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Ref: CN48353



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Town house with 2 apartments and spacious terraces with stunning views. Communal pool and gardens.

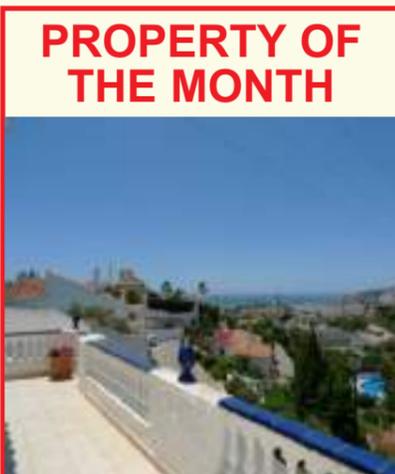
Price: €280,000
Ref: CN48658



PACO ROMA

2 bedroom apartment with sunny south facing terrace. Walking distance to town and supermarkets.

Price: €170,000
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**PROPERTY OF
THE MONTH**

URB. NARICHA

Beautiful sunny villa with 4 bedrooms, 3 bathrooms. Surrounded by spacious terraces with stunning views. Private garage and storage. Communal pool and gardens.

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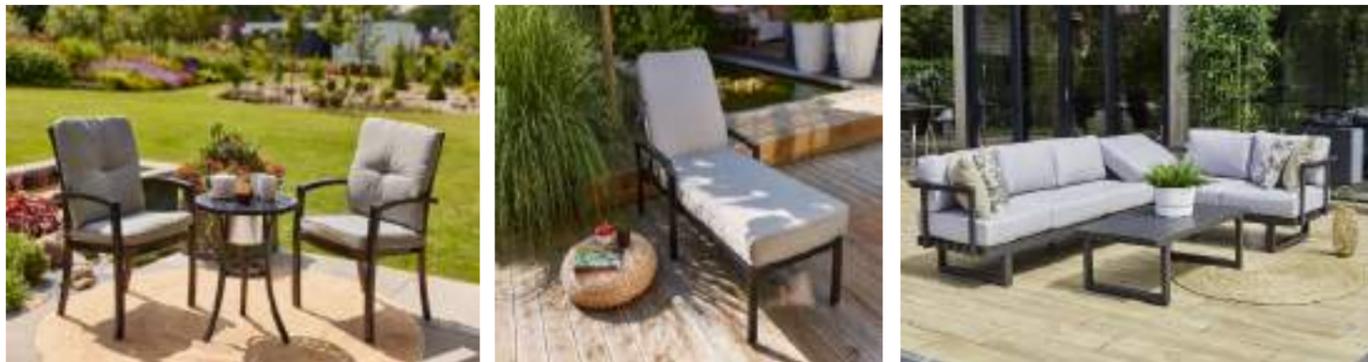


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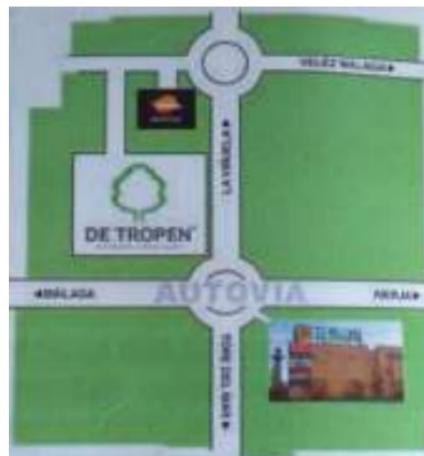
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Townhouse of the month

Canillas de Albaida Price: €195.000 TH1002



courtyard makes this a perfect space for al fresco dining. Stairs lead up to the second floor and directly into the second sizable light and airy living room with wood burner, wooden beams and romantic Juliette balcony. This room is outstanding with space and light from the Juliette balcony and the terrass glass door leading out on the roof. Two bedrooms lead off from the lounge, of which the master bedroom is direct linked to the living room and has an en suite shower room. From the living room you continue up on the roof terrace with wonderful views with sun from morning until sunset. The townhouse is very rare because of the patio, a truly wonderful property full of space, charm and character! Must be seen to be appreciated. The property has mains electric and water.



A beautifully renovated large historical townhouse close to the main square of the white washed village of Canillas de Albaida. A relaxing place in the sun with only 30 min away from the coast. The property has sweeping views from the impressive Mount Maroma, over the rooftops of the village and down towards the sea. This wonderful and spacious property has been very sympathetically restored and was once the local theatre for travelling performers, even the original ticket window remains in the house. This appealing townhouse has its living area distributed over two floors, with the third floor being an "L" shaped roof terrace. Entrance is via double wooden doors which open out into a living/dining room with open fireplace, double bedroom, bathroom and kitchen. A wonderfully spacious and bright modern white kitchen with all cooking facilities to spend a lot of time in. The access to the patio is with folding glass doors, a unique indoor/outdoor feature of the

Sayalonga: Price: 450.000€



Living space: 454m²
 Bedrooms : 7
 Pool: Yes
 Garage : Yes
 Terrace: Yes
 Bathrooms: 4
 Views: Mountain
 Area: Countryside
 Ref. CP521

Cómpeta: Price: 280.000€



Living space: 130m²
 Bedrooms : 2
 Pool: Yes
 Garage: Yes
 Terrace: Yes
 Bathrooms: 1
 Views: Sea views
 Area: Countryside
 Ref. CP525

Nerja: Price: 449.400€



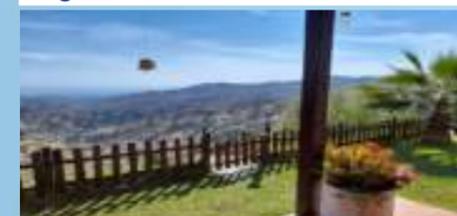
Living space: 120m²
 Bedrooms : 3
 Pool: Yes
 Garage: Yes
 Terrace: Yes
 Bathrooms: 2
 Views: Sea views
 Area: Village
 Ref. TAP297

Torrox: Price: 72.500€



Living space: 24m²
 Bedrooms : 0
 Pool: No
 Garage: No
 Terrace: Yes
 Bathrooms: 0
 Views: Mountain
 Area: Countryside
 Ref. TCP180

Frigiliana: Price: 264.680€



Living space: 77m²
 Bedrooms : 2
 Pool: Yes
 Garage: No
 Terrace: Yes
 Bathrooms: 1
 Views: Sea views
 Area: Countryside
 Ref. TCP178

Torrox: Price: 396.000€



Living space: 283m²
 Bedrooms : 3
 Pool: Yes
 Garage: No
 Terrace: Yes
 Bathrooms: 2
 Views: Sea views
 Area: Countryside
 Ref. TCP154

In conjunction with Cómpeta Properties S.L.

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**March/Marzo
2022
Issue N° 288**

Published by Streetwise
Apartado de Correos 136,
Torrox, 29770, Málaga, España
Publisher: Dawn Ashurst
Sales: (00 34) 638 474 718
Design work: Chelse Ashurst
Deposito Legal: MA 3272-2009

Web Site: www.streetwise.es
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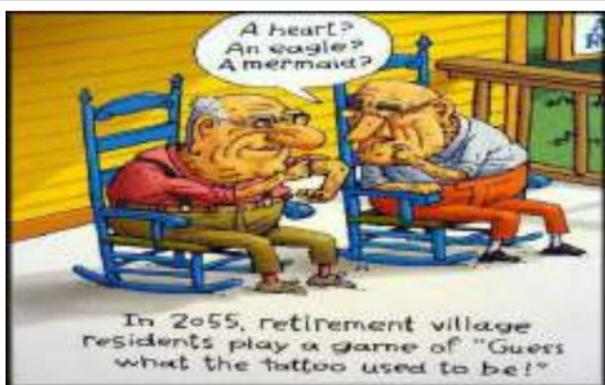
Photo by
Lucia Del Valle Hidalgo



Welcome to Streetwise magazine -

The end of February gave us some much needed rain but it didn't dampen the spirits of the tourists and locals. People were still out and about enjoying the beautiful Costa del Sol. We had a busy February with many clients reporting a good month for business, which is always good to hear. When having my morning coffee and doing my people watching, it was nice to hear the different languages and them having fun. People have already started holidaying here on the Costa del Sol and are supporting the local businesses. If you're here for a few days, don't forget to try the local Ruta de tapas (tapas route), it'll take you to several of the local bars and restaurants, and let you see and experience the local culture! My parents are already preparing for the first family arrivals at the end of this month. I'm looking forward to seeing family.

We have a packed Streetwise for you, enjoy! Dawn x



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Price: €184.000 Ref: NV: PO85B



New houses on El Capistrano. Ground floor: ample terrace, 2 bedrooms, 2 bathrooms, cloakroom. Upstairs: spacious, bright lounge-dining room, open plan kitchen, terrace with partial sea views, bedroom, bathroom. Amazing roof terrace with private pool and 360° of stunning sea and mountains views.
Price: €395.000 Ref: NV: BLOQ-JES



Fantastic apartment in 'San Juan de Capistrano', Nerja. Comprises ample south facing terrace (30m2) with magnificent sea/mountain views, 2 spacious bedrooms, 2 ensuite bathrooms, wc, well equipped kitchen with extra laundry room, generous lounge/dining room. Communal facilities, pool (24hr lifeguard), bar, restaurants, supermarket, garden areas, bus service to Nerja and beach.
Price: €265.000 Ref: NV: SFO42



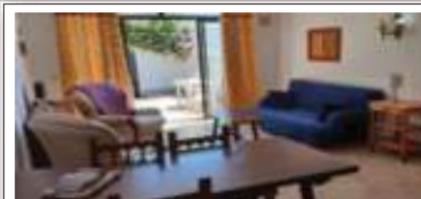
Magnificent studio, with excellent location within the popular 'El Capistrano village'. It comprises of: Fully equipped kitchen, bathroom, good size living-bedroom and a great outside space, with a sensational south facing terrace, with amazing sea views, and sun most of the day. Good rental potential!
Price: €155.000 Ref: NV: PO19

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Ample Town house in Maro's main street (Calle Real), very close to the square. It is in acceptable condition, and it has many possibilities due to its size. Currently it has 5 bedrooms, living room, dining room, kitchen, bathroom, 3 patios, ample terrace, mountain views. Possibility to build a roof terrace, to offer sea views.
Price: €318.000 Ref: NV: MAR019



Charming apartment at El Capistrano Village, comprises of spacious livingroom with fireplace, fitted kitchen, bathroom, double size bedroom, lovely patio-garden with sun most of the day. Located within 1 minute walk to the swimming pools. Great rental potential!
Price: €150.000 Ref: NV: PO59



Spacious house in Frigiliana old town, comprising 1st floor: 2 bedrooms, living-dining room, kitchen, patio-terrace with fabulous sea and country views, storeroom. 2nd floor: South facing terrace with sun all day and excellent sea and country views, 2 bedrooms and a bathroom.
Price: €220.000 Ref: NV: FRIG



Magnificent 2 bedroom apartment situated in the beautiful area of El Capistrano. It comprises of: 2 bedrooms, 1 bathroom, full equipped kitchen, nice living room and good size terrace with sea views. It enjoys facilities as a communal pool, gardens and parking.
Price: €250.000 Ref: NV: DA09



Lovely villa in the best location within El Capistrano Village. Ground floor; bright lounge/dining room with fireplace, nice sea views, modern kitchen, ample south facing terrace, access the private garden, porch and basement (an extra bedroom). Top floor consisting of lovely terrace with sea views, 2 ample bedrooms, bathroom. Within 1 minute walk to the swimming pools.
Price: €375.000 Ref: NV: OL157



Luxury detached villa (2 x self-contained dwellings), in Capistrano Village, with private pool and communal pools, consisting of 5 bedrooms, 4 bathrooms, 2 spacious outdoor and 1 indoor terrace, with sea views and BBQ area, private car garage, 2 living-dining rooms, 2 equipped kitchens, lovely private garden.
Price: €790.000 Ref: NV: CO02



Amazing 6 bed villa with private pool in the village of Capistrano. This magnificent villa consists of: 6 beds 3 baths + toilets, fully equipped kitchen, private pool and garden, four terraces. In total, there are more than 400m2 built (250m2 build, 150m2 terraces.) South facing, sun all day, wonderful views. The location is ideal surrounded by beautiful gardens and parking closeby.
Price: €849.000 Ref: NV: CO21

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Self employed social security payment changes

Spain proposes new Social Security contributions for self-employed: From €184 to €1,267 depending on income.

The plan, which is still subject to talks, will mean that freelancers pay according to what they earn rather than a flat monthly rate.

Spain's Social Security Ministry is continuing with its plans to reform how the self-employed make contributions to the Social Security system. Under its proposal, presented to business associations and unions, freelancers would pay monthly contributions based on their real income, rather than a fixed monthly amount regardless of how much they make. Right now, with a few exceptions, it is possible to choose one's contribution base, which in turn determines the monthly fee to pay, regardless of actual income. There is a minimum payment to make even for the lowest earners. Currently, an estimated 85% of Spain's self-employed have opted for the lowest available contribution base, which is €944. This amounts to a monthly payment of around €250 or more for most freelancers.

