

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

24th February-3rd March 2018



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

**E**nergy & 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.



**A**ndalusia 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 qualified to teach Tai Chi and Chi Kung.

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. She has also completed 3 years training in Ling Chi Healing with Master Jason Chan. Jacky is a practitioner and teacher of Mindfulness and Compassion completing a MSc in Mindfulness in 2017.

## Programme

### Saturday 24th February 2018

19.00 Dinner & Gathering

### Sunday to Friday typical daily programme

07:30 Morning Yoga

08:30 Breakfast

10:00 Mindfulness & Compassion Practice

10:30 Chi Kung

11:00 Break for coffee or tea

11:30 Mindful Movement

12:30 Meditation in nature

13:00 Lunch

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

17:30 Tai Chi

18:30 Free time

19:30 Evening meal

### Saturday 3rd March 2018

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

**E**nergy & Peace Mindfulness retreat costs €1400 for a single room, or €1200 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.

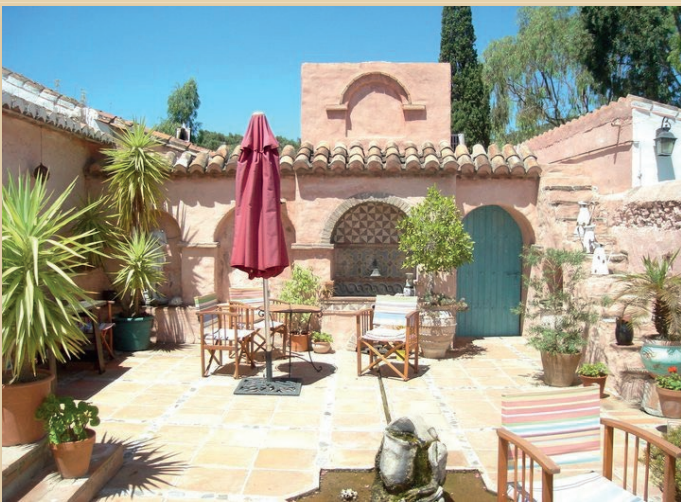
### What is included

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](http://www.seasonalyoga.se) or call +46 708 31 12 15 or email [tina@seasonalyoga.se](mailto:tina@seasonalyoga.se). We must have your registration and 50% deposit by **September 30th 2017!**

Flights must be into Malaga airport, preferably to arrive on the morning of 24th February in order to take advantage of the free transfers.

movement **arts**

Läby Österby 113  
755 92 Uppsala