

# PURNA YOGA HOLIDAY

*with Eva & Gabriel*



In Málaga, Spain  
**April 14 - 21, 2023**

**AT CENTRO SANTILLÁN**

---

# A week of Sun, Yoga and Intuitive Massage in Andalusia, Spain

Spring is a beautiful time of the year. We wish to offer you an opportunity to do so with a retreat that will fill your heart with joy, human connection and professional Purna Yoga teaching. This year, we are also bringing to you an incredible Masseur: Gonzalo Verdugo (read below for more info)



## *A True Holiday*

Taking a week to rest, reflect, practice Yoga, eat delicious food and create meaningful connections is rejuvenating and brings new perspectives into our lives.

When the warmth is just around the corner, we invite you to join us for our a full week of Yoga, relaxation, time to retreat, and room to explore the stunning countryside of Andalucía, Spain.



# Our Retreat Centre: The stunning Centro Santillán in Málaga, Spain.



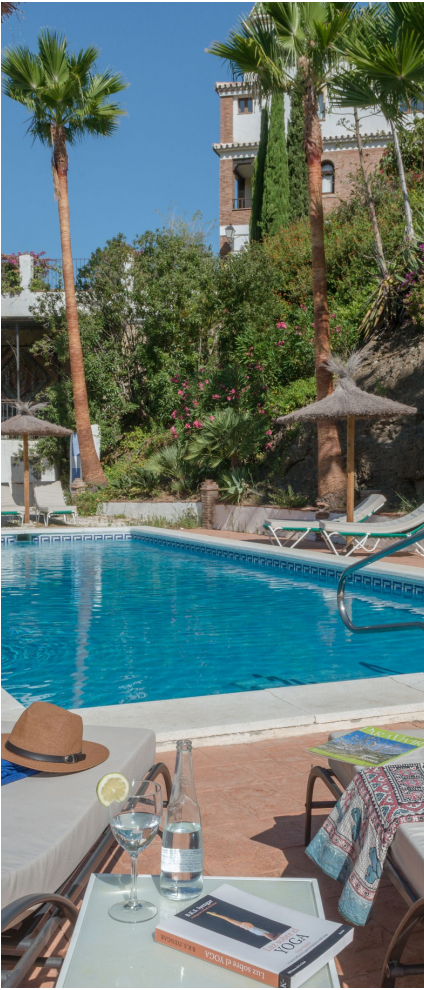
Centro Santillan Yoga and Wellness Centre is an authentic Andalusian farmhouse with gardens overlooking the sea.

Set in a secluded location, Santillan is an Andalusian paradise. Located in the peace of the Spanish countryside, and conveniently only 25 minutes from Malaga airport. You can immerse yourself in the silence of nature in its gardens and surrounding hills. They have a beautiful, state-of-the-art, and fully equipped yoga studio, including our beloved Yoga Wall, which will enhance our retreat experience tenfold!

Santillan's location is great for those who wish to know Andalusia, being very close to wonderful cities such as Málaga, Sevilla, Córdoba, and Granada. Due to its closeness to major places and attractions, renting a car is possible but not necessary. Transfers to/from the airport and to the surrounding beaches and attractions are easy and affordable.



# Climate



- Andalusia is one of the warmest regions in Europe. It has a warm, Mediterranean Climate with pleasant springs.
- During April, mornings and evenings are mildly cool, while the warmest part of the day can easily go beyond 22°C.
- Pack warm clothes for morning and evenings, and take your swimsuit for the sunny mid-day by the pool!

“

A perfect week in Centro Santillán. I loved just about everything about this retreat; the gorgeous old setting surrounded by beautiful gardens, absolutely delicious food, and the yoga studio with a wonderful sea view over the valley..... However, Eva's and Gabriel's yoga classes were always the climax of the day, with immaculate and positive teaching, making the classes much more than just an asana practice leaving one with a calm and balanced body and mind. I miss it already!

– Katja D. Participant of the 2022 Retreat



## *Delicious Food*

Santillán's delicious Mediterranean and vegetarian meals are based on organic produce grown under the Spanish sun, from their gardens, local farmers, fruit trees, and herb garden.

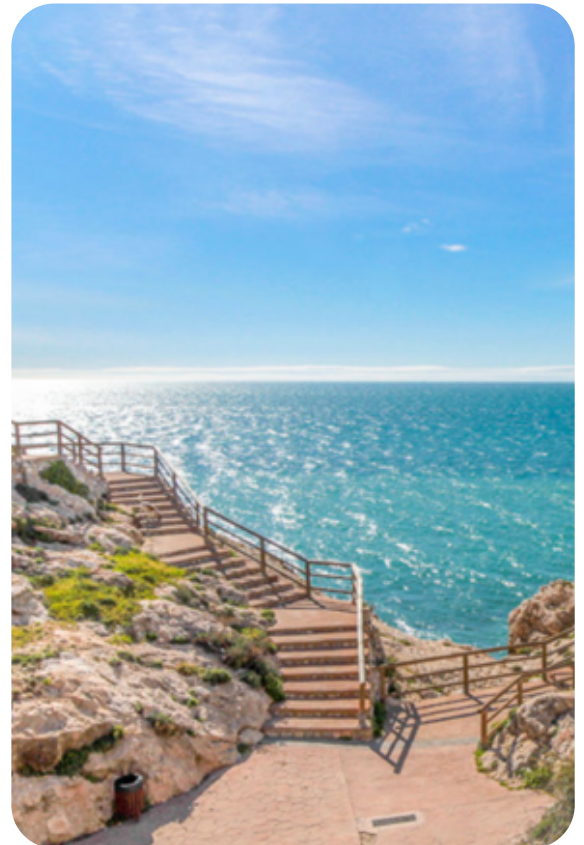
Breakfast, lunch and dinner are offered in Buffet Style. We promise you that the food will be a highlight of your week!