The proposed reforms would dramatically change this system. According to sources close to the negotiations, the ministry has proposed creating 13 contribution brackets based on the self-employed worker's income, ranging from €600 and to €4,050 a month.

The self-employed in the lowest bracket would pay a minimum monthly fee of €184, while those who exceed the top bracket, would pay €1,267 a month. The Spanish government – which is led by a coalition of the Socialist Party (PSOE) and junior partner Unidas Podemos – also wants to make the system more flexible, according to the same sources. Under the proposal, the self-employed would be able to change their income bracket up to six times in a year, on the understanding that freelance work fluctuates from month to month. In this way, a freelancer would

be able to adapt their monthly Social Security contributions when they earn the most and when they earn the least.

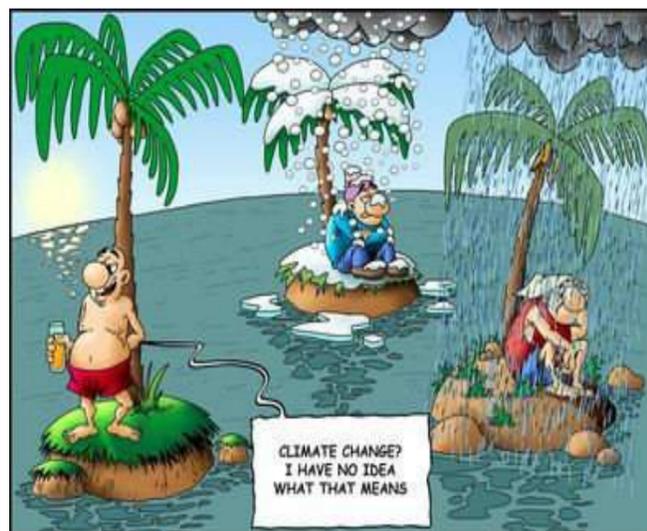
According to the sources, the proposal estimates that two in three freelancers in Spain will pay lower Social Security contributions under the new system. The self-employed who earn between €600 and €900 a month, for example, will see savings of €600 a year. As for the €70 reduced monthly rate, the government plans to keep it in place, but wants to offer it primarily to freelancers who earn less than the minimum wage.

The new system is set to come into effect in 2023. The government, however, earlier indicated that it would be rolled out progressively over a nine-year period.

The proposal, which will be subject to more talks, was well-received by two of Spain's main self-employed unions, UPTA and UATAE on, but strongly criticized by the freelancer association ATA, which is a part of the Spanish Business Confederation (GEOE). ATA president Lorenzo Amor said the government "had no idea what it is like being self-employed," reported Europa Press. UATAE, however, said Spain needed to move to a "fairer and more supportive [system] for the more than three million self-employed under the current one."

The changes, which are aimed at ensuring the self-employed have greater protection under the Social Security system if they find themselves out of work, temporarily unable to work or in need of maternity or paternity leave, follow long-standing calls for the system to be reformed.

The Toledo Pact, for example, which was approved by Spanish parliament in 1995, recommended "making the payments of self-employed workers more in line with their real income" in order to guarantee the "financial sustainability" of the country's pension scheme. The Spanish government also committed to making reforms in a July 2021 pact signed with business associations and unions, and as part of its recovery plan presented to the European Union.



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 <p>TORROX COSTA Frontline beach apartment. 2 bedrooms, 2 bathrooms, modern kitchen, lounge, terrace with great beach and sea views. Fully furnished, airconditioned and including underground parking space and storage room. Great rental property.</p> <p>Reduced to: €240.000 Ref: 6445 AP2</p>	 <p>PUNTA DEL FARO Luxury apartment in well kept urbanisation by the sea. 2 bedrooms, 2 bathrooms, separate kitchen with laundry, lounge and large terrace with glass curtains and lovely views over garden, pool and sea. 2 communal pools, private parking.</p> <p>Price only: €299.000 Ref: 6500 AP2</p>	 <p>ALCAUCIN Very well presented detached villa on the edge of the village. 2 beds, 2 baths, lovely kitchen, lounge, porch, terrace and car port on one level plus a huge guest apartment & storage in the basement. A/C, jacuzzi and lake views.</p> <p>Reduced to: €199.000 Ref: 6009 V12</p>

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WORK-LIFE BALANCE

How two companies in Spain moved to a four-day week without cutting salaries!

Managers at Software Delsol and CIB Group say there has been no loss in productivity despite the reduced hours. A government program to extend the concept has yet to be launched despite being announced in March 2021

Is it possible to introduce a four-day work week in Spain without pay cuts? Last year, the telecoms giant Telefónica and the fashion brand Desigual announced their decision to offer a third day of rest a week, but the measure was somewhat misleading: the deal involved a salary reduction at both companies.

But two tech companies are truly offering a shorter work week without any salary cuts. Two years ago Software DELSOL, a software developer from Jaén (Andalusia) that employs 185 people, became Spain's first business to adopt a 36-hour week without reducing workers' pay. It was followed in September of last year by a German software manufacturer called CIB Group, which has branches in Valencia and Las Palmas de Gran Canaria.

While the result of this initiative in Spain is still unclear, success has been reported in other countries.

The Japanese division of Microsoft ran a month-long trial in August 2019 and productivity grew nearly 40%, the company reported.

"It is still too early to extract specific data," said Yolanda Roca, spokesperson for the marketing department at CIB Group. "But we haven't seen any negative effects on productivity, which may in fact have increased. The company has noticed a drop in absenteeism during working hours for private matters or medical appointments, since employees now try to do these things on Fridays." Roca added that their four-day policy is also attracting a lot of new job candidates. "There's been a noticeable increase in job applications," she said. In a recent news release, CIB Group CEO Ulrich Brandner said he was aware that not all companies can easily introduce such a model, but that it should quite feasible for software developers. Company officials at Software DELSOL have more conclusive evidence after two years of experimentation with the shorter work week. "The experience has been positive," said Ana Arroyo, head of People Selection and Development. The program required an investment of €420,000 and a 20% staff increase, she explained. "Absenteeism fell 20% the first year because people stopped using company hours for personal errands. It has also improved camaraderie and commitment to the company." According to Arroyo, sales have been growing by an annual 20% since the four-day week was adopted.

A recent study carried out in Iceland with 2,500 workers on reduced working weeks of 35 to 36

hours and no salary cuts showed similar or improved productivity and lower stress levels among the staff.

Financial hurdles

"Of course it is possible to implement it, it's already being done. The mistake would be to impose it and to make it a universal policy at Spanish companies," wrote José D. Canseco, who teaches at EAE Business School, in an article published in June in the financial newspaper Cinco Días. "Not all companies can carry it out; those with more of a tech component or where digitalization has been adequately developed will have a much easier time." Cost is the main hurdle. That is why the Spanish government announced a pilot program in March 2021 offering 200 companies the possibility to apply for subsidies of €250,000 on average to introduce four-day work weeks without salary reductions. The program was made possible through €50 million in European Union recovery funds. But one year after its announcement, it has yet to be launched. Existing legislation caps the week at 40 hours of effective work. This is an annual average, which makes it legal to work 42 hours one week and 38 hours the next. Sectoral agreement may define a new threshold, but it can never exceed the limit set by the Workers' Statute. Spain does not have a law regulating the 32-hour work week, which gives added importance to case-by-case negotiations with companies.

"The most interesting part of the proposal is that it has put the issue of the work week on the agenda," said Carlos Gutiérrez, head of studies and training at the labour union CC OO. In his opinion, reducing the work week represents "another way to distribute productivity" and it is crucial for the process to be "negotiated with the workers through collective bargaining."



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Nerja receives 492,202.44 euros of European funds to build a new bike lane.

The Ministry of Transport, Mobility and Urban Agenda of the Government of Spain has provisionally granted the Nerja City Council a grant of 492,202.44 euros, from European Next Generation funds, within the framework of the Recovery, Transformation and Resilience Plan, which will go towards the construction of a new bike lane in the municipality.

The mayor of Nerja, José Alberto Armijo, has valued the news highlighting that "we are going to link it to the co-financing of the construction works of a bike lane that will run along Avda. de Pescia and the old N-340 road, from the access roundabout to Burriana beach to Punta Lara, with a total budget of 661,738.54 euros, with the municipal contribution being 114,847.40 euros".

"This is the third action that we promote in the current corporate period, together with the two sections of bike lane that we are going to build between Nerja and Maro, one of which we are going to start work on immediately and the other in the process of being awarded. Our commitment is to continue advancing towards a more sustainable and environmentally friendly travel model, thus contributing to the reduction of polluting emissions in our environment, thus improving the quality of life of Nerjeños and Mareños", the councilor concluded.

New panoramic view point in the section of the Coastal Path between the beaches of La Caletilla and El Salón.

The work of the Coastal Path project that will link the beaches of La Caletilla, next to the Balcón de Europa, and El Salón in a pedestrian way is advancing at a good pace. "The works, which is 100 meters long, will allow the Coastal Path to be extended, providing our municipality with a new panoramic view point", the councilor reported, explaining that "from the construction management and the contractor they have indicated that the work is being carried out according to the established deadlines, so it is foreseeable that before the start of Holy Week the works will be completed and we will proceed to its opening".

Torrox prepares for the carnival.

The municipality of Torrox will have several events with its carnivals, as announced by the mayor, Óscar Medina, and the Councilor for Popular Festivals and Traditions, Salvador Escudero. The institutional act will be held on February 28. The parades will be held in March, on the 12th through the historic centre of Torrox and on the 19th on the El Morche promenade.

There will be costume contests with prizes in different categories.

On Saturday, March 12, a catwalk will be created in the Plaza de la Constitución, a completely open and very large space, "also facilitating that all attendees enjoy the display of costumes," Escudero highlighted.

The Paseo Marítimo is also once again the chosen place in El Morche, "with the natural parade of the promenade that will delight all the attendees and participants in the contest".

The parades will be held in the afternoon and in both cases will close with the Pop FM concert.



First Tapa Route with Barbadillo, the Gastronomic Year kicks off in Torrox. Torrox begins its Gastronomic Year with the 1st Ruta de la Tapa con Barbadillo as the first of the activities that are going to take place in the municipality over the next few months to promote its gastronomy, from February 18th to March 20th. "Torrox, the first Gastronomic Capital declared by the Provincial Council, now offers its best products in a tapa version with the intention of publicizing our wide range of restaurants" highlighted the Torrox councilor. 25 local businesses have shown their enthusiasm to be part of this initiative whose main objective is to promote local consumption. This route will also be an attraction for visitors from all over the province, so it will have repercussions on other types of establishments, not just restaurants. Succulent and delicious tapas which can be taken with a glass of Barbadillo wine for a price of 2.70 euros. To participate, it will be necessary to stamp six different establishments on each form, and deposit each one of the brochures duly completed in one of the ballot boxes of the participating businesses, remembering that the same person can participate as many times as they want as long as each participation has the seal of six different establishments.

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FAREWELL TO PLASTIC!

Plastic is choking life in the deepest ocean and the highest mountain. It's in the air, our food, drinking water, and even in the human placenta. We are all being poisoned by it and the UN is considering a new global treaty to end plastic pollution. It has been predicted that by 2050 there will be more plastic in the ocean than fish.

In my life-time I've witnessed the increase in the use of plastic bags and packaging to the extent that we can't go anywhere without seeing it in the environment around us. Sea birds are feeding it to their chicks. Fish, turtles, seals, dolphins and whales are being trapped in it and are often disfigured as their bodies grow around it.

The sad truth is that we do not need all this plastic packaging. I'm old enough to remember shops selling loose food in barrels which was scooped out into paper bags or our own containers. We could buy as much or as little as we required. So, imagine my delight when I discovered here in Nerja a shop selling food in sacks and glass jars which can be scooped out, weighed and put in paper bags.

This shop is Canela y Grano and it's at the top of Calle Pintada. I can now buy my coffee, tea, nuts, dried fruit and pasta, etc. loose, weighed and carried home in a brown paper bag. I no longer have to agonise over what to do with the plastic containers supplied in over-abundance by the supermarkets. I have a choice. We all do.

People often say plastic can be recycled but this is not true because recycling is more expensive than creating new plastic. When I was a child I collected used glass bottles and returned them to the shop for cash, which gave me extra pocket money. I think this is a good idea especially if the containers are reused and not just dumped. When Coca-cola was asked about this, they said it was too expensive to collect the bottles, clean and refill them, but surely it's better than dumping them in the environment. There are now mountains of used Coca-cola bottles in third world countries. Surely Coca-cola could spend some of its huge profits on reusing its bottles. There are lots of innovative ideas for recycling plastic. I've seen

benches made of recycled plastic. I even have a swimming costume made from recycled plastic. Now Spain has a plastic highway. It's in Barcelona in the Bon Pastor neighbourhood and is a radical way to deal with plastic waste. This stretch of road is along the Paseo de la Vermeda and used a total of 4,500 kg of plastic, equivalent to 3000 household garbage sacks full of plastic. It's said to be more resistant than traditional road surfaces for heavy traffic, as well as cutting gas emissions during the manufacturing process. If widely adopted it could tackle the problem of plastic in landfills, illegal dumping in waterways or burning which causes breathing problems for those living nearby.

