



## RETREAT IN SPAIN

*A retreat that seamlessly blends city and beach experiences while offering coaching, yoga, and the chance for exploration can create an ideal equilibrium of relaxation, personal development, and adventure. The primary aim of this retreat is to emphasise the importance of self-care, relaxation, and engaging in activities that bring joy and inner peace. Since these retreats are designed for small groups, they are entirely customised to cater to your unique needs and preferences.*

- *Join or create a small group retreat with like-minded individuals seeking similar rejuvenation.*
- *Share experiences and insights with others.*
- *Discover the city of Alicante and its surroundings*
  
- **Digital & Mind Detox Retreat:**
  - *Disconnection from technology for a set period.*
  - *Use this time to read books, write in a journal or reflect on yourself.*
  
- **Yoga & Full Moon Retreat:**
  - *Daily Yoga Class*
  - *Meditation with the full moon rise.*
  
- **Discover your true self Retreat:**
  - *Coaching Discover your true self*
  - *Meditation with the full moon rise.*

*\*Throughout our discussion, we will carefully select and customise the activities that align with your preferences and needs. Penelope will then craft the ideal retreat experience tailored to you and your group.*

**Dates:** Available for the weekends of October 28th and November 26th.

**Location:** The retreat will be held in downtown Alicante, Spain.

**Duration:** You have the flexibility to choose between a 2, 3, or 4-day retreat.

**Accommodation:** You can opt for lodging at Penelope's residence (please note there are only 2 rooms available) or select from nearby hotels.

**Flights:** You can book flights with Transavia, Ryanair, or Vueling, depending on your preference and convenience.

**Fees:** For detailed pricing information, please refer to the full program.





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*Penelope* extends a warm welcome to you for a short retreat amidst the scenic beauty of Spain's Costa Blanca, specifically in Alicante. If you're seeking a few days to immerse yourself in yoga and escape the hustle and bustle of your busy routine in a picturesque seaside setting, then this retreat is the perfect destination for you.

Envision practicing yoga and chanting mantras in an incredible acoustic environment with breathtaking sea views. Picture meditating under the full moon's energy, witnessing a mesmerising sunset from the heights of Santa Barbara Castle while sipping on a fine organic wine, with the sparkling sea in the distance.

This retreat offers daily yin yoga classes, guided walks, a special full moon rise meditation session, coaching on intuitive eating, and more... Embark on a less-traveled path to uncover delightful surprises, and you will soon find yourself revitalised and ready to embrace the joyful winter months ahead.

As previously mentioned, this retreat is designed to offer an exclusive and intimate experience. Penelope has graciously opened her home to host you in one of her guest bedrooms. You can choose between the Castle Room and the Green Room, each possessing its unique ambiance. These rooms share a generously-sized mosaic-tiled shower room. The Castle Room features a queen-sized bed, while the Green Room offers a king-sized bed.

**Accommodation at Penelope's residence is included in the retreat package.**







## RETREAT IN SPAIN

Our meals are strictly **vegetarian and gluten-free**. During your stay, you'll have the opportunity to learn how to prepare your own almond milk and other delightful recipes from Penelope. Coffee, cereals, juices, and fresh fruits are available throughout the day. Please note that meals outside the retreat are not included. However, we do provide a Santa Barbara Sunset aperitif with healthy vegetarian tapas, lovingly crafted by Penelope. If you have specific dietary preferences, such as meat or other preferences, please inform us in advance, and we'll gladly cater to your tastes.

Enjoy a picturesque breakfast overlooking the harbour, where you can admire sailing boats and the sunrise.

**Dining Experiences:** One of the lunches will be at a charming, historically significant location in Alicante. Additionally, we have arranged for a delightful dinner at one of the city's well-regarded restaurants.





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### *Typical DAY\**

- **Morning:**

- *Yoga rise in the spacious living room or on the beach*
- *Walk on the endless beach*
- *Breakfast with some home made fresh juices etc,...*

- **Lunch & Afternoon:**

- *Discover the city of Alicante and its surroundings (Beaches, Waterfall, Hike, Museums)*
- *Lunch outside or at home*
- *Nap time or free time*
- *Coaching of your choice*

- **Evening**

- *Meditation with the full moon rise.*
- *Yin Yoga*
- *Light vegetarian dinner or juices*
- *Discussions*

*\*Planning will be suggested after the consultation*





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**Yoga:** Penelope offers Yin Yoga sessions, influenced by the Iyengar tradition.

**Coaching:** You will receive two hours of coaching during the retreat. You can choose to explore the Enneagram if you're unfamiliar with it, or opt for coaching tailored to your specific preferences and needs, based on the group's collective interests.

**Pilates:** Private class can be arranged with Paco to discover or maintain your practice (minimum 3 people)

**Meditation** on the beach for the **full moon rise**.

**Airport Transfers:** For your convenience, airport transfers are included in the package. Kindly provide us with your flight details, and we will make the necessary arrangements.

*Please fill the questionnaire online:*

**GET A QUOTE**

