

Aphrodite Soul Journeys in Spain with Lainey Ennis

A Holiday with a Difference

In June 07 I signed up for an Aphrodite Soul Journey with **Lainey Ennis** and was joined by nine other amazing Irish women from various parts of Ireland. I had the pleasure and privilege of spending a week at high in the mountains of southern Spain with Lainey Ennis.... truly a piece of heaven on this earth. This soul journey was to take the form of a yoga retreat / holiday, but with a difference and what a difference it was.

Aphrodite is the Goddess of Love, Beauty and Abundance and that is what we enjoyed along with plenty of yoga, meditation/quiet time, pampering, wonderful home-cooked vegetarian food; mountain walks, blissful sleep, both in bed and in the hammocks; great fun, laughter, friendship, sharing and caring. Not to mention the day long blue skies and sunshine with a lovely balmy breeze to keep us cool in the mid-twenties heat – and of course, not a sign of rain for the week (unlike the weather back home!).

Lainey Ennis, our leader and facilitator woke us (early) each morning in her own most unusual and inimitable style! We trailed.... to the yoga deck only to become alive and alert to each glorious day with her inspired sessions of gentle yoga, meditations and inspirational talks. Our views were just magnificent, being surrounded by the Sierra Nevada mountains, the bright blue sky and the small white-washed village of Cañar above us and the town of Orgiva nestling quietly down in the valley below us. I shall never forget the sight of the shafts of sunlight as the sun rose above the mountain ridge each morning at 7.45 a.m. right on cue for the start of our morning yoga.

This session was followed by a swim in the, by now sun-warmed, swimming pool filled with spring water – invigorating to say the least - and then breakfast which was so varied, yet totally healthy. All our meals were gastronomic feasts for the eyes and taste buds not to mention the tummies. Our food, local and mainly organic, was prepared by local vegetarian chef, Jenny, who created food to delight the senses.

Our days were filled with pampering treatments e.g. aromatherapy body massages, Indian head massages and reflexology sessions all enjoyed in an enormous yurt (tent) with the shadows of the olive tree branches swaying and dancing on the roof – did I mention that the Centre was located amid olive groves? where we were all blissfully happy to soak up the pure ‘energy/spirit’ of this special place. These olive groves proved to be wonderful locations for evening walks or when you wanted some quite time alone.

Because some of you reading this article may decide to take a Soul Journey with **Lainey** some time in the future (and I would heartily recommend that you do) I will not spoil the surprises by telling you any more of the delights or activities she created for us. Suffice to say, that bodies, hearts and souls were revived and re-connected, firm friendships were made and support was available for all - wherever we were on our journey.

My heartfelt thanks to **Lainey Ennis** for one of the best holidays I have ever enjoyed.

Mary Mullally.

NB. 2 groups for September 2008 are planned. An exciting new destination is planned for 2009. Lainey’s ‘ Spirit of Africa’ in Spring 09 will focus on spiritual landscape in the mighty Drakensberg mountains, wild life in the Umfolozi Bush camps, and the beautiful sub’tropical warm Indian Ocean on the Kwa Zulu Natal South Coast.