Spain produces over two million tons of plastic waste every year, with only 43% being recycled. Estimates indicate that using non-recyclable plastic to build roads uses less than 17 tons of CO2. If this pilot scheme is successful, it will be used in other parts of the city, and hopefully in other parts of Spain.

Marilyn Barry is a writer who lives in Nerja. Her website is www.innerwayonline.com

Canela y Grano in Calle Pintado, Nerja.



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Urb. El Algarrobo, Nerja

Townhouse with fantastic views to Mediterranean Sea from its two south facing terraces. The property is built on two floors comprising two double bedrooms, one new bathroom and one guest toilet. In addition there is a separate self-contained apartment with one double bedroom and a gated parking space with capacity for a large vehicle. Communal pool. Great rental potential.

Price: 320,000 euros Ref. JG962



Castillo Alto, Nerja

Villa with private pool situated in Castillo Alto, on the road from Nerja to Frigiliana. The property comprises three bedrooms and two bathrooms. It has a roof terrace with very nice sea and mountain views. Outside the house there is a large sunny terrace, a patio with mature trees, a BBQ area and a small workshop room. There is also a garage space with automatic door.

Price: 330,000 euros Ref. JG135

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Urb. La Noria, Nerja

Recently fully refurbished detached villa with private swimming pool, gated parking space, mature garden and extensive sun terraces offering fantastic sea views. The property is built on three floors and comprises four double bedrooms, two bathrooms and one guest toilet. Features include externally insulated, A/C & heating throughout, under floor heating, electric blinds, double glazing, solar water heating, alarm with external sensor and cameras, electric gate entry, Jacuzzi bath, steam shower.

Price: 650,000 euros Ref. JG189

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Urb. San Juan Capistrano, Nerja

A stunning apartment situated in San Juan de Capistrano. The property is easily accessed via a short flight of steps from the residential road. It has two front sunny terraces offering superb views to the Mediterranean Sea. The accommodation has two double bedrooms, both with direct access to outside terrace, and a refurbished bathroom with a walk-in shower. This property can be an ideal full time family residence or a strong holiday rental investment. Viewing highly recommended.

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Why you shouldn't aim to please everyone!

If we constantly worry about what others will think, we will never be original or authentic. We all like to be recognized for what we do. Some people need it from everyone around them and others are more selective. The search for approval is innate: it starts in our childhood, as we follow our parents around so they can see how well we do things, a process that builds our self-esteem and confidence. During adolescence, what our friends think about us starts to matter (in most cases, excessively) and, as adults we continue to look to others for their critiques, be it on cooking, writing a report or dancing in a nightclub. But this search can be a problem when we need validation for everything we do. For example, when someone gives a presentation in front of a large crowd and everyone likes it except for one person... that one negative review can sour the entire experience. It is clear that this attitude comes from the fear of failure. And it is a weak spot, because, as the doctor and lead investigator in a study on stress, Hans Selye says, "the more we yearn for approval, the more we are chained to it."

You gain freedom when you enjoy work and feel like you have purpose.

When we desperately seek approval (of course, people rarely openly admit to this), we are giving the other person the power to judge us. In the previous example, the person giving the presentation is extremely vulnerable to any criticism. Any comment that could potentially question their work is a time bomb waiting to explode, whether it comes from their boss or from an intern. The reason is simple: they have given them that power. In the end, their sense of success is driven by their insecurities, and this is what makes them extremely vulnerable.

So, what can we do to manage our constant search for approval?

First, approval should act as an engine, not a pair of pliers. The line between the two is subtle, but simple. If you can't stop thinking about an isolated negative comment, the desire for

approval is acting more like a set of pliers, pulling apart your talent or potential. However, if a comment acts as an engine, you learn from it, move on, and it becomes a driving force to help you improve. Secondly, accept it: not everyone's opinions are worth worrying about. If we aim to please everyone, we will end up turning into someone else. A healthy dose of criticism can be positive. If you want change, don't bank on everyone liking it. In fact, if it doesn't make some people uncomfortable, it's possible that the project won't be successful.

If we aim to please everyone, we will turn into someone else.

And finally, believe in what you do and have fun with it. If we work solely for the approval of others, we cannot be creative or original. You gain freedom when you enjoy work and feel like you have purpose. That is why you must do things for you first, have others in mind, but don't give them all your power. This is the only way you'll be able to shine with your own light.

As Oscar Wilde said: "Be yourself, everyone else is already taken." This can only happen when we look for approval in the right measure.



5 STEPS TO BE FOLLOWED FOR DEALING WITH AN INHERITANCE OF AN EXPAT OR NON-RESIDENT IN SPAIN

Organizing an inheritance in Spain is a difficult task for everyone, specially if you don't know the Spanish law. In this post we explain the basic steps to be followed when a non-resident or expat passes away owning assets in Spain. It is necessary to carry out a legal procedure to change ownership of assets of the deceased person into the name of the heirs.

1st Step: Get an original death certificate. This official document is normally provided by the funeral company and it can also be obtained from the Civil Registry.

2nd Step: Get original certificates of the last will, (if any) signed by the deceased person, as well as the certificate of any life insurance policies in place. With these certificates we will confirm if the deceased person made a will in Spain. We can find two situations:

- Existence of a will made inside or outside Spain. In this case the assets will be distributed according to the wishes of the deceased person.
- Non-existence of a will. If the deceased person never made a will, the distribution of his assets will be made according to the laws of his nationality.

3rd Step: The heirs or relatives of the deceased person will have to sign an inheritance deed in front of a Spanish Public Notary in order to accept and distribute all the assets. Please, be aware that debts are also inherited so it is important to confirm that the value of the assets is higher than any possible debts.

4th Step: Filling Inheritance Tax Form 650 with the local Tax Office. For EU citizens there are allowances up to 1.000.000 euros per heir (in case of direct relatives: spouse and children), so in most cases there won't be any inheritance tax to be paid. The inheritance taxes must be filled within 6 months from the date of the death.

5th Step: Take the inheritance title deeds to the Land Registry in case the deceased person owned a real state property or to banks /insurance companies in case the deceased person had funds, bank accounts or life insurance policies.

We recommend hiring the professional services of a solicitor so this procedure can be done in a speedy and correct way.

Please do not hesitate to contact us so we can guide you through this process. We will inform you exactly what the requirements for the completion and submission of the 720 Tax Form are.

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10 arid and semi-arid garden plants in Spain

Gardening, isn't that hard work and reliant on a regular water supply? A Spanish or Mediterranean garden doesn't have to require regular watering. Green fingers can still work their magic under the Spanish sun with these 10 sun loving plants.

WE ALL LOVE the warm Spanish sun, and a holiday here both invigorates and recharges the batteries, as much as safely topping up that longed for golden tan. But gardening in Spain is another ball game entirely, and it can be quite frustrating trying to maintain an oasis of colour and scent when the sun is at its zenith. The summer months don't mean that you have to live in desert-like conditions though, there are plants that will thrive on very little water, and they're perfect for gardening with satisfaction in Spain. Just a ramble through the countryside will show you that plants can survive anywhere, the mountains of Andalucia burst with colour and scent in spring, dormant shoots pushing through what looks like dry and barren earth, making a Spanish-style family hike a very pleasant alternative from the beach.



Bird of Paradise flower

So, whether you have a patch of land to call your own, a few acres or even hectares of terra firma, or even just an unloved balcony or terrace, let's explore the horticultural world and discover what are the best planting options - looking at 10 arid and semi arid loving plants suitable for Spain. They're a few fast rules, which are easy to remember and abide by: Look at the leaves. Choose ones that feel like felt, are furry, waxy or silvery in colour. The latter reflects

light, the first ones mentioned are all tougher and less susceptible to damage by sunlight. Plant according to what you've got, check out where the sunniest corner is in your garden or terrace, likewise the shadiest, and use these natural locations wisely.

Mulch. A layer of bark will protect the roots from drying effects of the sun, keep in any water, and look pretty and neat into the bargain. See what the neighbours are up to! Have a peek over the fence and see what grows best before you splash out your hard earned cash at the garden centre. **Here are some of the plants to look for:**

Succulents and Cacti.

Have a look at places that are hot all year round, the Canary Islands



Succulents and Cacti



Cycas

for example. Everywhere you'll encounter species of Cacti and Succulents thriving under the midday sun. They're practically impossible to kill off, and can be ignored completely for lengthy periods. They also survive cooler weather pretty well, but bear in mind some of the Cacti can be pretty vicious, so if you rent your place to families and children then maybe avoid some of the more prickly varieties. The same warning goes for poisonous plants, if in doubt just ask at your local garden centre. Some other succulents are Agave, Aloe, Echeveria, Euphorbia and Sedum.

Cycas.

These are mostly stunning trees, and can be grown in pots, they make great architectural features, they're the wow factor plants. They take a long time to grow, but you can pick them up in mature states very reasonably here in Spain.

If you're here in Andalucia, we recommend the Garden La Palma, Velez Malaga, for a huge and healthy selection of plants and friendly advice.

Hibiscus.

It's just such a pretty plant, the tropical trumpeting flower in all shades, from palest pink to vibrant sunny yellow. Used in hedges, along the motorways, to decorate pedestrian shopping streets and balconies and courtyards all over Spain, it's easy to look after and gives instant flowering results. It needs less regular watering if it's planted straight into the ground, rather than a pot.

Hypericum.

Squat and bushy ornamental plants with showy flowers. Some species fall under the RHS society of Garden Merit, and they're a brilliant plant of you're thinking rockery with some nice beach-like pebbles and stones. They handle the heat well, as they're protective of themselves, owing to the squat and dense shape and structure.



Hypericum

Next month, ...6 more Spanish super plants!



Hibiscus

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	<p>Canillas de Albaida Unique property!</p> <p>Stunning 3 bed, 3 bath + wc (195m²) village house, sympathetically renovated & retaining original features, independent studio apartment, swimming pool, roof terrace, sold furnished and includes some of the</p> <p>EPC: E Price: 299,950 euros ref: v1422</p>
	<p>Competa/Torrox Sea views!</p> <p>Very attractive 3 bed 2 bath villa (115m²) ideally located close to Torrox with excellent access & sea views. The perfect holiday home/rental property with open plan living accommodation and a secluded pool area.</p> <p>EPC: E Price: 240,000 euros ref: v1199</p>
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This Spanish Ghost Town Just Reappeared After 30 Years At The Bottom Of A Reservoir

When the creation of a new reservoir in 1992 forced residents of Aceredo to evacuate, they thought they would never see their homes again. Now, due to a major drought, they can. Tourists are flocking to Aceredo to explore the ruins that have been underwater for 30 years. In 1992, residents of Aceredo, a small village on the border of Spain and Portugal, watched as the Limia River rose, overflowing its banks and submerging their town. This was no typical flood, though. The area needed a new reservoir, and Aceredo was sacrificed to make way for it. Now, the ghost town is re-emerging after 30 years underwater. During a typical dry season, a few rooftops may peek out as water levels sink. However, the reservoir rarely becomes low enough to reveal this much. Now, after months of historic drought in the region, nearly the entire village is on dry ground. The reservoir is at only 15 percent of its capacity. María del Carmen Yañez, the mayor of the larger Lobios council, which includes Aceredo, explains the reservoir is so low due to a drought brought on by climate change as well as “quite aggressive exploitation” by the Portugal power company that manages the reservoir. But despite the circumstances that led to this re-emergence, tourists are coming in droves to explore the village — and there’s a lot to see. Roads, paths, and areas of previous farmland are visible, as are former homes and businesses. The stone structures remain, although most of the roofs have collapsed, and the wooden doors and windows are rotten. Back in the early 1990s, Aceredo and four other villages in the Galicia region of Spain were flooded to make way for a reservoir. At the time, Aceredo alone held 70 houses and 120 citizens — all of whom were forced to evacuate in the days leading up to the reservoir’s construction.



But they did not go without a fight. There were complaints, protests, and even a 10-day hunger strike led by furious citizens. In the end the water came, the first day a little, the second a little more, and, on the third day, it rose and did not fall more. Not everything was lost, however. A historic church was moved to a different town, and families chose to relocate the bodies of their deceased loved ones who were buried in the village. Additionally, as residents began gathering their belongings and planning their moves, they filmed the scenes around them. There’s no question that footage of life in Aceredo helped preserve the history of the ghost town. And in 2015, two filmmakers used the footage to put together a documentary called *Os Días Afogados*, which means “The Drowned Days.” Still, the losses were great for the families who were forced to relocate. Many had lived in Aceredo for generations, never knowing another home. Some moved to nearby villages, while others left the area entirely to create new memories elsewhere. Now, former residents are getting another glimpse of the homes they thought they would never see again. Images taken by a drone show how quickly residents had to leave all those years ago. Empty bottles still sit on tables, crates are stacked against walls, and a rusty old car sits where it was last parked. Even a crumbling fountain still spews a steady stream of water. Those who witnessed the flooding firsthand, says of the sudden burst of tourism, “I can see this might be interesting for visitors from elsewhere, but for those of us whose roots are there it is hard to see it like this. Seeing the houses where they were born and raised has made people very nostalgic for the past. That is a very Galician thing.”

