

## Model Almudena Fernández hosts World Yoga Day at The Oasis Wellness & Spa in Marbella

The exclusive Don Carlos Leisure Resort & Spa joined in on the international celebration of this ancient practice



**Marbella, 21 June 2017.** Model Almudena Fernández played host to the special yoga session held today at **The Oasis Wellness & Spa** to mark World Yoga Day. This exclusive resort organised a class for its guests in the gardens of the **Don Carlos Leisure Resort & Spa in Marbella.**

Yoga is one of the beauty secrets of this Spanish *top model*. “I practise yoga every morning to start the day with both my body and mind feeling relaxed. It’s like medicine for me”, explained Almudena Fernández, who combines the physical movements of *hatha yoga* with *pranayama yoga*, a system that controls the rhythm of breathing. “True beauty resides in your thoughts and how you control them. I follow the think, speak and act philosophy”, she added.

With a long professional career behind her, Almudena Fernández has become an ambassador for ecological and sustainable projects. Apart from yoga, the model surfs and watches of her diet, consisting of good hydration and healthy, organic foods. Among other activities, she is the



driving force behind *Kind Surf*, an initiative that seeks to help children that find themselves in tough situations, whether due to physical disabilities or psychological problems.

**The Oasis Wellness & Spa** offers different services based on the health and wellness concept, with yoga being one of them. This luxury resort also offers a professional experience consultant.

### **Yoga, physical and mental harmony**

Yoga is a practice that unites the body, mind and spirit in order to promote physical and mental harmony. It tones the entire body harmoniously, stretching the muscles, correcting posture and helping to activate metabolism. It is also one of the best physical activities for combating depression, stress and anxiety. The United Nations unanimously approved the celebration of International Yoga Day on 21 June, given that yoga's principals of peace, harmony and respect for the natural environment match up with those of the UN.

### **The Oasis Wellness & Spa: “wellness as an art”**

**The Oasis Wellness & Spa** is a private, adults-only paradise devoted to relaxation and well-being. It offers 35 luxury rooms, apartments and suites with an exclusive 1,600-m<sup>2</sup> wellness & spa centre inspired by the Mediterranean. It includes water circuits, a sauna, a floatation tank and the latest in wellness treatments. There are also yoga and Pilates sessions on offer, as well as delicious personalised cuisine.

This hotel belongs to the **Don Carlos Leisure Resort & Spa**, one of the most incredible gems on the Costa del Sol. Located just 11 kilometres from Marbella, this exclusive resort – with impressive views of the sea and select villas with butler service – is the ideal spot for a family holiday or a romantic getaway. The complex, which has 243 rooms with views of the sea, also offers the **Deluxe Villas by Don Carlos Resort** as an accommodation option. These are exclusive villas with extra special services.

For more information:

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