seconds you can be in the hills and indeed mountains that surround Castro de Filabres. The house is fully equipped with bed linen and the kitchen is fully stocked with pans, cutlery, crockery and glasses. There is a TV and UK programming is available via satellite. There is also a free internet facility available to visitors. The tap-water originates from a spring in the mountains above the house. The village has its own swimming pool which is open to everyone and is just a few minutes walk from the house. Although Castro has no shops, there are regular mobile services available where one can buy bread, fish, meat, and fruit & vegetables.



CASA RURALES A few minutes walk from Casa Fidel are the Casa Rurales where everyone can meet for meals and other activities. Each fully equipped cottage has a double bedroom and a twin bedroom with a sofa bed in the lounge/diner should more sleeping space be needed. Each has a shared bathroom, kitchen lounge with fireplace and terrace with awning for shade in summer. One of the units is specifically wheelchair friendly. All 6 cottages have electric radiators installed and air-conditioning. Each lounge/diner has TV and a working fireplace (firewood extra) plus a laundry area fitted with a modern washine machine and dryer.

