YOGA WITH JOY

SPAIN YOGA RETREAT 2027

Andalucia, Spain | May 2027 | with Joy Prater

You are warmly invited to take part in this special yoga retreat in the foothills of the Alpujarras, part of the Sierra Nevada mountain range in Southern Spain. This promises to be a relaxing, nurturing and restorative retreat in beautiful surroundings. Numbers are very limited, so please register your interest as soon as possible to join this week of sunshine, relaxation and yoga!

Dates & Arrival/Departure Times

Arrivals: Sunday 23rd May 2027 | From 3.00pm, dinner at 7.00pm

Departures: Sunday 30th May 2027 | After breakfast

The Venue & Location

Our venue La Catitera is located in Almegíjar, Andalucía, Spain. The closest small town is Torviszcon.

It is a beautiful, and charming 500-year-old traditional Spanish farmhouse. Once an inn and a working farm, it now offers a peaceful, rustic space for yoga retreats and ecological living.

A few friendly animals also call La Catitera home, including a couple of dogs and a cat. Ecology is at the heart of the venue, so you'll find compost toilets and an outdoor shower alongside the indoor facilities. The swimming pool is maintained with fewer chemicals than usual, which means the water sometimes turns a little green, but it is kept clean and safe for swimming (especially with the new automatic vacuum cleaner).

There is no regular housekeeping during the week, apart from some cleaning of the bathrooms and general sweeping of communal areas. Bedrooms are not serviced, and towels (including hand and shower towels) are mismatched, adding to the venue's rustic charm.

The yoga shala is a beautiful, circular timber-framed building with a stunning view of the mountains and it holds 12 yoga mats. There is a path and steps from the house up to the yoga shala, lined with scented bushes and citrus trees, with lights to mark the way in the early mornings and at night. Due to the steepness of the steps, a reasonable level of mobility is important.

The owner, Susana, is deeply committed to reforesting the land around La Catitera, as this is vital for the local ecology. All proceeds from the retreats go directly towards supporting this reforestation project and the general upkeep of the house and land.

La Catitera isn't like staying in a hotel; it's simpler and more down-to-earth, yet very beautiful and a wonderfully relaxing place to spend time.

The Food

La Catitera provides delicious, colourful plates of fresh food at every meal, made lovingly by a local cook. Meals are mostly vegan, with some yoghurt, cheese and eggs included. Most ingredients will be organic, where possible, and there will be gluten-free and dairy-free/vegan options.

Please let me know in advance if you have any specific dietary requirements.

Alcohol Policy

We kindly ask that no alcohol (wine, beer, etc.) be consumed at the retreat venue. This helps maintain a calm and relaxed environment for everyone. However, if you'd like to enjoy a glass of wine or similar while out on an excursion, you're very welcome to do so.

Karma Yoga

Everyone contributes a little karma yoga (selfless service) during the week. This might simply mean washing your own dishes and putting them in the dishwasher, or being part of a small team washing up after meals. The exact arrangement will be decided once we're there, depending on the kitchen setup.

Water Use

This region of Spain experiences regular water shortages, especially in late summer after a long, hot, dry season. La Catitera is no exception. Please be very mindful of water use, as conserving it is of utmost importance.

To prevent plumbing issues in this historic house, please do not flush toilet paper down the toilets. Bins are provided for disposal.

Massage Treatments

You can book an intuitive, healing massage with Hannah, who lives on the land at La Catitera during your time on this retreat (payment to her directly). Hannah's massage is highly rated by previous retreat participants and has been considered a highlight and a very special experience.

The Yoga

The yoga on this retreat will follow a journey through the week, with a thread of self-inquiry running from the first session to the last. Each day, the yogic practices we explore will reflect this inquiry, and we'll work with it through movement, breath, meditation and deep relaxation.

Each gentle yoga session will be accessible for all, combining asana (postures), flowing exercises, and meditation with the breath. The sessions will include postures and exercises that can be modified for each individual, depending on ability and familiarity with yoga.

