



Cindy Robins and Lew Williams  
...present an immersive Retreat  
Zenya Retreats, Malaga, Spain

8<sup>th</sup> – 12<sup>th</sup> October 2026



Organised in partnership with Full Circle Retreats



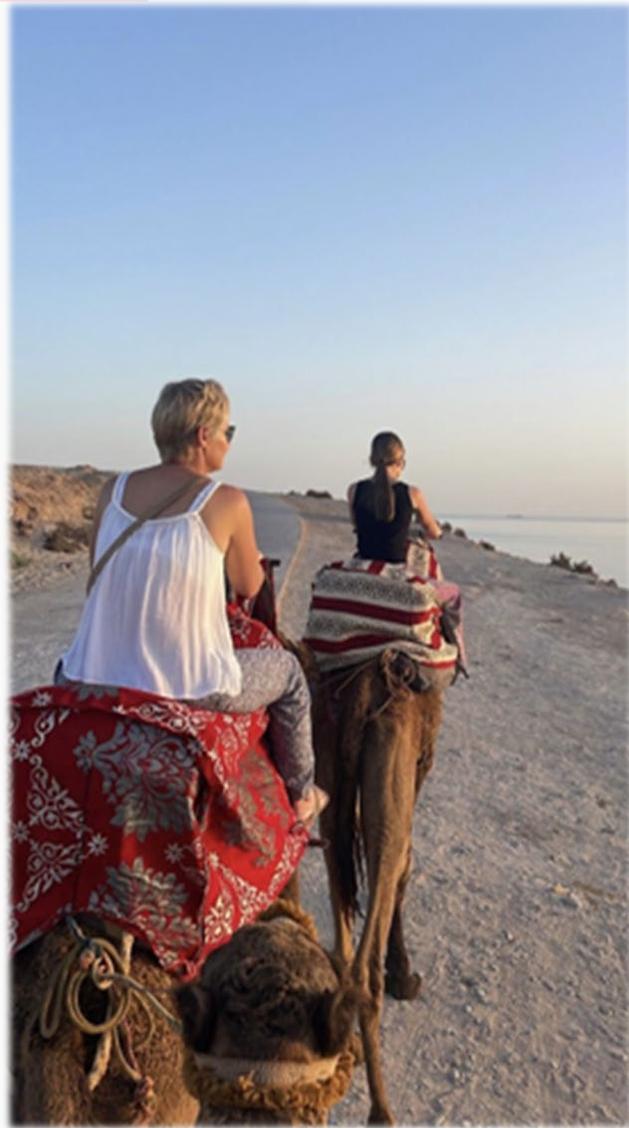
## Walking the Path Together

**Cindy Robins** is a Senior Yoga Teacher with over 20 years' experience and Yoga Alliance certification. Her teaching centres on moving with full body awareness, focusing on how practice feels rather than how it looks. She encourages patience, softness and ease, allowing the body to open naturally. At the heart of her philosophy is *Ahimsa* — non-violence towards oneself, both physically and mentally — valuing mindful, gentle movement over perfect postures.

**Lew Williams** is a 500-hour Scaravelli-inspired yoga teacher, yoga nidra facilitator, aromatherapist and healer. Her work is rooted in supporting others to connect with their true selves through compassion, acceptance and open-hearted curiosity. Alongside regular classes, workshops and retreats on her island home, she creates bespoke aromatherapy products and offers massage and healing treatments.

Cindy and Lew completed their 500-hour Scaravelli teacher training together over 10 years ago and have been close friends ever since. They continue to nurture their shared practice through regular teaching, learning and ongoing professional development.

They are now delighted to be running their first retreat together at the beautiful Zenya. Their heartfelt wish is that you leave feeling relaxed, refreshed and gently transformed — with a deepened practice and renewed sense of energy, balance and wellbeing.



## Full Circle Retreats

### Find the journey. Fuel the Transformation.

Full Circle Retreats was born from my deep passion for the journey – both the physical voyage across the world and the inner transformation that travel can inspire.

I believe that powerful experiences happen when we step beyond the familiar. Whether you are hosting a group retreat or seeking a deeply personal escape, each journey is thoughtfully curated to nurture wellbeing, authenticity and connection.

Every destination I select begins with a commitment to sustainability, ensuring our impact is positive and lasting. From there I look for nature, exceptional service, flexibility, atmosphere and a genuine sense of place. Together, these elements create the foundation for truly transformative travel experiences, all seamlessly packaged and financially protected under the care of [Full Circle Retreats](#).

A handwritten signature in black ink that reads "Suzie Rees". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

## Zenya ... more than a retreat, it's an experience



Beneath the Andalusian sun, surrounded by citrus trees and birdsong, lies a space where transformation unfolds with ease. Zenya is a sanctuary created to deliver simple, immersive and transformational Retreats.

