

## 4 Days Yoga, Mindfulness and Coaching with Horses Holiday at Rancho La Teja, Prado del Rey, Andalusia



You will practice gentle and peaceful yoga sessions surrounded by horses and nature. Calm your mind and connect with your essence, learn valuable tools to ground yourself and let go. Feel the beautiful and pure energy of the horses around you and get in touch with them. Let nature help you remember who you are.

Rancho La Teja is a Western Ranch close to Prado del Rey, who has been training their horses based on horsemanship values ever since. Situated on the edge of two Nature Parks, it is the perfect location to discover rural life, disconnect from everyday buzz and reconnect with yourself. There are 2 wooden guest houses on the farm, both with bathroom and (outdoor) kitchen.



### Sample schedule

<b>Day 1:</b> arrival at Rancho La Teja from 3 pm, walk over the property with presentation of installations, team and program, possibility of guided food shopping in the village	<b>Day 2:</b> 8 am yoga, 9.30 time for breakfast, 10.30 Mindfulness with horses, 2 pm time for lunch break, 6 pm yoga stretch out
<b>Day 3:</b> 8 am yoga, 9.30 time for breakfast, 10.30 Coaching with horses, 2 pm time for lunch break, 6 pm yoga stretch out	<b>Day 4:</b> 8 am yoga, time for breakfast, 11 am checkout and departure

**Dates 2024/2025:** 19.-22.9. / 3.-6.10. / 19.-21.11. / 25.-28.11. / 2.-5.12. / 9.-12.12. / 5.-8.1. / 13.-16.1. / 20.-23.1. / 27.-30.1. / others from 2 persons . **Price: 395,- euros per person in shared twin room.** Minimum 2 persons. What's included/excluded:

<ul style="list-style-type: none"> <li>✓ 3 nights in shared wooden hut at Rancho La Teja</li> <li>✓ Water/tea/coffee</li> <li>✓ 5 yoga classes (generally in English)</li> <li>✓ 2 horse activities: Mindfulness and Coaching with horses</li> </ul>	<ul style="list-style-type: none"> <li>✗ Arrival to the ranch</li> <li>✗ Food is not included</li> <li>✗ Insurance *all organizers have their obligatory legal liability and accident insurance, but make sure you have your own as they might not cover all cases</li> </ul>
--	---

For booking and more information: [connycaballos@gmail.com](mailto:connycaballos@gmail.com) or WhatsApp +34 610 505925 Conny (español, english, deutsch)