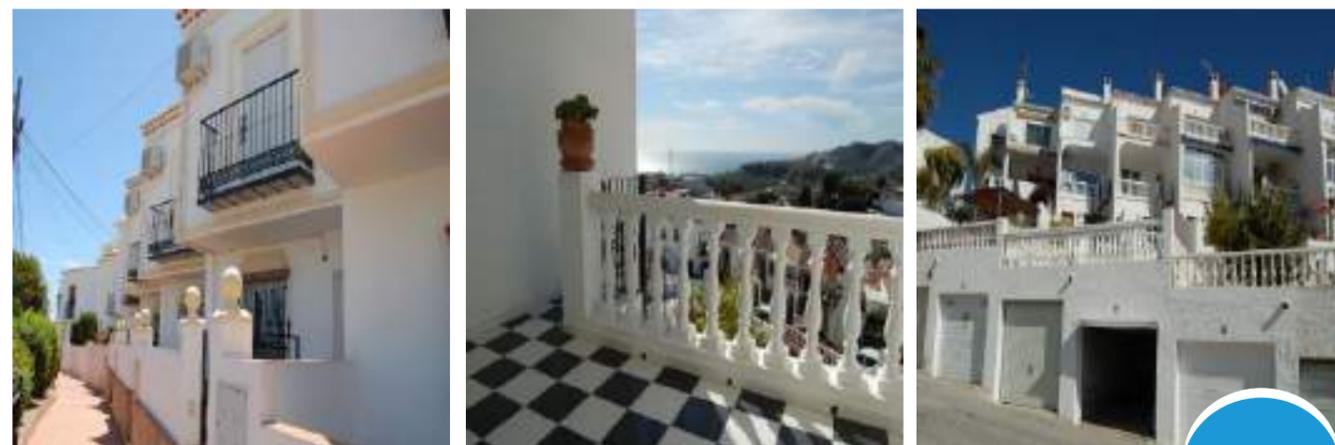


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Holly and Star:- Holly and Star are 12 week-old pups who were found in the riverbed of the Rio Chillar on Christmas Day by a Swedish woman who was staying in Nerja for the holidays. This Good Samaritan contacted the Costa Animal Society (CAS) straight away however it was impossible to find a foster place for them over Christmas, which can be challenging even in the best of times, and the pups were taken to the local kennels. The pups were actually very clean and in good condition, so they were probably dumped only hours before they were found. In fact, they were well looked after up to that point making it all the more difficult to understand how someone could leave them in the riverbed to fend for themselves at such a tender age. Holly and Star are sweet and playful girls who will be large dogs when they grow up but we think gentle ones. Both pups love food and treats so they will be easily trained and each will make a wonderful addition to any family. They have been examined by our vet, received worming treatment and vaccinations, and will be chipped with a passport in early February when they will be ready for adoption. Holly is a bit more adventurous than her sister but Star loves her cuddles and both are very affectionate.



Holly and Star

Snoopy:- The pups keep coming and it's not even spring yet. Snoopy was also rescued from the Rio Chillar last month when he was living rough with his mother and another pup amongst a thick thatch of cane in front of a cortijo. His mother and sibling were very wary of people and kept their distance in the canes and even had their pathways in and out of the cortijo fence

making it impossible to catch them. Snoopy though has a much more trusting and inquisitive nature. CAS was able to scoop him up from the river road, thereby, saving him from a campo life of exposure to diseases, parasites and growing up with little human contact. Again no foster place was available in mid January and Snoopy was placed into a local kennels. For the first couple of days he pined for his mother as he had never been apart from her so the decision was made to pair him up with Patch who has become his surrogate older sister. Snoopy has now settled into life in the kennels where he is regularly fed, handled by people every day and he has been treated for worms, fleas and ticks. Snoopy is an affectionate young lad who loves his cuddles and playing with others. His mother was a Podenco but his father was something black and white like a Bodeguero and he has inherited his colouring. Snoopy will be three months old this February and will be chipped, vaccinated and ready for adoption.



Snoopy

Buzz:- Buzz is a young Bordie Collie dog who was found on the San Juan de Capistrano urbanisation in Nerja at the end of 2021 after wandering the streets near the tower for several days. Unfortunately, no owner was found despite extensive advertising on social media and in local magazines, thus Buzz is ready for a new forever home. He is an 18 month old male who has the coat, colouring and size of a smooth Collie with the temperament and good nature to match. Buzz is a sweet boy who loves to please people and he gets along well with other dogs. He would make a wonderful companion for a single person or a family of two or more and he will be easily trained. If you would like to meet Buzz or any of the other animals under the care of CAS, and are looking to adopt or are willing to foster a pet please contact

The Costa Animal Society...

CAS by email at costaanimalsociety@gmail.com or through our Facebook page \casnerja.



Buzz

CAS Cat of the Month

Shorty:- The Costa Animal Society (CAS) would love to find a home for the elegant Señor Shorty, a five year-old male cat who was born with a short tail in a garden near La Noria in Nerja. All of his siblings found new homes but Shorty grew up in the garden where it became his domain. Unfortunately, the owner of the house now needs to move back to the UK, so Shorty needs a new house to call home. He has been vaccinated, neutered and has always been treated for fleas, ticks and worms, but he still needs a chip and passport. Shorty likes to spend his time in the garden but also comes into the house to sleep. He is not a cuddly boy, but a talkative cat with an independent streak who will tell you when he is hungry. If you would like to give Shorty a chance please call Laura at 95 252 1426 and she can arrange for an introduction.



Shorty

For more information about cats in need of fostering and rehoming, contact CAS on 601 629 938, visit the shop, or see us online at www.casnerja.webs.com or on our Facebook page \casnerja. Also on Instagram at: [cats_dogs29780](https://www.instagram.com/cats_dogs29780), and you can find us on Twitter by searching for Costa Animal Society Nerja. For further information regarding cats available for fostering or adoption in the whole of Axarquia, see the Facebook page \East of Malaga kittens or cats

Gatitos de la Axarquia.

CAS needs you!

The Costa Animal Society (CAS) is seeking animal-loving, energetic, social media savvy persons to come on board. If you're a compassionate person who respects the lives of unfortunate animals who live a treacherous life in the wild, hop aboard. There is an occasional heartache, but the rewards in homing animals and receiving videos of these rescue dogs and cats romping about in their forever homes is something to behold. We are a small, voluntary charity organization that has been successfully rehoming and assisting abandoned animals in the Nerja, Frigiliana and Maro for over 30 years. We are presently looking for enthusiastic people to join our committee, continuing the work started by the sitting committee, some of whom have recently stepped down after many, many (some, decades) of years of service. Most importantly, the official posts of President and Secretary need to be filled. For more information, please contact acting President Mae Delaney on 601 629 938. (It should be noted that these are voluntary, unpaid positions.) If interested, there will be a long-standing cadre of volunteers to provide all the necessary details and assist you along the way. We look forward to hearing from you soon.



CAS Shop

The Costa Animal Society (CAS) shop has restocked with all the clothing you'll need to keep warm this winter. Also, we have a nice selection of contemporary books in stock, best-sellers in all genres. If you're as old as me and still want to hold a book in your hand, smell the paper, turn a page not scroll through an ebook screen, stop in, you're sure to find something that will delight. The shop's large inventory is clean and well-presented, updated daily, with a friendly staff of volunteers on hand to help. Donations are always welcome - please help us to restock our shelves. Of course all shop proceeds go directly towards helping our animal friends in need, primarily for vet bills, food and kennelling costs. The Costa Animal Society (CAS) Shop is located next door to the Good Stuff Café in Nerja at No. 2 Calle Castilla Perez. Our opening hours are Monday to Saturday from 10.00am until 2.00pm. CAS is always eager to hear from people who are interested in becoming shop volunteers. One four-hour shift once a week makes a big difference. There are always two volunteers per shift making for a safe, relaxed, congenial environment. For more information please stop by the shop or feel free to call our shop manager May Delaney on 601 629 938.

CAS News - Sponsorship Program

The Costa Animal Society (CAS) would like to make you aware of our recent initiative of sponsoring a specific animal in our care. Given the restrictions due to Covid, fundraising has been extremely difficult. Now, however, you can sponsor one of our dogs or cats directly for €25 for six months or €45 for a year. You will receive Ecards on their birthdays and at Christmas, and there will be options via our website and Facebook page for sponsors to contact us to check in on their chosen animal. If your sponsored dog or cat is adopted before the time limit, you can choose another animal to be informed about.

Sponsorships can also be purchased as gifts. For more information you can contact CAS on 601 629 938, visit the shop, or see us online at www.casnerja.webs.com or on our Facebook page \casnerja. We are also now on Instagram at: [cats_dogs29780](https://www.instagram.com/cats_dogs29780), and you can find us on Twitter by searching for Costa Animal Society Nerja.

Can you help CAS?

The Costa Animal Society (CAS) is always in need of more volunteer helpers in a number of areas so if you have spare time to fill, please make contact! In particular, we are currently seeking someone or ones who can help with fundraising and social media promotion. In addition, fosterers are always required to take short-term care of animals until a permanent home can be found. CAS will provide fosterers with all they need: food, medicine, bedding, leads, etc., as well as advice at any time. Even if you are only here for few months a year, CAS would appreciate your help. For general enquiries and a no- obligation chat, feel free to contact Mae on 601 629 938.

Despite the horrors of the pandemic, the Brexit chaos, etc, CAS relies exclusively on donations to cope with the continuous flow of abandoned dogs and cats requiring our attention. If you could chip in a little to help, or consider becoming a member of CAS, we and the animals would be most grateful. For more information you can contact CAS on 601 629 938, visit the shop, or see us online at www.casnerja.webs.com or on our Facebook page \casnerja. We are also now on Instagram at: [cats_dogs29780](https://www.instagram.com/cats_dogs29780), and you can find us on Twitter by searching for Costa Animal Society Nerja. Bank : Cajamar Account Name : Costa Animal Society Account Number : 3058 0728 03 2720100283 BIC-Swift Code : CCRIES2A *PayPal donations are also accepted through our website:- www.casnerja.webs.com, under the "Donate" tab.



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Axarquia Animal Rescue

Monte:- AAR2493

My name is Monte and I was born on the 1st January 2020, so as you can see I've just had my birthday! AAR are helping me to find my forever home as I found wandering, injured and alone near the Sedella area. I was very lucky though; I was rescued by my foster angels who took me home after a visit to the vet. The vet thinks I may have been attacked or in an accident as I had a nasty wound to my neck, but this is now healing nicely. My carers say that I'm such a handsome, good hearted, sweet little boy and I love to cuddle! My foster doggy brothers are great company and I have settled in very well with them. I really enjoy going for our walks together! I used to chase the cats here, but I soon got bored of that, and the tellings off they used to give me too! My foster angels can only keep me for a short while, so I am eager to find my new foster or forever home soon as I really don't want to have to go into kennels. So, if you want a handsome, gentle and affectionate addition to your family, please get in touch with AAR..... Could you be the best belated birthday present that I've ever had!! If you are interested in fostering or adopting Monte, please contact us on axarquia-rescue@hotmail.com and follow his story on our website and facebook pages.



Meet Grinch:- AAR 2495

Hi, my name is Grinch. I was found abandoned in the countryside with my brother and 2 sisters. I'm a male and mainly black. I'm 10 weeks old. I'm expected to be quite a large sized dog when I'm fully grown. If you are interested in giving me my own forever home, please email:- Axarquia-rescue@hotmail.com



Meet Clifford:- AAR 2494

Hi, my name is Clifford. I was found abandoned in the countryside with my brother and 2 sisters. I'm a male and mainly black. I'm 10 weeks old. I'm expected to be quite a large sized dog when I'm fully grown. If you are interested in giving me my own forever home, please email Axarquia-rescue@hotmail.com



Isla:- AAR2486

Born 6th December, little Isla is a Podenco type breed expected to be on the smaller side of medium when fully grown, but we can't make any guarantees. With her 6 siblings she was dumped in a box by some bins by someone who just had no heart. Left to fend for themselves at just 3 weeks old, left to die. Luckily they were rescued and AAR found them all foster homes. Isla is sharing her foster home with her sister Dulcie. They have great fun playing and exploring their new world. Isla is the cutest of little girls you could wish to meet, very inquisitive and extremely loving and she's getting the hang of housetraining already. If you would like Isla in your life, please email axarquia-rescue@hotmail.com



Dulcie:- AAR2487

Hi, my name is Dulcie (AAR2487) I am a Podenco type puppy expected to be on the smaller side of medium when fully grown but AAR can't guarantee this. I am one of a litter of 7 pups cruelly dumped in a box by some bins when we were about 3 weeks old. How were we supposed to survive?