## *Activities*

Santillán has wonderful surroundings and you may choose to stay and enjoy its peace. For those wanting to explore, the options are endless.

Within a short distance, you can access amazing beaches, Málaga town, and the beauty of Nerja.

Other activities include Stand Up Paddle Boarding, Horseback riding, Golf, Massages, Treatments, etc.

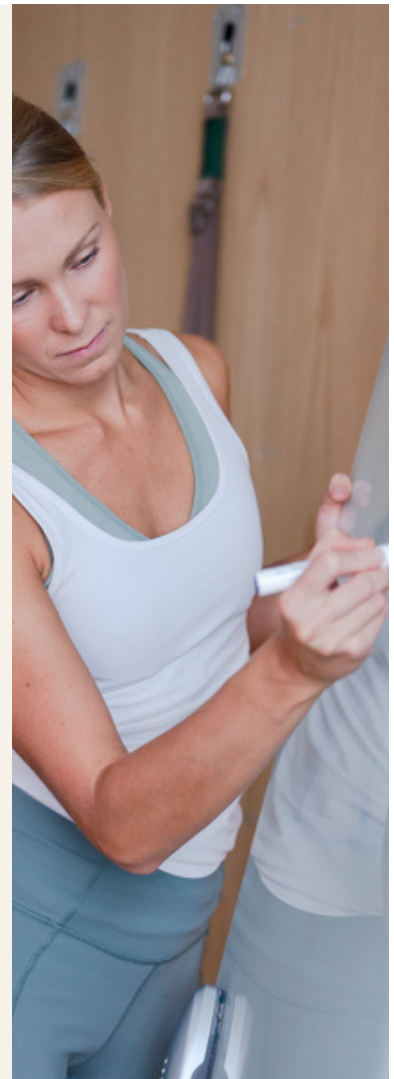


## Inspired and Professional Purna Yoga Classes

Eva & Gabriel will safely and effectively guide you through all major poses, challenging you with compassion. Each class is carefully crafted to fill your needs.

Our daily program includes morning (active) and evening (stretchy and restorative) classes.

Heartfull Meditation classes will be offered every day before bed (optional).



“ A heavenly retreat combining the best things of life: yoga, beautiful scenery, lovely people and delicious meals. Eva & Gabriel are teaching with integrity. They are not only teaching us poses but also how to actually live yoga!

– Catarina K. Retreat Participant

---

# The Great Yoga Wall

Santillán has a beautifully equipped Yoga Room, including our beloved Yoga Wall System, used with great expertise by Eva and Gabriel in their weekly classes.

The Great Yoga Wall allows us to use traction and ropes to enhance the openings of our bodies.

As a part of your retreat, you will receive the fantastic Spinal Rejuvenation Series created by our teacher, Aadil Palkhivala.

Your spine will thank you for coming!



## Daily Program

- 8am: Morning Yoga
- 10am: Breakfast
- 2pm: Lunch
- 17:15 Evening Yoga
- 19:00 Dinner
- 20:30 Evening Meditation (Optional)

If you wish to take a longer break during the day, just inform the kitchen and explore the nearby beaches! Wednesday will have morning yoga and the rest of the day will be free.

**Check in time: 15:00 on  
April 14 (Evening Yoga  
Included)**

**Check out time: 12:00 on  
April 21rd (Morning Yoga  
Included)**



## *What's Included?*

- 7 nights accommodation + All Meals
- Yoga Classes + Evening Meditation

## *Not Included*

- Flights, Insurance and Transfers before and during the program.
- Additional services, such as massage, private classes, activities, etc.

## Holiday Investment

All rooms include their own  
bathroom and balcony.

**Twin/Double Room:** €1400 pp

**Single Room:** €1800



For details about rooms:

[www.santillanretreat.com/accomodation](http://www.santillanretreat.com/accomodation)



# How to Book:

Please email us at:

**[gabo.maldonado@gmail.com](mailto:gabo.maldonado@gmail.com)**

Once we receive your email, we'll send you an invoice for the deposit (non-refundable) for €600, to secure your room.

The rest of the payment is payable directly to Centro Santillán on arrival.

We will help you organize this.

**Booking Flights:** The closes airport is Málaga (AGP), just 25 min away from Santillán. A transfer can be organized.

## Meet your teachers!

Eva Kiviluoma and Gabriel Maldonado (both RYT500) met, fell in love and married because of Yoga.

We have trained extensively (more than 1,000hrs) with Yoga Master Aadil Palkhivala since 2015. We are both experts on the use of the Yoga Wall system.

Our aim is to offer you the vastness of yoga beyond yoga poses, and to inspire your life with carefully crafted retreats. To learn more about us:



[evakiviluoma.com](http://evakiviluoma.com) / [gamaldonado.com](http://gamaldonado.com)



[@eva.gabriel.purnayoga](https://www.instagram.com/eva.gabriel.purnayoga)



*Thank you!*