Here, the balance of nature and luxury creates the perfect setting for a retreat. The energy is calm yet vibrant, the spaces are beautifully designed yet grounded. Every element, from the hand-tended gardens to the scent of fresh herbs in the kitchen, is crafted to support meaningful experiences and lasting impact.

The chef will cook and prepare food onsite. Food will be simple, seasonal, fresh and authentic. The outdoor under cover dining space will ensure meals are sociable and relaxed.

## Zenya Retreat.. ..a space where transformation feels effortless.



Maurice and Dean, who own Zenya, understand what it takes to deliver something special. The timing, the flow, the energy of the space and the care they give to each Retreat.

From the fully equipped yoga platforms and serene meditation areas to the on-site chef and dedicated treatment rooms, everything has been thoughtfully designed.

Surrounded by citrus groves and mountain views, the area offers a perfect balance of calm and convenience just 25 minutes from Málaga Airport and the Mediterranean coast.

Nearby Alhaurín el Grande invites you to wander its whitewashed streets and discover authentic local dining, while La Alquería adds a touch of countryside serenity.

## ZENYA RETREAT ...no stone left unturned

- 3 Yoga platforms
- Meditation deck
- Spacious yurt
- 6 seater sauna
- 6 seater jacuzzi
- 10 x 5 Pool
- Treatment Room
- Honesty Bar
- Entertainment area
- Wifi
- Social Area
- 11 Rooms
- Outdoor Dining
- Private Chef
- Yoga Mats
- Landscaped Gardens



## ACCOMODATION IN MAIN HOUSE

10 beautifully presented, comfortable bedrooms with shared bathrooms and accommodation for hosts.





## ARRIVAL DAY ITINERARY

Flight 0545 / 0930 LGW - AGP

12.30pm Settle in with a Seasonal Lunch

1.30pm Welcome Circle and first Yoga Session & relaxation session with Cindy and Lew

3.30pm Relax for the afternoon

6pm Evening Meal

8pm Welcome Ceremony at the Firepit



## FRI, SAT, SUN ITINERARY

7-8am Snacks and Juices

8-10am Yoga & Meditation with Cindy

10am Breakfast

11-1pm Free Time

1- 2pm Lunch

4-6pm Yoga and Aromatherapy with Lew

6.30pm Evening Meal

8pm Relax

## FINAL DAY ITINERARY

7-8am Snacks and Juices

8 -10am Closing Yoga Ceremony with Cindy & Lew

10am Breakfast

11-1pm Free Time to pack up

1- 2pm Lunch

2pm Departure for the airport

Flight 1645/ 1840 AGP/LGW

## ADDITIONAL EXPERIENCES



Relax and settle in and experience  
Zenya's facilities

Option to visit the beach  
(transport additional)



Guided silent walk and hillside  
meditation

Option to visit Malaga Old Town  
(transport additional)



Sound Bath  
(included)

Walk to Alqueria



Treatments Massage/Facials  
(additional)



## PRICING INCLUDES:

- Flights (quoted from LGW currently) (incl. 1 large cabin and 1 small cabin bag, additional luggage and seats can be added at clients cost)
- Transfers to and from Malaga Airport
- Single Occupancy Accommodation (4 nights)
- Daily breakfast, 4 x lunch and 3 x evening meals
- Healthy smoothies, snacks and botanical waters
- Use of all facilities at Zenya
- Yoga with Cindy and Lew

Room on single occupancy:

Staying at Zenya **£1,499pp** (subject to change as flights are currently not held)

(-£110pp for double occupancy)



## READY TO JOIN US?

If you would like to sign up for this incredible retreat and are ready to secure your place with a deposit of £500, please email:

[suzie@fullcircularretreats.co.uk](mailto:suzie@fullcircularretreats.co.uk) with the following details:

Full Passport Name

Date of Birth

Passport Number

Passport Expiry Date

Email address

Mobile Phone Number

Dietary requirements

Special Requests

### Pricing Notes

- A **£110 discount** will be applied for guests sharing a **double-occupancy room**.
- A small number of rooms have **shared bathroom facilities**. Where a shared bathroom is allocated, a **£30 reduction** will be applied to the total price.
- Please let us know at the time of booking if you are **unable to share a bathroom**, so we can allocate accommodation accordingly.

You will then be sent confirmation and next steps.

Payments can be paid monthly or in occasional instalments as long as final balance is paid 13 weeks prior to departure.

*We are so looking forward to sharing this retreat journey with you.*

*With love, light and blessings*

*Cindy and Lew x*