Thankfully someone found us and AAR found us all foster homes. I am sharing my foster home with my sister Isla, we have great fun playing together but I am the clever one. I was first to work out how to get through the cat door and I will collect my toys and take them back to my bed. I am very cute and loving, sleep throughout the night and I love my cuddles. If you would like to offer me my forever home please email: axarquia-rescue@hotmail.com



Cindy-Lu :- AAR2497

Hi, my name is Cindy-Lu & I was found abandoned in the countryside with my 3 brothers. I'm 11 weeks old now and a mixed breed young black female. I'm expected to be quite a medium/large sized dog when I'm fully grown. I enjoy playing with my foster's kids as well as with my siblings or any other dogs too! I like to have my own family to share my life with them either here in Spain or Europe or UK. I will start my vaccination soon and to get ready for travel too. I am told that I can go anywhere in Spain from the end of January 2022, or to Europe & UK when I am 15 weeks old and had all my vaccination, microchip and passport. So if you are interested in giving me my own forever home, please email axarquia-rescue@hotmail.com for more information on how to adopt me.



Zyra - AAR2480

This gorgeous girl is Zyra, born 1st July 2020 she is a Pointer type breed. Zyra turned up at her finders home, cold, wet and extremely hungry. No one knows what this dogs life was like pre rescue but she is so very nervous. She was so scared she wouldn't go into the house and when approached she backed off. She is now with a very experienced foster carer, receiving regular food, love and a nice warm bed to sleep in. There is very little improvement with her nerves but it's still early days. She doesn't like going in a car and is very frightened of change and new people. Her foster carers are working with her to gain her trust and show her there are things in the world she doesn't have to be afraid of. This is going to take time and patience but it hoped she will, given the time she needs, make a loving family pet.

If you would like to know more about Zyra, please email axarquia-rescue@hotmail.com



These are a litter of 5 pups, all found together in a bag on boxing day..



Is it ok to let your dog on the sofa?

There are many things that dog owners like to debate over. Dog training tends to ignite quite a few arguments, because people have such differing opinions. When training your dog, you can take other people's opinions on board, but ultimately what you do with your dog is up to you. One thing that a lot of dog owners disagree over is whether dogs should be allowed on the sofa. There are plenty of us who allow our dogs on all the furniture in the house – including me. However, there are also plenty of people who think that dogs should not be allowed on the bed and sofa. For some, it's simply a personal preference. Others believe it can cause aggression or other behaviour issues such as your dog thinking he's in charge or is trying to dominate you. This actually has no scientific backing and dominance theory was debunked years ago, if you are concerned about it increasing unruly behaviour, I would say that letting your dog on the sofa does not automatically make your dog unruly. For example, you can teach your dog to say please before getting on the sofa or wait to be invited. Or you could teach your dog to lay quietly and relax on a provided blanket on one part of the sofa. In reality, whether you allow your dog up on furniture should depend on their current level of understanding when it comes to the rules of the household and your own personal preferences. When it comes to training your dog to get off the sofa, we humans typically fall into the trap of inadvertently rewarding the wrong behaviour. If your dog gets on the sofa and you coax it off and give them a treat, you have just rewarded a the behaviour of "jump on sofa - jump off sofa". The dog has to jump on the sofa, to then jump off, in order to get the treat. You may as well have rewarded the dog for getting on the sofa!

If you try and deal with it by grabbing the collar and dragging the dog off, either the dog loves the wrestling match and will see that as a reward or the dog will learn not to trust you around the sofa. Do it consistently enough and you could end up with a dog that bites hands when it is on the sofa and a world of worse problems than you had in the first place.

So what should you do if you have taken the decision to not let your dog on the sofa? Firstly, make the floor the best place ever. Have lots of beds out for your dog to choose from. Do lots of relax on the floor training, using lots of reinforcement for lying on the floor. Play lots of games on the floor. Scatter treats on the floor, even sit on the floor occasionally with your dog. As much as possible make the situation, that everything rewarding happens when the dog is on the floor. You may well need to manage all of this with a lightweight leash or blocking access to the sofa for a while. This is because the sofa is also self-rewarding – it feels good to sit on it!



It's equally important to make sure your dog doesn't have access to the furniture while you're away. This is where crate training becomes helpful. While you're out, keep your dog in the crate or confined in a small room away from the forbidden furniture. Some owners prefer to keep their dogs off the furniture as a household rule. This might be for the purpose of cleanliness, to prevent damage, or for other reasons. As long as he has his own spot, he will be just fine. Be sure everyone in the household understands and enforces the rules. Inconsistency will confuse your dog and make the training process very difficult.

It's also important to note that a dog's preference for the sofa isn't necessarily territorial either – it's usually simply because the sofa is most comfortable!

One way to encourage your dog away from the sofa is to consider their bed. Is it well padded? Do they like sleeping in it? Is it the right size? If your dog appears to infinitely prefer the sofa to their dog bed, it may be time to treat them to a new, more comfy model. Like most animals (including humans!) dogs like their comfort, so if their dog bed isn't padded or soft enough, they probably won't use it.

In the end, the decision is yours and I hope that brings you peace of mind that there is not solid right or wrong here. If you want your dog on the sofa to snuggle, you can do it in the right circumstances! Hopefully this information helps you make an informed decision based on good information and not outdated notions.

As usual, if you need advice or want to know more about training or classes, just drop me a message on socials or send me an email to karen@dogschoolnerja.com Happy Training!



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Germany's Majestic Medieval Stronghold, Eltz Castle

Inside Eltz Castle, Germany's Majestic Medieval Stronghold That Hasn't Changed In Hundreds Of Years Also known as Burg Eltz, Eltz Castle is situated on the Elzbach River in southern Germany and is still occupied by descendants of the family that built it 850 years ago.

Germany's Eltz Castle stands as one of the most unique and awe-inspiring structures of its kind in the entire world. Called Burg Eltz in German, the castle is surrounded on three sides by a stream, while forests containing rare flora and fauna stretch for miles around in every direction.

Incredibly, it is one of only three castles on the left bank of the Rhine River in the state of Rhineland-Palatinate that has never been destroyed by the chaos and destruction of war. And what's more, a line of the same family that built the medieval burg in the 12th century still owns it to this day. To date, 34 generations of the Eltz family have lived there since moving in permanently in 1157. Perched on a huge rock formation that itself sits inside a sweeping valley, Eltz Castle looks over the Elzbach River. There are no roads or modern buildings nearby, so it truly echoes the aesthetic of the middle ages. Eight towers stretch into the horizon and make for a truly breathtaking sight. This fantastical castle garnered a cult following thanks to Instagram, as it isn't often promoted as a tourist attraction. The castle's exterior, location, and scenic hiking trails are photographed often — but photos of the interiors are not allowed.



Because only one branch of the Eltz family lives at the castle today, 80 of the 120 rooms inside Eltz Castle have been turned into a museum, including a treasury and armory that houses over 500 weapons, pieces of art, and other artifacts from the last 850 years. And the inner courtyard showcases the different architectural styles that builders used as the castle grew over the years.

The most important room was likely the Knight's Hall, where festivals and meetings took place. However, a tourist hot spot is the Rodendorf Kitchen, which has remained all but untouched since the 15th century. It's as close to an authentic medieval kitchen as you're going to see.

There are the upper and lower Rübenach Halls, named after a minor branch of the family, that feature amazing stained-glass windows and murals on the walls. The lower hall even has the iconic Renaissance painting Madonna With Child and Grapes. In the Angel Room, hunting trophies and weapons adorn the walls. The Wambolt Room houses a clothes press and spinning wheel. The Countess' Room features what is probably the oldest known painted Renaissance bed still in existence.

And in what's referred to as Banner Hall, the opulent gothic vault ceiling circa 1480 gives a nod to the fact this room was likely once a chapel. Since then, its main use was that of a dining or living room. Other rooms include the dressing chamber, Elector's Room, and a study lovingly decorated in 1881 for the wife of Count Karl Graf zu Eltz.

If you want to feel like you're stepping right into a movie that's set in the Middle Ages, put the amazing Eltz Castle on your must-see list and take a look through the gallery above to see the stunning Burg Eltz in all its Medieval glory.



The family that owns Eltz Castle has done so through an unbelievable 34 generations. However, that doesn't mean there hasn't been any family drama. In 1269, three brothers had a feud, and the estate was divided into three succession lines. Remarkably, that actually settled the feud. They simply divided up the fortress and occupied their own portions of the castle. They even wrote their own constitution.

Burg Eltz was not actually designed to be a fortress, even though it uses the German descriptor of "burg" instead of "schloss" for "the castle." It was meant as a residence. And a blueprint of this fairy-tale house was used as inspiration by Disney when designing Cinderella's castle for the animated film.



ARIES:-
(March 21st - April 19)

Someone you are fond of will disappoint you in some way over the next few days but it's far from the end of the world so don't make a big thing of it. Not everyone can be as perfect as you Aries ... and, yes, that is a joke!

Luckiest day: Saturday

TAURUS:-
(April 21 - May 21)

The harder the task that needs to be accomplished the more others will turn to you for help. You should, of course, take that as a compliment but it can get a bit tiresome too. You may have to say "no" more than you would like to this week.

Luckiest day:- Thursday

GEMINI:-
(May 21 to June 20)

Most things are going well for you now and will go even better as the Sun moves deeper into the sympathetic sign of Aquarius. But don't get complacent or you could end up making some silly mistakes. Watch out for little things that might trip you up.

Luckiest day:- Monday

CANCER:-
(June 21 - July 22)

The more certain people urge you to act quickly before a golden opportunity passes you by the more you will be wondering what's in it for them. If your sixth sense tells you to proceed with caution you should know better than to ignore it

Luckiest day:- Saturday.

LEO:-
(July 23 to August 22)

You may need to raise cash in a hurry but don't sign your life away, still less your soul. What looks like a tempting offer on the surface could have a hidden trap waiting to ensnare you, so go without for a bit rather than risk losing everything.

Luckiest day: Tuesday

VIRGO:-
(August 23 - Sept. 22)

You will come up against various obstacles over the next few days but don't even think of taking a backward step. The more you keep hammering at the door the more likely it is to open up for you before the end of the month, so be patient.

Luckiest day:- Sunday

LIBRA:-
(Sept. 24 - October 23)

Steer clear of people whose outlook on life is too downbeat for your liking. At this time of year more than most you have every reason to be optimistic but not everyone is as open to life's wonders as you are, and misery loves company.

Luckiest day:- Tuesday

SCORPIO:-
(Oct. 23 - Nov. 22)

This would be the ideal time to let a special person know how much they mean to you. Because you tend to keep your feelings under control (if you didn't they might explode!) not everyone you care for is aware how deep your emotions go.

Luckiest day:- Wednesday

SAGITTARIUS:-
(Nov.23 -Dec. 21)

Set your sights high and don't let anyone talk you out of what you are about to attempt. Yes, they're right, you could fail. Yes, they're right, you could look back and regret it. But you will regret it so much more if you don't give it a go

Luckiest day:- Friday

CAPRICORN:-
(Dec.22 - Jan.20) Don't panic even though your commitments are piling up around you! A friend will appear to help regain some control and stability. As the month progresses things will get easier. Try to relax a little more.

Luckiest day: Friday

AQUARIUS:-
(Jan. 21 - Feb. 18)

You may be tempted to take drastic action to get your life moving again but is it really necessary? According to the planets if you let things be over the next few days you won't have to do anything at all – others will get their hands dirty for you.

Luckiest day: Sunday

PISCES:-
(Feb.19 - March 20)

It is a waste of time seeking other people's approval and if you don't know that for a fact now you will do very soon. Decide what it is you need to get done and then just do it, regardless of how friends and family and colleagues may react.

Luckiest day: Sunday

Horoscopes.

by Kristian Marconi

SUISSE HOME



We need properties near the coast, from Chilches – Torrox and Arenas to offer to our clients.



Ref. SH1059: Beautiful house completely renovated with high quality materials, very central and close to everything, the beach is less than 100 m. The ground floor consists of living room with open kitchen, 3 bedrooms, 2 bathrooms and a small patio that gives access to the upper floor where there is a room and a bathroom along with a large terrace of about 90 m2. There is the possibility of building more plants.

Price: €325.000



Ref. SH1075: Nice apartment on the beachfront with side views of the sea, east orientation and communal pool. The apartment consists of living-dining room with kitchenette, bedroom, bathroom and balcony with sea views. It is sold furnished.

Price: €135.000



Ref. SH1077: Renovated house in Sayalonga at the foot of the square. It consists of about 70m2 of housing with a large roof terrace of about 35m2. On the ground floor you have a living room with integrated kitchen, a bathroom with shower (and washing machine) with electric water heater and a hallway with space for table and 4 chairs or a bed (passage room). On the first floor there are two bedrooms and stairs to the terrace of 35m2 with views of nature.

Price: €125.000

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Old-Fashioned Beef Stew

Serves: 4

Cooking time: 2 hours 30 minutes

This classic stick-to-your-ribs stew is the ideal project for a chilly weekend. Beef, onion, carrots, potatoes and red wine come together in cozy harmony. If you are feeding a crowd, good news: It doubles (or triples) beautifully.

