

BREATHE WRITE RELAX

YOGA & WRITING RETREAT IN SPAIN

OCTOBER 15TH - 22ND

WITH

CLAIRE STEELE

&

THE INTIMACY PROJECT



Just Imagine..



Imagine a place where the breath comes as easily and simply as the word yes. Here is a unique opportunity to restore mind body and soul, writing, breathing and meditating together to still the mind and release creative pleasure.



Breathe In & Inspire your self



The retreat will be in an Ibiza-style house designed by an architect with fabulous spaces, very bright, and affording beautiful views of the valley. It's a great place to spend time relaxing, practicing yoga, and sunbathing. The house has 9 large bedrooms, 9 bathrooms, many spaces to practice yoga, gardens, multiples terraces, and a barbecue area. Step out of here and you can walk in the forest, feeling the peace that being in nature brings; and at the same time everything you need is within walking distance in the village (shops, restaurants etc.)

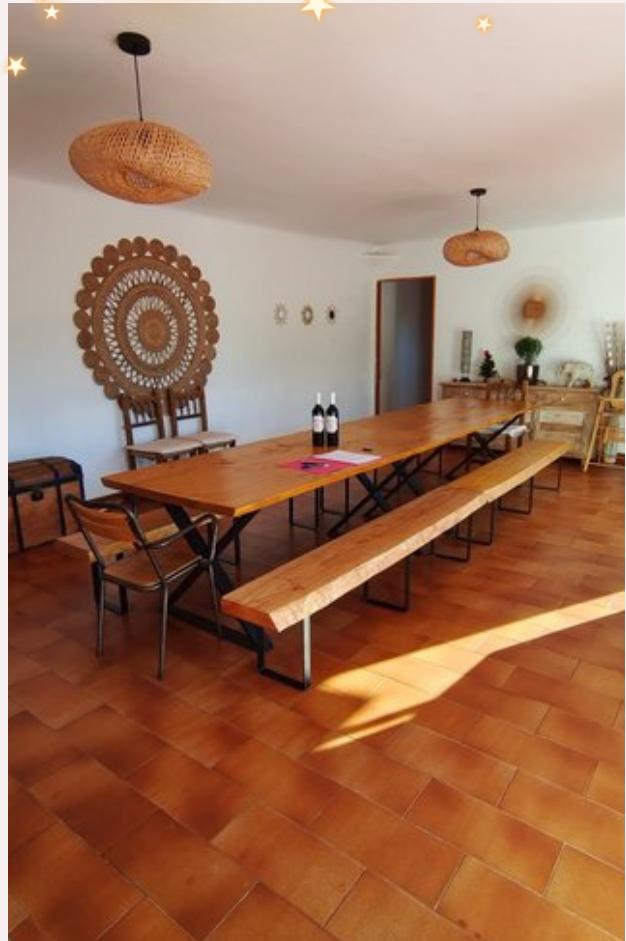


When we write together, we make a crucible of shared happiness. Story is at the heart of who we are and how we understand ourselves and each other. Writing clears the mind and cheers the heart. No experience necessary just an open heart, an open mind and an open notebook.