The morning yoga sessions will be a gentle Hatha Yoga, with a mindful, somatic flavour, including a mix of gentle dynamic exercises, longer-held postures, and deep relaxation. The afternoon sessions will hold similar themes, but the practices we use may vary more, focusing on Yin Yoga, Restorative Yoga, Therapeutic Yoga, Walking Meditation and Yoga Nidra. There will be time for journal reflections each day, so you can let the week's inquiry settle and unfold in your own words. A journal will be provided for you.

Your Investment

Shared Twin/Tripple Room/Shared Double | **£750 per person**
Private Room (single bed) | **£850 per person**
Private Room (double bed) | **£900 per person**

Included

- 7 nights en-suite accommodation
- All food, tea/coffee snacks
- 2 yoga sessions each day
- £25 donation to Navdanya (see below)
- A retreat journal

Not Included

- Flights to/from Spain
- Transfers to and from the venue/town/beach
- Any costs of excursions
- Drinks and food during 'free time'
- Massage treatments
- Any other treatments or activities
- Travel insurance

Costs of transfers and excursions

- Airport transfer from Málaga: around €45 each way (more if you are travelling alone or with fewer people)
- Órgiva market: €10
- Longer excursions (there are two): €25
- Walks closer to the house, arranged on the day if someone is available to drive: €10–€20, depending on distance

Booking & Payment

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You can pay in full when you book, or spread the cost with a payment plan: £200 paid upfront and then up to 9 monthly instalments (depending on months remaining), last payment due one month before the retreat starts. Payment plan instalments leave your account on a set monthly schedule.

You will receive payment details once you have completed your booking form. Your place is not secured until I receive your payment.

Cancellation Policy

All bookings are non-refundable. When you book, you're reserving a place that I can't easily fill again, and I pay the venue and other costs in advance.

Transferring your place
If you can no longer come, you are welcome to transfer your place to a friend or someone else. Please let me know their name and email address as early as possible. The new person pays me in full, and once I've received their payment, your payment plan ends and I'll refund the money you've paid, minus a £50 admin fee (unless the person pays you directly).

Waiting list
If the retreat is full and I have a waiting list, I will offer your place to someone on it. If your place is sold,

you'll receive a refund of the money you've paid, minus a £50 admin fee. Please get in touch as early as possible to give me the best chance of reselling your place.

Payment plans
If you have chosen a payment plan, your instalments will continue to be taken on the agreed monthly schedule, whatever happens, until your place has been transferred or resold, or your balance is paid in full.

Refunds
Refunds are only given once your place has been transferred or resold and the new person's payment has been received. They are paid within 14 days of that payment.

If I need to cancel
If I need to cancel the retreat (this would only happen under exceptional circumstances), I will notify you as soon as possible and refund any money you have paid. I cannot be held liable for any expenses you may have incurred, such as travel, hotels or exchange rate losses.

Travel Insurance

Life is unpredictable, so purchase of appropriate travel insurance for the full duration of the retreat, including travel from your home is a requirement. Please make sure you purchase the insurance **as soon as you have booked your place**, to cover any unforeseen circumstances that may occur in the lead up to the retreat.

Retreat Schedule & Yoga Etiquette

- 8:00 – 10:00am Morning yoga
- 10:30am Brunch
- Free time to relax, explore or join an optional activity
- 5:00 – 6:30pm Afternoon yoga
- 7:00pm Dinner
- Free time or evening activity

The intention is to create spaciousness for everyone to enjoy some time to relax as well as yoga and going out.

The daily schedule will be written on the blackboard each day, so you'll know what's planned.

Shala Etiquette

- Please keep silence in the shala, except for asking questions related to the practice
- Be mindful not to walk on other people's mats
- If you are feeling unwell and it might be contagious, please rest and skip the session to avoid spreading illness

Yoga Equipment

Yoga mats, blocks (bricks) and straps are available at the venue but you are welcome to bring your own if you prefer. There is also a mis-matched selection of blankets, enough for one each.