INGREDIENTS:-

- ¼ cup all-purpose flour
- ¼ teaspoon freshly ground pepper
- 1 pound beef stewing meat, trimmed and cut into inch cubes
- 5 teaspoons vegetable oil
- 2 tablespoons red wine vinegar
- 1 cup red wine
- 3 ½ cups beef broth, homemade or low-sodium



Old fashioned beef stew

- canned
- 2 bay leaves
- 1 medium onion, peeled and chopped
- 5 medium carrots, peeled and cut into 1/4-inch rounds
- 2 large baking potatoes, peeled and cut into 3/4-inch cubes
- 2 teaspoons salt

PREPARATION:-

Combine the flour and pepper in a bowl, add the beef and toss to coat well. Heat 3 teaspoons of the oil in a large pot. Add the beef a few pieces at a time; do not overcrowd. Cook, turning the pieces until beef is browned on all sides, about 5 minutes per batch; add more oil as needed between batches. Remove the beef from the pot and add the vinegar and wine. Cook over medium-high heat, scraping the pan with a wooden spoon to loosen any browned bits. Add the beef, beef broth and bay leaves. Bring to a boil, then reduce to a slow simmer. Cover and cook, skimming broth from time to time, until the beef is tender, about 1 1/2 hours. Add the onions and carrots and simmer, covered, for 10 minutes. Add the potatoes and simmer until vegetables are tender, about 30 minutes more. Add broth or water if the stew is dry. Season with salt and pepper to taste. Ladle among 4 bowls and serve.

Seafood stew recipe

Serves: 4

Cooking time: 25 minutes

Make your midweek meals marvellous – this impressive fish stew is really easy-to-assemble and packed with flavour. Cooked in just one pot, this satisfying main brings together fresh white fish, mussels and prawns in a rich paprika-spiced tomato sauce. Be sure to serve with crusty bread to mop up all of the goodness! See method

INGREDIENTS:-

- 1 tbsp olive oil
- 1 large onion, finely sliced
- 1 garlic clove, finely chopped
- 1 ½ tsp smoked paprika



Sea food stew

- 400g tin chopped tomatoes
- 600ml chicken stock
- 450g (14 1/2oz) skinless white fish fillets, such as cod or haddock, chopped into large chunks
- 175g (6oz) raw peeled king prawns
- 200g (7oz) mussels, cleaned and debearded (discard any that don't close when firmly tapped)
- Small bunch flat-leaf parsley, leaves roughly chopped
- Crusty bread and butter, to serve (optional)

PREPARATION:-

Heat the oil in a heavy-based pan with a lid. Add the onion and cook for 5 mins, or until softened. Stir in the garlic and paprika, cook for 2 mins, then pour in the tomatoes and stock; season. Bring to the boil, then reduce to a simmer for 10 mins. Add the fish chunks and continue cooking for 2 mins. Add the prawns and mussels, then cover and cook for 3 mins. Discard any mussels that haven't opened, then scatter over the parsley. Spoon into shallow bowls and serve with crusty bread and butter, if you like.

Spicy Chicken and Sweet Potato Stew

Serves: 6

Cooking time: 25 minutes

With flavours reminiscent of Morocco and Mexico, this easy yet richly-flavoured stew contains loads of chicken, vegetables, and some surprising spices! If desired, pass lime wedges to squeeze over individual servings.

INGREDIENTS:-

- 1 teaspoon olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 pound sweet potato, peeled and cubed
- 1 orange bell pepper, seeded and cubed
- 1 pound cooked chicken breast, cubed
- 1 (28 ounce) can diced tomatoes
- 2 cups water
- 1 teaspoon salt
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon cocoa powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon red pepper flakes
- 1 ½ tablespoons all-purpose flour
- 2 tablespoons water
- 1 cup frozen corn
- 1 (16 ounce) can kidney beans, rinsed and drained
- ½ cup chopped fresh cilantro

PREPARATION:-

Heat olive oil in a large pot over medium heat. Stir in onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in sweet potato, bell pepper, chicken, tomatoes, and 2 cups of water. Season with salt, chili powder,



Spicy chicken stew

cumin, oregano, cocoa powder, cinnamon, and red pepper flakes. Increase heat to medium-high and bring to a boil. Dissolve flour in 2 tablespoons water, and stir in to boiling stew. Reduce heat to medium-low, cover, and simmer until the potatoes are tender but not mushy, 10 to 20 minutes. Stir the stew occasionally to keep it from sticking. Once the potatoes are done, stir in corn and kidney beans. Cook a few minutes until hot, then stir in cilantro before serving.



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If I am positive for Covid after seven days, am I still infectious?

Spanish scientist Nuria Izquierda-Useros explains that the virus replicates quickly in the first days of infection, but how long it remains in a system varies depending on the person. After isolating for seven days and testing positive for Covid-19 via an antigen, it is possible for a person to continue to infect other people. It has to be taken into account that not everyone is aware that they are infected at the moment of contagion. That's why there's no reason why the recommendations made according to the changing epidemiological situation should be followed the same way in all cases. Indeed, with the omicron variant, which is speculated to have a much faster infection process, recent studies in Japan show that approximately 19% of cases continue to test positive for Covid-19 in antigen tests seven days after infection. That's why antigen diagnostic kits are very useful, they allow us to detect the presence of large amounts of the virus via a quick and trustworthy test that can be taken as many times as needed. A positive result from an antigen test indicates that we still have large amounts of the virus in the upper tract, be it in nasal passages or in saliva, and this reflects the potential risk of infecting another person by emitting the virus as aerosols.

Quarantine in Spain: When to return to work and what to do if symptoms persist

In the case that the antigen test comes back negative, this cannot be taken as a sign that the infection is gone, and even less so as a sign that we are no longer contagious. That's because what antigen tests detect is the moment we are most contagious, they do not tell us whether or not we are still infected. Testing negative does not mean that we can no longer infect other people, it simply reflects that the likelihood of doing so is lower. The risk of infecting other people falls over

time after infection. In general, people start developing immunity against the virus – antibodies produced by the immune system that neutralize the virus little by little, meaning that it is increasingly less infectious. This process is faster among those vaccinated against Covid-19. Indeed, in the laboratory, it is quite difficult to isolate the virus in samples from people with no symptoms 10 days after the infection. The recent study by the National Institute of Infectious Diseases in Japan found that in approximately 10-12% of samples taken from asymptomatic cases, the percentage of the replicative virus isolated during the first days of infection was similar to what was isolated seven to nine days after infection. The fact that we can isolate the virus in asymptomatic people indicates that they can also infect others. However, among symptomatic patients, the virus could be isolated between seven and nine days after infection in nearly 19% of samples. In both cases, the virus was most often isolated – in up to 50% of the samples – between three and six days since the onset of infection. During the natural course of a SARS-CoV-2 infection, the virus replicates very quickly in the first few days after infection and remains at high levels for a period of time that varies depending on the infected person and their ability to neutralize and contain the virus. That's why the length of time in which an infected person remains contagious can vary. In the case of people with compromised immune systems or with difficulties building a strong immune response, they will be contagious for a longer time. Similarly, people who are not vaccinated may take longer to control the replication of the virus, and for that reason, will continue to be contagious until the virus is contained. That's why it is difficult to give totally categorical answers because in each case it could be different. The rules on quarantines and isolation periods are changing at a dizzying speed. On January 7, the European Center for Disease Control and Prevention (ECDC) published guidelines on the isolation of positive Covid-19 cases in the wake of the arrival of the highly transmissible omicron variant. This document mentions different ways to adapt the isolation rules to the current situation, given the need for essential workers "to uphold critical functions in society." The guide – which is based on a "pragmatic approach" and not scientific evidence – recommends longer isolation periods for unvaccinated Covid-19 cases. The ECDC suggests either a 10-day quarantine and for the patient to show an improvement of symptoms, including the resolution of fever, or two consecutive negative tests, with a minimum interval of 24 hours, and the same demonstration of clinical improvement. In the case of vaccinated Covid-19 cases, the ECDC recommends the same criteria, but reduces the isolation period to six days. These guidelines also put forward other quarantine rules for the healthcare sector and other industries that are under great strain due to the high number of infections. In these sectors, the document suggests cutting the isolation period to five days for the unvaccinated and three for the vaccinated. However, as the guide points out, reducing the isolation period increases the risk of contagion, and for this reason, it recommends wearing an FFP2 mask without a valve at all times and reducing non-essential contact with other people, especially vulnerable individuals.

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Strawberries

The heart-shaped silhouette of the strawberry is the first clue that this fruit is good for you. These potent little packages protect your heart, increase HDL (good) cholesterol, lower your blood pressure, and guard against cancer.

Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food. They are among the top 20 fruits in antioxidant capacity and are a good source of manganese and potassium. Just one serving -- about eight strawberries -- provides more vitamin C than an orange.

This member of the rose family isn't really a fruit or a berry but the enlarged receptacle of the flower. Choose medium-sized berries that are firm, plump, and deep red; once picked, they don't ripen further. First cultivated in ancient Rome, strawberries are now the most popular berry fruit in the world. In provincial France, they were regarded as an aphrodisiac. These red gems may be good for your heart in more ways than one.



Vitamins and minerals in strawberries

Vitamin C. Strawberries are an excellent source of vitamin C, an antioxidant necessary for immune and skin health (7 Trusted Source, 8Trusted Source).

Manganese. Frequently found in high amounts in whole grains, legumes, fruits, and vegetables, this trace element is important for many processes in your body (9Trusted Source).

Folate (vitamin B9). One of the B vitamins, folate is important for normal tissue growth and cell function — and fundamental for pregnant women and older adults (10Trusted Source, 11Trusted Source, 12Trusted Source).

Potassium. This mineral is involved in many essential body functions, such as regulating blood pressure



Travel Essentials during the Omicron Wave

As COVID cases rise as the Omicron variant spreads, lives across the world have been horrendously impacted.

Every day, I see patients suffering from the pandemic: whether from testing positive themselves, or from having to jump through new hoops to get to their next travel destination. This is especially the case at the moment, as all evidence has shown that Omicron spreads quickly. Though it might be milder than other COVID variants, at least for vaccinated people, a positive test is a sure fire way of putting an stop to your daily life.

What do you do if you want to travel? First off, if you test positive, the solution is clear: stay away from other people for 10 days. But if you are negative, and plan to stay that way, the question then becomes: what particular precautions should you take? First and foremost: make sure you read up on your destination's specific visitation rules, as most require proof of vaccination and/or certification you've had a recent negative COVID test. There are many types of COVID tests, including molecular tests (like PCR and LAMP tests) and rapid tests (lateral flow or antigen). The test you will need to travel will often depend on your vaccination status. Make sure to keep up to date with the latest requirements. Recheck your destination country's

requirements 48 hours in advance of travel, which should give you time to book a COVID test if the situation has changed. Now to the nitty gritty: what to bring with you on the plane? Here are the new essentials everyone should pack before traveling:
Vaccine passport: Print yours out before you board, in case your phone dies mid-flight. Make sure it includes the date of last dose and the vaccine type, as countries have different mandates for different vaccines.
N95 mask: Take advantage of the exceptional availability of KN95 masks in Spain! These are what medical professionals use to prevent infection and, if correctly worn, are the best possible way for you to prevent infection. Further, several countries actually require either a KN95 or surgical mask to travel on plane or bus.

Travel-sized disinfectant wipes & hand sanitizer: While the biggest danger of infection is airborne, it is still certainly possible to get COVID through contact! Take extra care with what you touch, and sanitize the area around you when you sit - not just on the plane, but also in the airport. Those are your physical essentials. Now, it is time to think about the community you are travelling to and the people you are travelling with: Is your destination undergoing a surge of cases? Are their mask and vaccine mandates disproportionately lax? Do they have a very low vaccination rate? If yes, consider postponing your trip if it is not essential. There will be time to travel again if you can keep your health. If the destination is fine, next think about who you are travelling with.

Remember that travelling with unvaccinated people not only puts you and others at risk, it can completely ruin your trip. Consider this: you travel with a group of 5 people, 4 of whom are vaccinated and boosted, 1 is not. 3 of you test positive with COVID mid-trip, with the unvaccinated person extremely symptomatic. What do you do? You will have to extend your trip, sure, but how will you isolate? Who will care for the very ill person? What if they end up in hospital? These are questions you don't want to have to face. Make a plan before you go for how you'd quarantine and where you'd seek care. And reduce your risk by encouraging your group to be fully vaccinated.

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Acupuncture treatment of knee osteoarthritis

A Knee pain is one of the most frequent reasons for consultation in family doctors, traumatologists and physiotherapists.

There are many injuries that can cause this pain, such as ligament sprains, tendinitis or contusions, but today we will focus on the main cause of chronic knee pain in our country: knee osteoarthritis.

According to estimates made by the Spanish Society of Rheumatology, between 9 and 11% of the population over 20 years of age suffers from this disease to some degree.

It is also the most important cause of disability in the elderly population of our territory.

It is a chronic disease, related to knee wear that we find to a greater extent in women, in overweight patients and that increases as we age. Its main symptoms are pain and loss of function of the knee, even completely limiting the movements of the leg. From western medicine, different treatments have been tried to try to stop its evolution but in many cases patients end up on a waiting list for surgery, with the placement of a knee prosthesis being a frequent solution.



From the point of view of traditional Chinese medicine, it is considered a "bi syndrome" and we have different ways to treat it, achieving very good results, both in improving pain and slowing down the loss of knee function.

