

Seasonal Yoga
**Energy & Peace
Retreat**
Andalucia - Spain



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

Energy & Peace is a Mindfulness Retreat in the mountains of Andalusia.

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, Tai Chi, Pilates 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.



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 for the practice and meditation. Most meals will be taken in the lounge area or on the sunny terrace.

Teachers



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 a student and follower of Jason Chan. Through her company Movement Arts she offers Trainings, Retreats and workshops since 1999.

JACKY SEERY is a qualified teacher in Chi Kung, Infinite Tai Chi, Chi Yoga and Meditation. Trained by Master Jason Chan, her journey continues with him in the practice of Ling Chi Healing as well as being a Masters student and teacher of Mindfulness and Compassion.

Jacky is also a qualified Reiki Master and has trained in Crystal Therapy and Indian Head Massage.

Programme

Saturday 4th March

19.00 Dinner & Gathering

Sunday to Friday typical daily programme

07:30 Morning Yoga or Pilates

08:30 Breakfast

10:00 Daily talk

11:00 Break for coffee or tea

11:30 A mixture of Tai Chi, Chi Kung and energy work or mindful movement

12:30 Meditation

13:00 Lunch

14:00 Daily walk or free time to relax, read, explore the area etc.

17:30 Evening practice

18:30 Free time

19:30 Evening meal

Saturday 11th March

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.

Accommodation and meals

Energy & Peace Mindfulness retreat costs £960 for a single room, or £845 sharing. All meals will be served by the hotel except for 2 evenings when we will eat at local restaurants in Competa or Canillas de Albeida.

What is included

Room, Continental Breakfast, light lunch, 7 dinners -some at local restaurants, 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

You can register via www.seasonalyoga.se or call +46 708 31 12 15 or email tina@seasonalyoga.se. We must have your registration and 50% deposit by **November the 30th!**

Flights must be into Malaga airport, preferably to arrive on the morning of 4th March in order to take advantage of the free transfers.

movement arts

Läby Österby 113
755 92 Uppsala