

Suryalila Retreat Centre

GROUP LEADER PACK



WWW.SURYALILA.COM

INFO@SURYALILA.COM

TEL: 0034 622 147 073 / 633 40 30 07

HIGHLIGHTS

DESIGNER ACCOMMODATIONS

FULL CAPACITY FROM 55 TO 70.

STUNNING ASIAN INSPIRED DÉCOR

MAGNIFICENT OM DOME

GANESHA YOGA SHALA

MOON SHALA

GARDEN OF STILLNESS FOR MEDITATION

GOURMET ORGANIC VEGETARIAN FEASTS

SALT WATER SWIMMING POOL & ECO SAUNA

BEAUTIFUL OUTDOOR SPACES - 3 PAGODAS

SHAKTI BOUTIQUE SHOP

AMRITA CAFÉ

ORGANIC PERMACULTURE GARDEN & OLIVE GROVE



• OM DOME •

• MOON SHALA •

GARDEN
OF STILLNESS

LOTUS LOUNGE

• SAUNA •

GLAMPING



YOGA SPACES

Om Dome - a state of the art yoga hall resembling a Nepalese temple. (holds up to 70 mats)

Ganesha Yoga Shala - beautiful hall with a wood and beam ceiling and wood floors. (holds up to 25 mats)

Moon Shala - gorgeous sustainable cobb (straw bale and mud) building. Suitable for smaller groups, chanting & meditation events. (holds up to 12 mats)

*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.



OM DOME







GANESHA YOGA SHALA





MOON SHALA



ACCOMMODATION

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.



ROOMS



One of our most popular accommodation options are rooms located in our main buildings of what used to be a working olive grove farm.

The converted farmhouses include a range of luxurious rooms including double beds, twin rooms (2 single beds) and dorms (4 or 8 beds).

Our range of options cater for those looking for luxury and privacy as well as those looking for a beautiful but more economical shared option. Rooms include those with a private or shared bathroom as well as options which include access to living room space and kitchen facilities.

For a full list of accommodations [visit our website here.](#)





ECO CASAS

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 eco showers and toilets.

To see all accommodation options, please [visit our website here.](#)



GLAMPING



Our four yurts – twin, family, triple and honeymoon are beautiful and unique spaces and have all the comforts of our rooms. The yurts use the bathroom facilities in the glamping area, with the exception of the extra special honeymoon yurt, which has it's own private bathroom and patio.

The beautiful bell tents* 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 six hot showers in the glamping. They are available from May to November.

*Please note, no fans or heaters are supplied due to fire risk.



SUMMARY OF ACCOMMODATION AND CAPACITY

	TOTAL ROOMS	TOTAL BEDS	MAX GUESTS
MAY- NOV	33	63	78
DEC- APR	27	52	67

ROOM TYPE	INCLUDES:	NUMBER OF ROOMS	NUMBER OF BEDS	MAX GUESTS
Private suite	Ananda Laxmi Suite	1	1	2
Double Room, ensuite bathroom	Govinda/Shanti/Ganesha Deluxe Doubles	3	3	6
Double room, private bathroom, shared house	Padma/Kali/Tara Deluxe Doubles	3	3	6
Double or twin room, shared bathroom, shared house	Padma/Kali/Tara Superior DoublesPadma/Kali/Tara Twins	6	9	12
Double or twin room, shared sitting area	Ananda DoubleAnanda 2/Ananda 3/Govinda Twins	4	7	8
Double or twin room, eco building, external bathroom	Maya/Devi Twin Eco CasasSoma Double Eco Casa	3	5	6
Honeymoon Yurt	Honeymoon Yurt	1	1	2
Glamping Yurt	Yurts - Twin Bed/Triple Bed/Family (double bed + sofa bed)	3	7	9
Glamping Tent (available May – Nov)	Glamping tents - 5 twin, 1 single	6	11	11
Dorm rooms with single beds - 4 beds	Minidorm - Govinda or Ganesha	2	8	8
Dorm rooms with single beds - 8 beds	Big Dorm	1	8	8
Van (TBC - please inquire)	7 Campervan Spaces	-	-	-

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**.

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.

We can cater for vegans, non-dairy, non-gluten and nut free. Dishes are cooked in a kitchen where these ingredients are used and as such we cannot guarantee no cross contamination occurs. As our kitchen is buffet style, we are unable to cater for specific or limited diet plans. For other allergies and intolerances, please inform us prior to booking and we will check with the kitchen if we are able to cater for you.





DAILY MEAL TIMES

9:30am - Breakfast

1:30pm - Lunch

7:00pm - Dinner

Guests have the option to have lunch on either arrival or departure day. We require the group leader to provide us the number of guests for lunch on arrival and for lunch on departure prior to the retreat.

Any extra meals will be charged as follows - (15€ for lunch/dinner, 10€ breakfast).

Any changes in meal requests need to be made at least 24 hours in advance.

