WELCOME TO SURYALILA

WWW.SURYALILA.COM
INFO@SURYALILA.COM
TEL: +34 856 023 631
HIGHLIGHTS

- Designer Accommodations
- Full capacity from 60 to 74.
- Stunning Asian Inspired Décor
- Magnificent Om Dome
- Ganesha Yoga Shala
- Moon Shala
- Gourmet Organic Vegetarian Feasts
- Salt Water Swimming Pool & Eco Sauna
- Beautiful outdoor spaces
- Organic permaculture garden & olive grove
YOGA SPACES

Om Dome – a state of the art yoga hall resembling a Nepalese temple. (holds up to 60 yogis)

Ganesha Yoga Shala – beautiful hall with a wood and beam ceiling and wood floors. (holds up to 30 yogis)

Moon Shala – gorgeous sustainable cobb (straw bale and mud) building. Suitable for smaller groups, chanting & meditation events. (holds up to 15 yogis)

*All spaces are fully equipped with yoga props – manduka mats, belts, blocks, eye pillows, blankets, zafus and bolsters.

Audio visual equipment – projector, stereos, microphone, whiteboard etc.
MOON SHALA
**PRICES**

Prices include taxes, accommodation, all meals, wifi and use of all facilities.

**Not included:** transport to Suryalila, massages and other treatments, excursions, wine and goodies from the shop.

**Teacher’s Spaces:** we offer a free place for a teacher who brings a group of 10 or more participants, 2 places for a group of 20 or over, and 3 places for a group of 30 or over.

**Winter Discount:** We offer a winter discount (roughly 10%) for winter bookings between Dec and Feb except over Christmas and New year.

**We have 300 days of sunshine a year!** Mornings and evenings are cooler in winter but you can often eat outside in a t-shirt throughout the cooler months. Winter rocks in Andalusia!
<table>
<thead>
<tr>
<th>Room Type</th>
<th>Definition</th>
<th>Number of Beds</th>
<th>Room Numbers</th>
<th>Price per Night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deluxe Ananda Laxmi Suite</td>
<td>Double bed king size, ensuite bathroom and sitting area</td>
<td>1</td>
<td>1</td>
<td>€160 for one person</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>€252 for 2 people sharing</td>
</tr>
<tr>
<td>Deluxe Double</td>
<td>Double bed with private bathroom (Kali, Tara, Padma, Ananda Shanti, Govinda, Ganesha)</td>
<td>6</td>
<td>6</td>
<td>€136 for one person</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>€230 for 2 people sharing</td>
</tr>
<tr>
<td>Superior Double</td>
<td>Double bed with shared bathroom (Kali, Tara, Padma, Ananda)</td>
<td>4</td>
<td>4</td>
<td>€120 for one person</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>€186 for 2 people sharing</td>
</tr>
<tr>
<td>Twin</td>
<td>Single bed in a room with 2 beds (Kali, Tara, Padma, Ananda x 2, Govinda)</td>
<td>12</td>
<td>6</td>
<td>€100 per person</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>*€120 per night single occupancy</td>
</tr>
<tr>
<td>Eco Casas</td>
<td>2 x Eco casa with 2 single beds</td>
<td>5</td>
<td>3</td>
<td>€82 per person</td>
</tr>
<tr>
<td></td>
<td>1 x Eco Casa with 1 double bed</td>
<td></td>
<td></td>
<td>*€110 single occupancy</td>
</tr>
<tr>
<td>Family Yurt (Apr-Nov)</td>
<td>Double bed and double sofa bed in the yurt</td>
<td>2</td>
<td>1</td>
<td>€84 per person</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>*€115 per night single occupancy</td>
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<tr>
<td>Yurt (Apr-Nov)</td>
<td>Single bed in the yurt with 2 beds</td>
<td>2</td>
<td>1</td>
<td>€82 per person</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>*€110 single occupancy</td>
</tr>
<tr>
<td>Triple Yurt (Apr-Nov)</td>
<td>Single bed in the yurt with 3 beds</td>
<td>3</td>
<td>1</td>
<td>€74 per person</td>
</tr>
<tr>
<td>Mini Dorm</td>
<td>Single bed in a room with 4 beds (Ganesha and Govinda)</td>
<td>8</td>
<td>2</td>
<td>€78 per person</td>
</tr>
<tr>
<td>Dorm</td>
<td>Single bed in the dorm with 8 beds</td>
<td>8</td>
<td>1</td>
<td>€72 per person</td>
</tr>
<tr>
<td>Glamping Bell Tent</td>
<td>Single bed in a glamping tent with 2 beds</td>
<td>8</td>
<td>4</td>
<td>€72 per person</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>*€100 per night single occupancy</td>
</tr>
</tbody>
</table>
Our accommodation packages are all inclusive. Your guests will enjoy three gourmet vegetarian buffet-style meals per day, yoga spaces & props and have full access to all of our beautiful common areas and facilities – salt water swimming pool and sauna.

