

# Mindfully Wild

Andalucia - Spain

27 - 31 July 2019

Relax and reconnect with your being  
through Nature, Chi and Mindfulness



Four days of immersion in the wonderful nature of Andalucia.  
With lots of fun, relaxing and re-energising using the power  
of nature, Chi yoga, Tai chi, Chi kung and Mindfulness

*Mindfully Wild* is a mindful movement and meditation retreat immersed in the nature of the mountains of Andalucia. You will experience the rejuvenating power of movement through ancient energy practices, with 2 very experienced instructors: Mike Pratt specialises in combining immersive experiences in nature with Taoist practices such as Tai chi and energy work and contemplation in wild places. Through the retreat he will focus on 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'. Jacky Seery will lead you in Mindfulness and compassion mind training to help ease the stresses of daily life and enable greater coping skills. There will be a gentle start to each morning with Chi Yoga.



Andalucia 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.

**Cost €575 for sharing or €790 for single room and includes**

Continental Breakfast, light lunch, evening meals - some at local restaurants, airport and restaurant transfers.

Visit [www.mindbodyone.co.uk](http://www.mindbodyone.co.uk) for more information or contact Jacky: 07540840835 or email [jaqi@mindbodyone.co.uk](mailto:jaqi@mindbodyone.co.uk)

For every booking, €25 will be donated to the WildLife Trust