There are different studies and experiences in which the effectiveness of acupuncture treatments for the symptomatic improvement of the disease has been seen, avoiding, in many cases, going through the operating room. Some of them even carried out by the Andalusian Health System, and in which relief is achieved in more than 60% of patients treated with acupuncture.

In summary, acupuncture is a very effective treatment for the symptomatic improvement of patients suffering from knee osteoarthritis and, in many cases, it can even help us avoid going through the operating room.

Surely we all know many people around us with this problem, so do not hesitate to recommend that they consult a good acupuncturist specialist. In a few sessions they will thank you.



CLINIC OF PHYSIOTHERAPY OF NERJA.
Carmen López y Mariví Díaz.
Avda Pesca, N°1 Groundfloor. 29780 Nerja (Málaga)
Tel: 952528144 or 649964047

What is a chemical peel?

A chemical peel, also known as chemexfoliation or dermapeeling, uses a chemical solution to improve the appearance of your skin. In this treatment, a chemical solution is applied to your skin, which causes trauma or injury to your skin's layers. The skin layers eventually peel off revealing more youthful skin. The new skin is usually smoother with fewer lines and wrinkles, has a more even colour and is brighter in complexion.

What conditions does a chemical peel treat?

Chemical peels are used to treat certain skin conditions or to improve your appearance by improving the tone and texture of your skin.

- Chemical peels are most commonly performed on your face, neck or hands. They can help reduce or improve:
- Fine lines under your eyes or around your mouth and wrinkling caused by sun damage, aging and hereditary factors.
 - Certain types of acne.
 - Mild scarring.
 - Sun spots, age spots, liver spots, freckles, uneven skin colouring.
 - Precancerous scaly spots called actinic keratosis.
 - Rough skin, scaly patches, dull complexion.
 - Dark patches (melasma) due to pregnancy or taking birth control pills.
- You will work with your dermatologist to determine the depth of your peel. This joint decision can vary depending upon the condition of your skin and the objectives of treatment.

Sags, bulges, deep scars, deep facial lines and more severe wrinkles don't respond well to chemical peels. If these are your concerns, other cosmetic surgical procedures, such as carbon dioxide laser resurfacing, a face lift, brow lift, eye lift or soft tissue filler will be better options. A dermatologic surgeon can help determine the best treatment for your concerns.

Is a chemical peel good for all skin types?

Generally, superficial peels can be used on all skin types. However, if you have a darker skin tone, you have a greater risk of experiencing a darkening of your skin after treatment. This condition is called post-inflammatory hyperpigmentation. If you have a naturally darker skin tone, you may want to get the advice of your dermatologist about other less aggressive treatments to reduce the risk of hyperpigmentation.

Chemical peeling may also not be recommended if you:

- Have a history of abnormal skin scarring.
- Have extra colouring in your scars.
- Have skin conditions or take medications that make your skin more sensitive.
- Can't stay out of the sun for the healing period.

PROCEDURE DETAILS

How are chemical peels performed?

A chemical peel can be performed in a doctor's office or in a surgery centre as an outpatient procedure. Your skin will be thoroughly cleansed with an agent that removes excess oils, while your eyes and hair are protected. A chemical solution is

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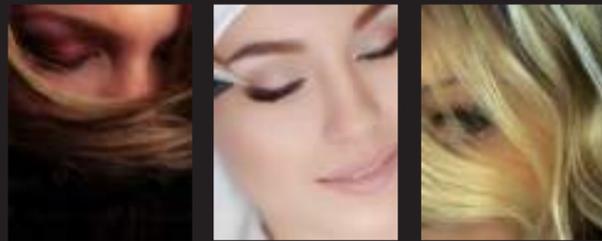
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then applied to your skin. Chemical solutions typically used include glycolic acid, trichloroacetic acid, salicylic acid, lactic acid or carbolic acid (phenol). The different types of chemicals cause a controlled injury, each penetrating through to a different skin depth, then peeling away to reveal a new layer of skin. The different chemical solutions provide different results. The choice of chemical depends on your goal. You will work with your dermatologist to determine the depth of your peel.

- A light ("lunchtime") chemical peel provides subtle improvement over time and is often done in a series. The outermost layer of skin is removed. This choice may be best if you have fine wrinkling, acne, uneven skin colouring or dry, rough sun-damaged skin to help promote a healthy glow. Recovery from this type of peel may be within hours to a few days but with little to no down time.

- A medium chemical peel gives your skin a smooth, fresh look. The outermost layer and the upper part of your middle skin layer are removed. This choice may be best if you have uneven or moderate skin discoloring, age spots, acne scarring or fine-to-moderate wrinkles. Recovery from this type of peel may take a week or more and require some down time.

- A deep chemical peel produces the most dramatic results. This chemical penetrates down to the lower middle layer of your skin. Recovery time is longer with a deep peel. This choice may be best if you have moderate lines and wrinkles, extensive sun-damaged skin, deep acne scars, blotchy skin, and/or precancerous growths called actinic keratosis. A deep chemical peel requires pretreatment for up to eight weeks. Your doctor will provide specific instructions. A deep chemical peel is a one-time only treatment if applied to your face and does have significant down time.

To prepare for your chemical peel, some general instructions include:

- Avoid tanning and direct sun exposure for two weeks before each treatment.
- Apply topical products (such as hydroquinone) as instructed before treatment to prepare your skin.
- Don't use any products containing retinoids (such as tretinoin) one to two weeks before treatment, unless your physician tells you differently.
- If you have been prescribed oral antibiotics or an oral antiviral medicine, start taking it at least 24 hours before your chemical peel.
- Peel areas must be free of any open sores, lesions or skin infections.

Your doctor will give you specific instructions for your peel type and your unique skin condition.

Day of peel: Your skin will be thoroughly cleaned. If you are having a deep chemical peel, you will receive general anesthesia (you will be asleep).

The procedure: During a chemical peel, solution is applied to your skin. You may feel a warm to somewhat hot sensation that will last a few minutes. This is followed by a stinging sensation. To relieve the sting, a cool compress may be applied your skin. The chemical is then washed off and/or neutralized.

RISKS AND BENEFITS

What are the possible complications of chemical peels? In certain skin types, there's a risk of a temporary or permanent change in the colour of your skin. Taking birth control pills, pregnancy or a family history of brownish discoloration on your face may increase your risk of developing abnormal pigmentation.

There's also a low risk of scarring in certain areas of your face and certain individuals may be more prone to scarring. If scarring does occur, it can usually be treated with good results. If you've had a history of herpes outbreaks, there's a small chance of reactivating the cold sore. Your dermatologist can prescribe medication to reduce the chance of a flare up. Follow the instructions of your doctor.



Before your chemical peel, be sure to tell your dermatologist if you have a history of keloids (scar tissue overgrowth created at the site of a skin injury), any unusual scarring tendencies, any X-rays of your face or history of cold sores. Infections are rare but still a risk.

RECOVERY AND OUTLOOK

What should I expect after the chemical peel?

What to expect varies depending on the depth of your chemical peel.

If you've had a light chemical peel:

- Expect a sunburn-like reaction to occur after your peel, meaning you'll see redness followed by scaling that lasts between three and seven days.
- Apply lotion or cream as directed until your skin heals. After your skin heals, apply daily sunscreen.
- You can wear makeup immediately after treatment or the next day.

Additional peels may be repeated every two to five weeks until you achieve your desired results. Typically three to five peels are needed to achieve your goal.

If you've had a medium chemical peel:

- Expect some redness, swelling, stinging and flaking of your skin. Swelling may last and/or worsen for 48 hours. Blisters can develop and will break open. Skin will crust and peel off over seven to 14 days.
- Perform daily soaks as directed by your doctor. Apply ointment after each soak. Apply lotion or cream daily. Don't expose your skin to sunlight until completely healed.
- Antiviral medication will need to be taken for 10 to 14 days.
- You can wear makeup after five to seven days.
- Additional medium-depth peels may be repeated at six to 12 months intervals, if needed, to maintain results.

If you've had a deep chemical peel:

- The treatment area will be bandaged. Your bandages will be removed in a few days. Expect a healing time of 14 to 21 days.
- Perform daily soaks as directed by your doctor. Apply ointment after each soak. After 14 days, apply moisturizer as directed. Don't expose your skin to sun for three to six months.
- Antiviral medication will need to be taken for 10 to 14 days.
- Wait at least 14 days before using any makeup.
- You can only have one deep peel performed on your face. To get the best results, regardless of the depth of your peel, follow these tips:

- Don't use a tanning bed or other type of indoor or even outdoor tanning while your skin is healing.
 - After your skin heals, always apply a daily sunscreen.
 - Apply a daily moisturizer, as directed, to keep your skin moist to prevent scarring.
- Your new skin is fragile and more susceptible to complications. Your doctor will provide you with post-treatment instructions to reduce the chance of developing abnormal skin colour after your peel and other complications.
- If your skin itches, swells or burns, call your doctor. Scratching

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QUIETENING THE INNER CRITIC

What is the inner critic?

The inner critic is the little voice that we all have inside our heads, the one that speaks to us negatively, judging and demeaning us. The one that tells us we are not good enough, that we are stupid, ugly, unloveable. The one that says you can't do this, you'll never make it, why bother trying.

But where does it come from and why do we listen to it?

Very often the inner critic is the voice of a parent from our childhood or an abusive partner in adulthood. If someone tells you repeatedly that you are stupid, then you eventually internalise that voice and start to say it to yourself. All babies are born with an innate sense of being lovable, of being good enough, of deserving love and care and attention. But sadly through negligent or uncaring or abusive parenting, the child starts to believe the negative things they are told. And the sad thing is that the way in which our minds work, is that they take on board everything that is said to them, whether it be true or false, good or bad. The mind doesn't differentiate, judge or question. It simply listens to everything that is said, by ourselves or by others. And then it acts on it.

Consequences

The inner critic is a form of self sabotage. So when we continually hear the words 'you are stupid' we start to behave as though we are stupid. We lose our confidence, our self-esteem plummets, we don't speak up in class, we don't join the quiz team or put ourselves forward for promotion. It becomes a self-fulfilling prophecy. Your inner critic does not motivate you, encourage you,



build you up or help you to develop and grow. Just think of all the times you may have passed up an opportunity or stopped yourself from taking positive action because of that critical voice.

So what can we do?

Just being aware of the voice and its impact, can start you on the road to change. And then the power of positive words comes into force. Instead of constantly saying 'I forgot this, I'm so stupid', we can say 'oh I forgot this, its easily done'. We can tell ourselves that we are smart, intelligent, creative, whatever we want to be. In the beginning this can be difficult. But remember your mind isn't worried about whether you are speaking the truth or not, it still listens and acts. So you don't even need to believe it yourself at first but as you keep on saying it, it becomes more than words. It becomes who you are. The more nice things you say to yourself and the kinder you are, then the more you feel strong, capable, loveable, enough. You will feel your confidence grow and feel more sure of yourself and your abilities. Using a voice of love, of compassion, of encouragement, you really can create the person you want to be.

Another thing you can do is to stop comparing yourself to others. Everyone is on a different journey, has different strengths and weaknesses and different ways of coping. When you compare yourself to another and you feel you aren't achieving what they are, this activates the inner critic. Even if you seem to be doing better than them, the inner critic can burst in with cries of doubt and disbelief. The only person you should compare yourself to is yourself. All of us are on a journey and we want to grow and develop and improve. So charting that growth can motivate us and inspire us to keep going.

Also practice self-compassion. Life is imperfect and so are we. As we accept that and start to love our uniqueness, our strengths and talents as well as our challenges and areas for growth, we can view ourselves with compassion, love and contentment.

Further help

It may be that you have suffered trauma as a child, are suffering from PTSD, low self-esteem or an anxiety disorder, all of which tend to involve an active critical voice. If you are struggling to change, it is best to get the help of a therapist. Using Rapid Transformational Therapy can help to uncover the origin of the inner critic and to replace its negative voice with one that is positive and uplifting, allowing you to move forward with your life.

Katrina Jones (BA Hons, Cert Hyp).
Rapid Transformational Practitioner,
Life Coach, Certified Hypnotherapist.
Specialising in Anxiety Disorders
and PTSD



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NEWS & What's ON

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Ambulance 061	Nerja 952 521 504	Sweden	952 604 383
Fire Brigade 080	Torredel Mar 952 540 936	UK 902 109 356/913 342 194	
National Police 091	Veléz Málaga 952 501 731		
Sea Rescue 900 202 202		Tourist Offices	
Emergency/Helpine in English 902 102 112	Taxis	Frigiliana	952 534 261
	Frigiliana 952 533 231	La Herradura	958 610 314
	Nerja 952 524 519	Nerja	952 521 531
	La Herradura 958 630 017/670 995 257	Torrox Costa	952 532 155
	Torrox 952 531 030		
Guardia Civil	Airports	Street Markets	
Frigiliana 952 533 003	Granada 958 245 200	Monday	Torrox Costa
La Herradura 958 640 015	Málaga 952 048 804	Tuesday	Nerja, Salobreña
Nerja 952 520 091	Train Stations	Wednesday	Algarrobo Costa, Rinconde la Victoria
Costa & Pueblo 952 538 008	Granada 958 271 272	Thursday	Frigiliana, Torredel Mar, Velez Malaga
Local Police	Málaga 952 329 261	Friday	Almuñecar, La Herradura (summer only), Salobreña
Frigiliana 952 533 126	Consulates	Saturday	Competa
Nerja 952 521 545	Belgium 952 599 159	Sunday	Nerja (car boot), Torre del Mar, Velez Malaga
Torrox 952 539 828	Denmark 952 211 797		
Torredel Mar 952 549 238	France 952 226 590		

What's On information is published FREE!