The furnishings and the room decorations have all been imported from Bali, India and Morocco. The Spanish farmhouse-style wooden ceilings with beams and the terracotta tiled floors blend harmoniously with the exotic Asian furniture and wall hangings.

The designer decor is both soothing to the soul and delightful to the eye.
**ACCOMMODATION**

- **Double Suite** – the most spacious room in Suryalila with its own ensuite bathroom.

- **Double/Single Deluxe** – with its own private bathroom (opposite, not ensuite, only 3 of our deluxe rooms are ensuite)

- **Double/Single Superior** – with shared bathroom between 2-3 people

- **Twin** – shared bathroom between 2-3 people

- **Room for 4 & 8 people** with shared bathrooms

All of our accommodation includes shared use of living room areas and some have kitchen facilities.
Our Eco Casas consists of three charming and romantic eco-friendly rooms (two twin rooms and one double) built from sustainable cob-straw bale & mud.

They all have access to the outdoor showers and toilets.

To see all accommodation options, please visit our rooms gallery:

http://suryalila.com/hotel-accommodations/accomodations-gallery/
Our yurts - twin, family & triple are beautiful, light spaces and have all the comforts of our rooms. You can relax, sit on the bench on the front patio and enjoy the view. The yurt has a hot shower and a toilet right next to it.

The beautiful bell tents are are large enough to stand up in and are fully furnished with a chest of drawers, bedside table, electrical sockets, bedside lights, hanging rail and two real beds.

There are beautiful rugs on the floor. The built-in mosquito netting will keep the bugs out. The tents share five toilets and three hot showers next to the Yurt. They are available from May to November.
SUMMARY OF CONTRACT TERMS

We ask for a 15% deposit to hold the booking based on the number of rooms you wish us to hold for you.

It is better to underestimate here than over estimate. This deposit is non-refundable if you cancel.

Three months before the retreat start date, we will contact you to increase or decrease your number of rooms as needed.

The 2nd deposit of 35% is due two months before your retreat. It is not refundable.

The remaining balance of 50% is due at the start of the retreat. All payments must be in Euros. We prefer payment by bank transfer.

CHILD POLICY

Child policy Children under 4 come free in parents' room.

Children between 4 and 12 come half price. Children over 12 pay full price. We can provide highchairs and cots free of charge.

Whilst we welcome children to Suryalila we expect them to be quiet and well behaved as we are a retreat centre.

Please be aware that we haven’t taken safety precautions for young children, and there is no lifeguard in the pool.
OUR FOOD

We serve three beautiful vegetarian meals a day laid out buffet style in our dining room. We are renowned for the outstanding quality of our kitchen.

Our meals are all vegetarian and organic. Some of our products come from our own permaculture garden.

We do our best to cater for most dietary requirements, but if your guests have severe allergies please contact us directly in this case to discuss and confirm if it is something we can accommodate.

There is a beautiful, spacious dining hall adjacent to the main kitchen where guests can enjoy our delicious cuisine together. We also offer many beautiful shady outside spaces for dining.
FACILITIES

- Salt water swimming Pool
- Eco Sauna
- Massage room – Deep tissue and Thai massage with our excellent therapists
- Amrita Café, our on site coffee, cold press juices and wine bar
- Shakti Boutique – the Suryalila shop for yoga clothes, books, gifts, organic products, travel essentials
- Relaxation areas
- Beautiful pagodas with hammocks
- Organic garden & Permaculture Project
- Covered parking
- Internet Access (available via Wifi)
- Fruit, thee and coffee available
HELP WITH PROMOTING YOUR RETREAT

We would like to support you by featuring your retreat on our website, newsletter and social media.

Please send us your retreat or training details – description; booking email or link to registration; photo, so we can put it on our retreat calendar page.