Activities & Excursions

As La Catitera sits in a popular walking destination with spectacular mountain villages and is not far from the vibrant, bohemian town of Orgiva, we will be exploring the local area.

Optional days out include various walks in the mountains, Orgivá market, a visit to the Buddhist temple and a beautiful mountain village, and an excursion to a local beach and, possibly the historic city of Granada, if there is enough interest.

As this is a vibrant area with musical, talented people around, there will also be opportunities to explore other activities, such as kirtan (yogic devotional singing), tarot reading, dance, holotropic breathwork and relaxing into a healing sound journey.

These excursions and activities are often arranged once we arrive, depending on who is available on the land, the number of participants, and transport options. Sometimes taxis are needed, which can increase costs slightly. Excursions generally cost between €10 - €25.

There will also be ample time for rest and relaxation, eating, swimming in the pool and just being.

Travel to Spain

The simplest way is to fly to Malaga, which is a 1hr 45min drive away. I will arrange transport to and from the venue, once I know how many people there will be. It is prudent to arrive at a similar time or wait at the airport, so we fill the airport transport cars to keep the cost to about £40 each (€45), paid in cash to the driver. If you would like to be included in the airport pick-up, please contact me before booking your flights to make your arrival/departure times are similar to other participants. It is also possible to fly to Granada (a beautiful city about 1hr 15min drive away) - there is a bus directly to Orgiva or Torviscon from Granada.

Things to Pack

- Yoga/movement clothes
- Any extra yoga equipment you wish to bring
- Beach/pool wear
- Protection from sun or occasional rain (hat, sunscreen, waterproofs)
- Walking sandals (or trainers) for walking in the local area/or trips out
- Mosquito repellent
- Natural body washing products and toiletries
- Beach towel (the venue supplies bathroom towels and a hamman towel for the pool, but you'll need one for the beach trip)
- Clothing for warm daytime and potentially cooler evening temperatures
- Reusable water bottle
- Cash for taxis, excursions, extra activities, buying souvenirs and other things while out (cash is still used a lot in Spain)

Your Teacher – Joy Prater

Hi, I'm Joy, and I'll be your teacher on this yoga retreat.

My yoga sessions will offer gentle, accessible yoga that welcomes everyone, whether you're completely new or an experienced practitioner looking for a more nurturing approach.

My teaching style leans towards gentle Hatha Yoga, infused with somatic awareness and elements of Yin and Restorative Yoga. I also include yoga movements and postures to support bone and muscle health. All sessions are designed to be adaptable to your needs, with plenty of options and space to listen to your own body.

I trained with the Devon School of Yoga, completing both the Teacher Training and Postgraduate Yoga Therapy course, and I'm also qualified in Pregnancy and Mother & Baby Yoga. I have recently trained in Yoga for Bone & Muscle Health. I work both in person and online, offering classes, one-to-one yoga therapy, and supportive practices tailored to the individual. At home in Devon, I run The Angel Hall, a beautiful studio and community space where I teach some classes and host a wide range of inspiring workshops and events.

I'm really looking forward to welcoming you on the retreat and sharing a restful, heart-opening week of yoga, nature and connection.

Giving Back

It is always a joy to hold these retreats in beautiful, warm locations but I am very aware of the environmental impact of the air travel that's involved in reaching them. As a small gesture of gratitude, I'm donating £25 from each booking to support grassroots, Earth-centred solutions. I've chosen a well-established organisation in India, the birthplace of yoga and a land deeply in need of regenerative agriculture, to honour the roots of our practice and help nurture its future.

Navdanya

Navdanya is an Indian non-profit founded by Dr. Vandana Shiva that protects seed sovereignty, promotes organic, regenerative farming, and supports women farmers. It works to preserve biodiversity, empower rural communities, and resist industrial agriculture. Learn more at navdanya.org.

Any Questions?

I hope these notes have answered any questions you may have, but do contact me if you need any other information: hello@yogawithjoy.co.uk