

*Seasonal Yoga*  
Energy & Peace  
Retreat  
Andalucia - Spain

12th February - 19th February 2022



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 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, 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**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, Tai Chi, Chi Yoga, Meditation and Ling Chi deep energy healing. She is a practitioner and UK registered teacher of Mindfulness and Compassion, having been taught by the Mindfulness Association and completed MSc in Mindfulness in 2018.

## Programme

### 12th February

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.

19:30 Evening meal

**Wednesday 16th** - Free day/optional Excursion.

### 19 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.



## Accommodation and meals

**E**nergy & Peace Mindfulness retreat costs €1250 for a single room, or €1100 sharing (prices subject to change). 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

Tel: + 46 708 31 12 15 or email [tina@seasonalyoga.se](mailto:tina@seasonalyoga.se)  
€100 deposit required by 31st October to secure your place

Flights must be into Malaga airport, preferably to arrive on the morning of 12th February in order to take advantage of the free transfers.