FACILITIES



- Salt water swimming Pool
- Eco Sauna (*closed in summer)
- Massage room - Deep tissue and Thai massage with our excellent therapists



- Amrita Café, our on site cafe, offers various types of coffee, fresh cold press juices and smoothies, snacks and drinks (kombucha, wine, beer and coconut water)
- Relaxation Areas

FACILITIES



- Shakti Boutique – the Suryalila shop for yoga clothes, books, gifts, organic products, travel essentials
- Beautiful pagodas with hammocks
- Organic garden & Permaculture Project
- Parking
- Wifi available
- Fruit, tea and coffee available all day





ORGANISING A RETREAT WITH SURYALILA

If you are interested in organising a retreat at Suryalila please get in contact with us via groups@suryalila.com

For organising a retreat at Suryalila, here are some main points to know:

- We usually require a **minimum group of 10 people + teacher** to book a retreat at our centre
- For **exclusive use**, you will need to book for at least **35/40 paying guests** (low/high season) to be granted exclusive use of Suryalila.
- The **capacity** of the centre is approximately **55 to 70 guests** (depending on double bed occupancy and use of glamping tents)
- We generally book retreats from Saturday to Saturday. If you are looking to run a retreat for less days, let us know and we will look to find a suitable date.

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- Unless booking exclusive use, your group may be **sharing the retreat centre** with another group as well as some independent guests. The retreat centre is well equipped to allow space for both groups to relax and enjoy the space.
- **Allocating the spaces available for the group to teach and run workshops** will depend on the size of your group and your schedule. We aim to give everyone an opportunity to use the Dome but this is dependent on availability and group size. If we have two similar sized groups then you will alternate the shala use (Dome, Ganesha, Moon Shala). In the event that you bring a small group and there is another large group alongside you, you may not be able to use the Om Dome.
- At the point of booking, we will be more than happy to review your schedule to review the suitability of our space to meet your needs.

ORGANISING A RETREAT WITH SURYALILA

The process of organising a retreat with us is as follows:

- We agree on dates and a number of specific rooms to book for your retreat, based on your estimated number of retreat guests (including a room for teachers).
- In order to secure the booking, we will then send you a contract to sign and require an initial **deposit of 15%** of the estimated total of the booking.
- **Two months before** the start of the retreat, we review the room allocation. At this point we can **remove or add** rooms to the booking as needed (depending on availability). We then ask for a **second deposit of 35% of the total amount.**
- **One month before** the retreat, we will need:
 1. a copy of the schedule
 2. any requests for excursions, garden tours and sauna nights

ORGANISING A RETREAT WITH SURYALILA

- ***A week before the retreat,*** we will need:
 1. the list of guests (with names as shown on their passport)
 2. any dietary requests.
 3. confirmation guests have arranged their transportation by this stage (see getting here section for more details).
- **Final payment** due on arrival.
- ***Please note,*** as stated in our contract, any **cancellations** made after the payment of the second deposit may be charged at 50% of the room value - this is subject to our discretion.

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

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.

If you receive an enquiry for a child to join your retreat, please check with us if this is feasible for your particular dates.

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

EXCURSIONS & ACTIVITIES

We have lots of excursions available to book. If you want to offer a free day or afternoon during your retreat, we can arrange to offer guests an excursion. This can be included in the retreat price or we can bill guests whilst they are here. To ensure availability, we recommend booking an excursion in advance. There must be **at least 4 people** signed up for an excursion to go ahead.

Popular excursions include - hikes in the Sierra de Grazelama; a walk along a wild river with waterfalls and bathing pools, cultural trips to Ronda, Cadiz, Seville, Arcos de la Frontera, day trip to white sandy beaches of Cadiz. [See our website for more.](#)

There is the option to add other activities to your schedule. Popular activities include - a visit to a local Bodega for wine tasting, a flamenco class, and kirtan.

Onsite we have a Sauna that is available. One sauna night is included as part of your booking (subject to availability).

Guests can also book individual horse rides and massages during their stay (subject to availability).

Please enquire for more information and prices.





HELP PROMOTING YOUR RETREAT

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

Please send us:

- A short description
- Booking email or link to registration
- A photo

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 can provide images to support you in the promotion of your retreat on request.

PRICING

**price list available on request*

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:

1 free place for a group of 10 or more

2 free places for a group of 20 or more, and

3 free places for a group of 30 or more.

The free places offered will be for shared accommodation (e.g. two teacher's will share a twin room)

High Season - March to October

Low Season - November to February (excluding Christmas and New Year period)



GETTING HERE

BEST AIRPORTS TO FLY TO:

Seville - 1 hour away

Jerez de la Frontera - 1 hour

Malaga - 2 hours away

AIRPORT TRANSFERS

via Sierra Viva Viajes

We have a transfer partner Sierra Viva Viajes. Where possible they will collect guests together so they can split the cost. More information on transfer and how to organise can be [found on our website here](#).

	1-4 people	5-8 people
Malaga Airport	160€	240€
Sevilla Airport	100€	150€
Sevilla Train Station	110€	165€
Sevilla Center	120€	180€
Jerez Airport	80€	120€
Villamartin Bus Station	20€	30€

*prices subject to change

GETTING HERE

BUSES + SHORT TRANSFER

Take a bus to our local town – Villamartin. A transfer via our transfer partner Sierra Viva Viajes will be required to pick guests up. Buses are cheap and relatively reliable.

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. You can check times and book buses in English here:

<https://www.busbud.com/en>

RENTING A 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.

To make your arrival run smoothly, we ask all guests to complete a **pre-checking**. We will send a link to group leaders to share this with their group.



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.

WIFI

suryalila01





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 a 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.

*tours available on request

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.





LOCAL AREA

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 Grazelema 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.

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.

STAY IN TOUCH



suryalila.com



[Suryalila Retreat Centre](#)



[SuryalilaYoga](#)

FOR BOOKING A GROUP:



groups@suryalila.com

FOR GENERAL INQUIRIES:

info@suryalila.com



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



Looking Forward to
Welcoming you to
Suryalila...

