

# Energy & Peace in Nature Retreat Andalucia - Spain

8th February - 15th February 2025



A week of fun, relaxing, energising, calming and putting your life back into balance with Seasonal Yoga, Chi Yoga, Pilates, Feldenkrais, Chi Kung, Meditation & Mindfulness Practices

**E**nergy & Peace is a Mindfulness Retreat in the mountains of Andalucia. The theme is rejuvenation, boosting self-esteem and discovering our mindful nature.

Re-charge your energy and rediscover your peace with flowing Yoga, Chi Kung, Feldenkrais, Pilates, Mindfulness and Meditation. In addition you will be able to walk in nature amongst the beautiful surroundings and enjoy the outstanding food supplied by the hotel's experienced staff.



**A**ndalucia is a place where you can easily regain your inspiration and strength. The place is valued by artists and nature lovers. The owners of the hotel have lovingly developed the terraced gardens, including a very special tree-house, swings and unique cosy sanctuaries for reading or just relaxing. There is a studio and outside decking space for the practice and meditation. Most meals will be taken in the lounge area or on the sunny terrace. We will include practices and mindful walking around the grounds and in the tree house.

# Teachers

**JACKY SEERY** is a qualified teacher in Qigong, Tai Chi, Chi Yoga, Meditation and Ling Chi deep energy healing, having spent 10 years training to Mastership level. She is a practitioner and UK registered teacher of Mindfulness and Compassion, having been taught by the Mindfulness Association and graduation with distinction in MSc Studies in Mindfulness in 2018.

**TINA HEDRÉN** has a long background with gymnastics, dance and fitness. Her work involves practicing as a Feldenkrais® practitioner, Yoga and Pilates teacher and working with essential oils. Tina is also qualified to teach Tai Chi and Chi Kung.

Through her company Movement Arts she offers Trainings, Retreats and workshops since 1999.

**MIKE PRATT** specialises in combining immersive experiences in nature with Taoist practices such as Tai chi and energy work and contemplation in wild places exploring and being inspired by the natural energies, elements and patterns around us in these beautiful mountains with their special wildlife and environs which hint at a more natural way of living. Working with chi energy and the Shen spirit and the connectedness of all things you will pick up some basic chi survival techniques to power your daily life and see how nature really can show you 'The Way'.

## Programme

### 8th February

19.00 Dinner & Gathering

### Sunday to Friday typical daily programme

07:30 Yoga

08:30 Breakfast

10:00 Mindfulness & Meditation

11:00 Break for tea or coffee

11:30 Movement

12:15 Nature Immersion

13:00 Lunch

14:00 Free time to relax, walk, explore the area etc.

17:00 Qigong & Tai Chi

19:30 Evening Meal

**Wednesday 12th**- Free day/optional Excursion.

### 15th February

Breakfast and departure



You participate as much as you would like. The retreat is aimed at your wellbeing, however you are free to choose which sessions you wish to attend.

Please note that some areas of the hotel have a lot of steps. Some of the bedrooms and the main dining area and lounge are accessible.

## All Inclusive Accommodation and meals

Energy & Peace in Nature retreat costs €1400 for a single room, or €1225 sharing (prices subject to change). All meals will be served by the hotel.

### What is included

Room, Continental Breakfast, light lunch, 7 dinners, airport and restaurant transfers. This package assumes that all participants will arrive at Malaga airport at a similar time to share an airport transfer.

You will need to organise your own flight to Malaga as well as travel insurance.

### What is not included?

Almost everything is provided but the following items are not included: Flights, Insurance, Drinks, any excursion costs and lunch on days out.



## Booking

Tel: 07540840835 or email [Jacky.seery@gmail.com](mailto:Jacky.seery@gmail.com)

€100 deposit required to the hotel by 31st October 24 to secure your place

Flights must be into Malaga airport, preferably to arrive on the morning of 15th February in order to take advantage of the free transfers.

