

# Raw Health Programme

## Course Enrolment/Cancellation Policy

Attendance to our Raw Health Programme is limited and therefore fills up quickly. To reserve your place:

A minimum deposit of £250 is required. If the programme is full you will be notified immediately so that you may choose to be on our waiting list or have your deposit refunded. Complete the Registration Form and Health Questionnaire and send it with your payment. Full tuition must be received no later than 30 days prior to the start date.

Cancellation Notice	Cancellation policy for tuition deposits and tuition fees prior to the event.
Over 60 days	Full refund or full credit for a future event
30-60 days	Minimum deposit is non-refundable but may be carried forward to another workshop. Remainder of tuition is fully refundable.
15-30 days	50% of your full tuition is non refundable.
Less than 15 days	100% of your full tuition is non refundable.

We recommend that you take out medical insurance in the country of your residence.

## Location

The Raw Health Programme is set on the beautiful Costa del Sol, about 1-hour drive from Malaga. The venue has a wide variety of activities and is surrounded by a sea of pine trees and only 20 minutes to the one of the many beaches. The Costa del Sol is well known for its all year round microclimate, restaurants, and outdoor festivals.

## Climate and Clothing

The weather on the Costa del Sol is delightful. The summers boast temperatures around 75 – 80 degrees and winters are cool, never freezing. With its pristine air and ocean breezes, Costa del Sol offers the perfect environment for year round Health Programmes. The weather can be hot at times so its best to dress like an onion, bring a jacket and be prepared to peel layers off as the day warms up. You may also want to bring something nice to wear for any social occasions.

## Accommodation

The stylish cottages 12 double rooms with an ensuite bathrooms are finished to a luxurious feel. Note: Please keep in mind that the number of cottages is limited. If we cannot give you your first choice, we will contact you to discuss the options. Your room will be reserved as soon as we receive your non-refundable deposit of £250

## Do Bring

Appropriate clothing, comfortable shoes.  
Camera to capture all your wonderful moments.  
Notepad, pen and pencil.  
Swimwear.  
Comfortable clothing for yoga classes.  
Yoga mat

## Do not bring

Do not wear scented perfume or lotions, as fellow students may be sensitive. It is important that your senses are keen to take in the tastes and aromas of the gourmet foods we will prepare in class. Do not bring scented toiletries or lotions. We try to ensure that our Health Programmes are as toxic free as possible.

## Money Exchange

You may exchange money at local banks, but you may find the rates are less favourable than your own bank or travel agent.

## Rental Car

Most rental car companies are available at Malaga airport. Some of the more reputable companies are Avis, Enterprise, Easyjet. It is cheaper to book before leaving, from the UK!

[www.avis.com](http://www.avis.com)

[www.enterprise.com](http://www.enterprise.com)

[www.easyjet.com](http://www.easyjet.com)

[www.malagacarhire.co.uk](http://www.malagacarhire.co.uk)

## **Getting Here**

There are many good airlines available for flights to Malaga. Malaga airport is 1-hour drive to Marbella.

[www.air2000.com](http://www.air2000.com)

[www.easyjet.com](http://www.easyjet.com)

[www.expedia.co.uk](http://www.expedia.co.uk)

[www.flymonarch.com](http://www.flymonarch.com)

[www.ryanair.com](http://www.ryanair.com)

[www.ba.com](http://www.ba.com)

## **Taxi & Buses**

[We can also arrange taxi pick-ups from the airport. A one-way journey to the centre from Malaga is 85 euros. If you are arriving/ departing with people with similar times we may be able to coordinate airport transfers. Please notify us in advance of your arrival and departure time. There are also buses from Malaga Airport to Marbella and is only a 45 minute journey. Please email us for bus times.](#)

## **Things To Do**

The Costa del Sol is a charming coast full of delightful restaurants, shopping centres, the cosmopolitan Puerto Banus where you can do some star spotting or just take in the beautiful marina. Marbella is one of the original [Costa del Sol](#) resorts, made famous by becoming Europe's playground for the rich and famous.

Mijas lies just west of [Malaga](#) and is split into two distinct areas. Mijas Pueblo is the whitewashed village standing high up the mountain with spectacular views over the Mediterranean whilst Mijas Costa refers to the coastal resort down the mountain.

The beautiful town of Ronda lies 60km up a winding mountain road from Marbella in the mountain range known as the Serranía de Ronda.

There is nowhere else in Spain that complies so closely with the foreigner's perception of stereotypical Spain as Seville. For it is here that flamenco and fiesta are a way of life

Nerja is the Costa del Sol's most easterly resort, 50 km from Malaga airport. Originally a sleepy fishing village it is now a thriving resort but has managed to retain much of its original character and charm. It is still at heart a Spanish village and the old part of the town has narrow, winding streets with whitewashed houses. In amongst these streets you can find shops selling local art and craftwork, typical jewellery and local product.

## **Arrival**

Friday is arrival day. You must plan your travels to arrive at the hotel no earlier than 12pm. The staff will be busy preparing the rooms for us before then. If your flight arrives well before 12pm, you can enjoy the facilities; take a swim or take a walk on the nearby beach.

## **Orientation**

At 5:30pm on Friday, we will gather in the Yoga Room for our orientation. We will tell you about the facilities, then we will talk about our vision and mission for the Health Programme, the yoga classes, the meals, the workshops, and the extra-curricular activities. At 7:00pm we will share our first meal together and get to know each other.