Details should reach us by the 15th of the month previous.

Contact details are on page 6

Church Services	Lux Mundi, Torre del Mar Church Services:-
Anglican Church of Nerja & Almuñecar Iglesia de San Miguel (St. Michaels Church), Nerja. Tel: 952 521 339. www.nerjaalmunecar.anglican-church.co.uk . Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishermen's Chapel), Chinasol, Almuñecar, Sundays at 9.30am. Chaplain:- Fr. Nigel Thomas.	Lux Mundi, Torre del Mar Catholic Mass in English. Every Saturday at 17.00. Tel: 952 543 334. St Barnabas IERE (Anglican) Torre del Mar, Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11am. Tel: 657 286 284.
Community Bible Fellowship Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja. Tel: 952 520 291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm. Parish priest:- Father José María.	Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ª, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Tel: 952 543 334. Tel: 952 030 461. www.stbarnabas-spain.com .
Presbyterian Church, Torre del Mar We now meet at Legends Bar, Calle Pintor Cipriano Maldonado 9, Torre del Mar. The contact is Bill Bedford, Tel: 694 471 005. On the first Sunday of the month we meet at 10.30am for Communion/Breakfast, on the other Sundays we meet at 11.00 am.	The Anglican Church of St. George, Málaga Holy Communion or Morning Prayer. Sunday mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga. Veléz Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30am in the Antigua Capela de San José, Calle Linares 7, Veléz Málaga. Chaplain: Fr. Louis Darrant, Tel: 630 909 131 Email: info@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemalaga.org
New Life Church Whether you live in Nerja or are visiting our area, we would be delighted to welcome you to New Life Church. Our meetings are characterised by uplifting songs, relevant sermons and a modern but reverent service. During this time of uncertainty, God's word Reminds us that the Gospel shines brightest in times of darkness. We are a Bible based Church community continuing to help people find their way to God. Sunday service 11.00am. Pray meetings Wednesday 11.00am Pasaje San Miguel, Nerja 29780. Email: info@nlcnerja.com Website: www.nlcnerja.com Facebook: www.facebook.com/nlcnerja	Evangelical Church, Torre del Mar Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop. Tel: 634 540 519. Minister Rev. Colin Dickson. Tel: 654 884 658

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NEWS & What's ON

Recently, on a glorious warm day, 22 old and new friends of Lux Mundi, Torre del Mar and the Half Orange Group attended a lunch, where they were able to choose excellent food from the very extensive menu del día of the La Ralea restaurant set in the Commercial Complex halfway between Velez Malaga and Torre del Mar. A good time was had by all and Lux Mundi would also like to thank everyone for their kind and generous donations of 101,10 euros which was collected for our funds which is very important and means a lot for the future of the Centre.



Friends enjoying their meal

If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine. We will publish your events or news. Please send all information to info@streetwise.es or call Dawn on 638 474 718. All information needed by the 15th monthly.

ROYAL BRITISH LEGION, NERJA BRANCH Meets twice a month for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura. Everyone is welcome to join us. Booking is essential. Please contact Kim on tel: +44 798 8029001 or email: kim_bowe1@hotmail.com.

For any other information about the Branch contact Eddie, our Chairman, on tel: (+44 759 071 7384) or email: eddiebowe1@hotmail.com.

CORALAXIA

Note, the Liverpool Oratorio concert has been postponed until 2023 but Coralaxia International Choir welcomes new singers now. We're working on a selection of popular music, "Can't help falling in love", "Raindrops keep falling on your head", "Stand by me" and popular songs in Spanish. We rehearse, Thursdays, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastreros, 1, CP 29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro). For more information please contact 657 951 755 (English) or 689 111 352 (Spanish) or email

eucorax@hotmail.es.

Please note that you may join Coraxalia at any point in the term time. Don't hesitate to give us a call!

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Lux Mundi Ecumenical Centre

Torre del Mar, Avda. Moscatel 1^ª, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Open mornings only Monday and Wednesday 10.00 till 13.00 and Fridays as usual 11.00 - 13.00.

For further information please contact the Centre, Torre del Mar. Tel. 952 543 334 or email: luxmundi@lux-mundi.org
Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1^ª, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Open mornings only Monday to Friday 10.00 till 13.00 We would like to assure you that we are complying with all the Covid regulations to make your visits to our centre as safe as possible. For further information please contact the Centre, Torre del Mar. Tel. 952 543 334 or email: luxmundi@lux-mundi.org

LUX MUNDI, TORRE DEL MAR MARCH COMING EVENTS & EXCURSION

The Spanish groups will be restarting again so if you are interested please contact the Centre about timetables and groups, as because of the restrictions groups will be very limited!! We continue our regular activities: Craft group on Mondays, Art group on Wednesdays and coffee morning every Friday. Our shop will be open Monday, Wednesday and Fridays. Time 11.00 to 13.00. Donations needed. Due to our high sales volume our stocks

are running very low. We need ladies clothing, handbags and shoes, jewellery, bedding (duvet covers), sheets, pillow cases, throws etc., curtains, cushions, towels, kitchen and glassware. Please ensure that items are in good condition and in working order and can be re-sold.

Tuesday 1st March - World Day of Prayer. The Theme is "I know the plans we have for you" material used made by women in England, Northern Ireland and Wales.

At the Parish Church of San Andrés, Torre del Mar.

Please use the entrance on the right hand side of the church in Calle Rocio and go to the 3rd Floor.

Thursday 24th March - Coach Excursion to Tarifa and Baelo Claudia Roman Ruins. Please join both Lux Mundi, Torre del Mar and Fuengirola on a coach excursion with a stop for breakfast along the way.

Your first visit, arriving at approx. 11.00, will be to the city of Tarifa on the Costa de la Luz (Coast of Light) set across the Straits of Gibraltar, facing Morocco. Here there will be free time to have lunch and visit the well-preserved Guzman castle near the port, built in 960, and also the remains of the medieval walls.

You may wish to visit the public market with a Moorish vaulted archway as its entrance. Here you will find the fish market, which sells a huge variety of catches from the Straits of Gibraltar and beyond.

The coach will leave at 15.00 for a half hour drive along the coast to visit the Roman ruins of Baelo Claudia, situated on the beach.

The entrance fee is included in the price. You will be free to discover this National History Monument with its archaeological remains of the impressive temple, Forum, basilica, baths, aqueduct, and large fish-salting factory in particular.

There is also a Visitors' Centre where a scale model of the city and many artefacts found on the site can be seen. After the visit at approx. 16.30 you will join the coach for the return journey and there will be a stop for refreshments along the way.

Ticket price 26€ or with a Friends of Lux Mundi card 23€, available at the Centre. (Proceeds for fundraising).

Departure Times:-

Algarrobo (Lidl) 7.15am,
Caleta (Vets) 7.20am,
Torre del Mar (Bus Station) 7.30am.
Friday 25th March - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time 19.45.

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Tuesday 1st of March - Manuel Parodi will speak about the Vikings; "Vikings in Al Andalus: the men of the North discover the South". It seems as if not only contemporary Scandinavians enjoy a visit to Andalusia, but also their ancestors. In the 9th Century, the Vikings tried to conquer the lands south of the Guadalquivir river, but were rejected by the emirs of Cordoba. The lecturer Manuel Parodi is a historian and archeologist specializing in the history of Northern Morocco and Southern Spain. He is a writer of several books.



THE ARTS SOCIETY NERJA

for latest information check our website!

Tuesday 15 March - Jacob Moss will speak about the fan museum in London, "Treasures of the Fan Museum: the allure of the fan from Ancient Egypt to Street Art". The lecture will focus on rare fans in the Museum, from Elizabethan-period folding fans to others decorated by street artists. The lecture will have a special 'Spanish flavour' by high-lighting 18th/19th century fans made in England for the Spanish market. The lecturer Jacob Moss is the Museum's curator organising temporary exhibitions and overseeing loans from the collections. He has a BA in Fashion from the Reading School of Art.



THE ARTS SOCIETY NERJA

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41 CLUB NERJA PRESS RELEASE - "WE MEET AGAIN, AT LAST!"
"Absolutely thrilled and delighted", exclaimed Peter MacLeod, Chairman of 41 CLUBNERJA, at the news that after 20 long months our members are at last coming together for a proper social gathering. "Our 40 plus members come from nine different Countries and this Pandemic has therefore had a really hard impact on us" explained Peter. "But we've kept our strong friendships going through technology, swapping snippets of fun on our Whatsapp group and by embracing remote meetings through the wonders of Zoom".
"Now, as members are starting to travel again", Peter went on to say "We are able to meet up properly and we are so looking forward to meeting face to face and swapping all those Stories about how the Lockdown has affected us". Peter is also pleased to report that "The Club has been busy behind the scenes, improving our website and developing a new Facebook page, all aimed at increasing the Club's profile in the Community and recruiting some new members, while getting prepared for maybe just a little bit of normality".
Peter finished off by inviting any Past Members of Round Table, from anywhere in the World, who may live or spend sometime in Nerja, or the wider area "East of Malaga", to get in touch and come along to see how we continue the Fun and Fellowship associated with the Round Table Family.
41 Club Nerja Chairman Peter MacLeod can be contacted via email at pmacleod5000@outlook.com or by phone on 0034 678 059 288.
41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email at steve.ryan.sr56@gmail.com or by phone on 0044 7546 402 770.
41 Club Nerja Website is at www.41clubnerja.org You can also find 41 Club Nerja on Facebook.

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Cudeca Nerja Support Group to help people who are living with the difficult situation of cancer or other life limiting illnesses, or those who care for them.

We meet on the 2nd Thursday of each month at 11.30 a.m. in Hermes Cafe, Plaza Espana (top of underground car park).

We can also assist by telephone 952 564 910 or e-mail cudeca@cudeca.org.

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Artist, Margaret Riordan, has paintings on exhibition at the Hotel and Restaurant La Casa, Calle Baja, Plazuela De Barajas 3, Torrox pueblo, 29770. Tel:- 662 039 741 for winter 2021/spring 2022 10.00hrs -14.00hrs (not Sundays) and a second exhibition at JEMS, Avenida El Faro, Torrox Costa 29793 (closed Mondays).

Exposición
 Para ver más - Margaret Riordan - mariordan@aol.com
 https://www.facebook.com/mariordan/

Noviembre/ Diciembre

Cafeteria JEMs
 Avda. Del Faro
 Torrox Costa, 29793, (Málaga)

10.00 - 16.00
 (Lunes, no)

To view others, and see signed prints, please contact her on mariordan@aol.com.



Want to join a choir?

Velez-Malaga's Coraxalia International Choir's next project is Paul McCartney's "Liverpool Oratorio" (Paul McCartney & Carl Davis) which we will perform at the Manuel de Falla auditorium in Granada on 30th April 2022. Combined choirs, soloists, children's choir and symphony orchestra. We welcome new singers to come and take part. We rehearse, Thursdays, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, CP 29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro). For more information please contact 657 951 755 (English) or 689 111 352 (Spanish). Also our sister choirs of Almuñecar (Coro Ciudad de Almuñecar) and Salobreña (Coro Villa de Salobreña) Tel: 689 111 352. **Please note that you may join Coraxalia at any point in the Term time.** Don't hesitate to give us call!

YOGA FUSION DANCE

Yoga Fusion Dance online every Wednesday from 7p.m. to 8p.m. on the ZOOM platform.

Sissi, a former dancer at the Alcazar cabaret in Paris, has devoted herself to yoga for 30 years. Throughout her atypical career, she meets real yogis who teach her and pass on their knowledge.

Yoga dance was born from this fusion between dance and inner quest. Uniting these two disciplines, the science of Yoga and the creativity of dance, is the originality of her trajectory. From this deep knowledge, she knows that healing does not come from postures or asanas but from the combination of the 5 vital breaths, the Pranas: apana, udana, prana, vyana, samana which allow the free circulation and fluidity of vital energy.

In a game of figures, Sissi makes the bridge by substituting certain Yoga postures with dance movements. An innovative, creative and fun way to approach the path to more consciousness.

For more information contact Sissi on (0034) 699 037 998 or email:- isabelgilton@gmail.com

Cada miércoles de 19:00 h. a 20:00 h.
Online
 yogafusionarte.com
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 Auditorio Manuel de Falla
 Granada 30 de Abril de 2022

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 Si estás interesado, llámanos: 657 951 1370

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 M²: 86 m²
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29740 Torre del Mar
 Avd, Andalucía, 32B

Tel: +34 952 54 18 86

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 Storeroom
 EPC: In process M²:
 56 m²
 REF. 6957



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29770 Torrox
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 REF: 7047



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