



Mind Body One

Energy & Peace in Nature Retreat Andalucia - Spain

17th February - 24th February 2024



A week of fun, relaxing, energising, calming and putting your life back into balance with Mindfulness, Yoga, Qigong, Mindful Walking & Immersion in Nature practices.

Energy & Peace in Nature Retreat takes place in the mountains of Andalusia. The theme is rejuvenation, finding stillness, connection and peace and discovering our mindful nature.

Re-charge your energy and rediscover your peace in nature. Practices include flowing Chi Yoga, Qigong, Mindful walking and Mindfulness. 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.



Andalusia 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.

GLORIA HANSON has a long-standing and deep interest in the Eastern Arts of Tai Chi and Chi Kung. Gloria is a qualified Infinite Tai Chi, Chi Kung and Meditation teacher and has been teaching a dynamic fusion of these ancient arts for 20 years. There is an infinite energy source that is naturally inherent in all of us that can increase physical and mental energy to sustain and nourish us throughout the day. Everyone has the ability to naturally balance and strengthen themselves and also reduce the stress of living in a hyperactive world.

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

17th February

19.00 Dinner & Gathering

Sunday to Friday typical daily programme

08:00 Chi Yoga - Mountain & Sleeping Buddha flows

09:00 Breakfast

10:15 Mindfulness & Meditation

11:00 Break for tea or coffee

11:30 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 21st - Free day/optional Excursion.

24th 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.

Accommodation and meals

Energy & Peace in Nature retreat costs €1350 for a single room, or €1150 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
€100 deposit required by 31st October 23 to secure your place

Flights must be into Malaga airport, preferably to arrive on the morning of 17th February in order to take advantage of the free transfers.