Suryalila’s calendar is one of the most viewed pages on the website and it is highly possible you will get a few extra bookings on your retreat through us.

We have created a photo folder on Dropbox you could use to promote your retreat at Suryalila. Access the photos here:

https://www.dropbox.com/home/New%20Group%20Leader%20Pack
GETTING HERE

There are 3 options for travelling to Suryalila.

AIRPORT TRANSFERS
We can arrange transfers to meet you and your group at the airport and bring you directly to the centre, for this we need you to provide all flight details at least a week before your retreat starts.

The costs per transfer to and from the airports are: €90 (1-4 ppl)/€160 (5-8 ppl) from Seville; €70 (1-4 ppl)/€125 form Jerez; €150 (1-4 ppl)/ €240 (5-8 ppl) from Malaga.

Where possible we will collect guests together so they can split the cost. It can help with logistics if you encourage your guests to take the same flights. *Please ask your guests to pay cash to our drivers and make sure that tell them to bring euros as there is no exchange in Seville or Jerez airport.

BUSES
Take a bus to our local town – Villamartin. We can pick guests up from there for a fee of 10€. Buses are cheap and relatively reliable. Bus times can be checked here: http://losamarillos.autobusing.com

Bus times are often only published a week in advance, so please check back right before you travel.

* Most of the last buses only operate until 6PM. The last bus from Malaga is at 4:30pm.

RENTING CAR
This option is convenient if you would like to stay at Suryalila for longer period of time and have the flexibility to explore the local area.
WHEN YOU ARRIVE

Check-in is 3pm but often the rooms are ready earlier. You can arrive anytime that suits you. However, please arrive before 9pm.

You will need to vacate your room by 11am on your last day. Feel free to use the facilities during the day if your flight is departing later.

DAILY MEAL TIMES

9:30am – Breakfast
1:30pm – Lunch
7:00pm – Dinner

WIFI

suryalila01
ON A ARRIVAL

On arrival you will need to bring your passport/ID card to the office (at the back of the dining room) to get registered. This is a standard hotel check in process. Please come as soon as you arrive.

HOUSEKEEPING

We will clean your bathrooms and houses during your stay. Towels will be provided for you. If you want your towels to be changed please place them on your bed before morning yoga. There are washing machines in the houses or in the main area to share. There are also outdoor washing lines to dry your clothes.
CONSERVING WATER

Please be aware we have a water scarcity here at Suryalila and we need your cooperation to conserve water. You can help us immensely by taking shorter showers; filling the buckets provided in the bathrooms & reusing by flushing the toilets; minimise flushing where possible.

OUR PERMACULTURE PROJECT
DANYADARA

Danyadara (www.danyadara.com) is our non-profit permaculture project which includes are vegetable garden, olive groves and a large food forest in the making. Our intention is to transform near desert into productive land using natural techniques.

Every week, we offer tours of the project.
ANIMALS

Please be aware that at Suryalila we have a few dogs, chickens, alpacas, goats and horses on the property. There are also some cats but they are not in public areas.

CHANGING MONEY

You can pay by cash or credit card at Suryalila. We recommend that you bring any Euros cash you might need with you as there is no money exchange at Seville or Jerez airports and there is no facility to change money in our local area. There are ATMs in our local towns if you need to withdraw Euros.
Suryalila is situated between the charming white villages of Villamartin and Prado del Rey. Nestled serenely in a large open valley in the foothills of the Sierra de Grazalema Natural Park. This majestic mountain range can be seen looming large on the horizon behind Suryalila. A striking part of the natural beauty of the property is the breathtaking vistas extending in all directions: rolling hills, fields of sunflowers, and lakes.

LOCAL AREA

WEATHER

There are 300 days of sunshine in Southern Spain and it is the warmest part of Europe. Sometimes you can even lie by the pool in January. For a detailed weather forecast go to:

http://www.worldweatheronline.com/Villamartin-weather
averages/Andalucia/ES.aspx
Suryalila is a composite of two Sanskrit words. Surya refers to the ancient sun god and lila means cosmic play (of the gods). Together the words mean “Cosmic Play of the Sun”.

STAY IN TOUCH

www suryalila.com

• Suryalila Retreat Centre

SuryalilaYoga

Suryalila

info@suryalila.com
LOOKING FORWARD TO WELCOMING YOU TO SURYALILA