Casa Mayabel

A house built on dreams to make your dreams come true

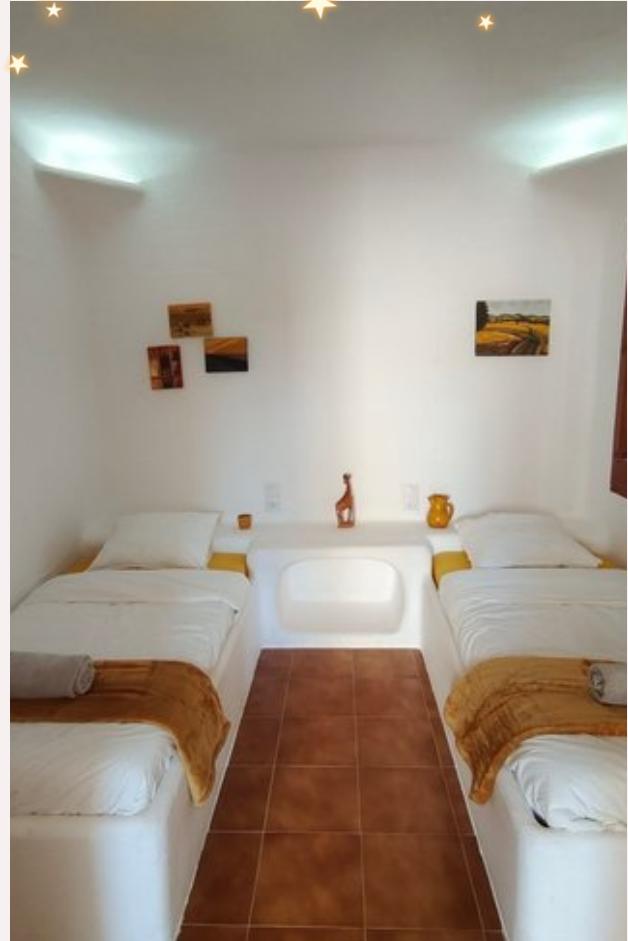


Casa Mayabel



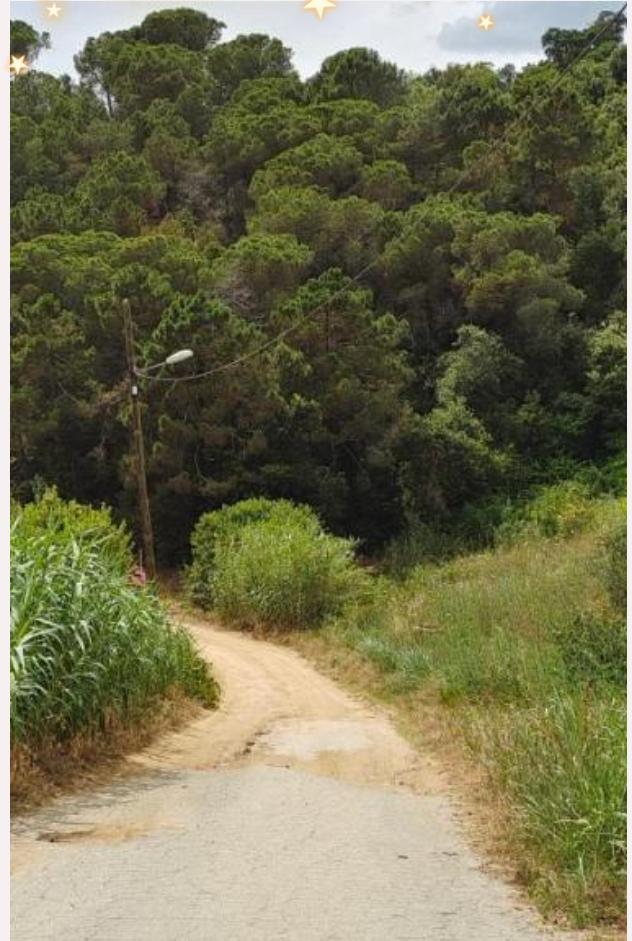
The villa is a labyrinth of simple and elegant rooms

Casa Mayabel



Each room allows you space to stretch and breathe and open your mind

Casa Mayabel



Every door opens onto beauty, nature's way of inviting you to relax



THE INTIMACY PROJECT

Ana X Chakora

When you find yourself in a state of imbalance it is coming back to simplicity which allows you to become balanced again. This is the essence of what Ana shares and the foundation of her life.

Through her unique combination of yoga asana, pranayama, Qi-Gong and intuitive movement, Ana guides you through your own practice. Creating space for you to breathe in your own body, and move in your own way to bring all the energies into balance.

David Hirtenstein

Everywhere we look, there is a lot of noise around us these days. When we are constantly “going”, both mentally and physically, exhaustion accumulates without even realising. We are human beings, not human doings. Taking time to remind ourselves of this with kindness and care is essential to a healthy, harmonious and balanced life.

Using a unique blend of ingredients, David delights in supporting each individual to connect deeply and intuitively with themselves, listening to the silent song of the heart. Nature takes care of everything else.





CLAIRE STEELE

Writing together prompts the sense of being transported somewhere utterly beautiful, a place rich with possibility and beauty, a space where instinct, experiment and mystery abound, a space for that unique and irreplaceable encounter with inspiration.

We write to remind ourselves of a life lived with intensity and truth, a life of colour and laughter and connectedness. These are the things we can bring back into our daily lives and they will sustain us, recalling to us the simple life-affirming wisdom of spending time with people and in places that set a spark in the soul.

Her ethos is strength through creativity: a commitment to the deep and sustainable transformations that can be brought about through creative connections which prompts her to explore new ways to share the wealth of stories and insights that form who we are as individuals and as a society.

Daily schedule

8.00 Pranayama & Meditation



9.00 Intuitive Movement



10.30 Breakfast

12.00 Writing Session

15.00 Free Time

18.00 Dinner

20.00 Chanting & Meditation





FOOD & DRINK

A large buffet breakfast and dinner will be provided every day with a variety of options to meet everyone's taste. Everything is homemade, using organic ingredients and local farms products.

The following meals are included:

Breakfast
Dinner
Snacks
Drinks



The following drinks are included:

Water
Coffee
Tea
Detox juices



The following dietary requirement(s) are served and/or catered for:

Vegetarian
Vegan



If you have special dietary requirements it's a good idea to communicate it to the organiser when making a reservation

HOW TO GET THERE

Arrival by plane

Nearest Airports: Gerona and Barcelona

Group pick-up has been arranged from Barcelona Airport and also Gerona Airport at 2:30p.m on the 15th October. People arriving at different times or at different airports need to book their own transfer.

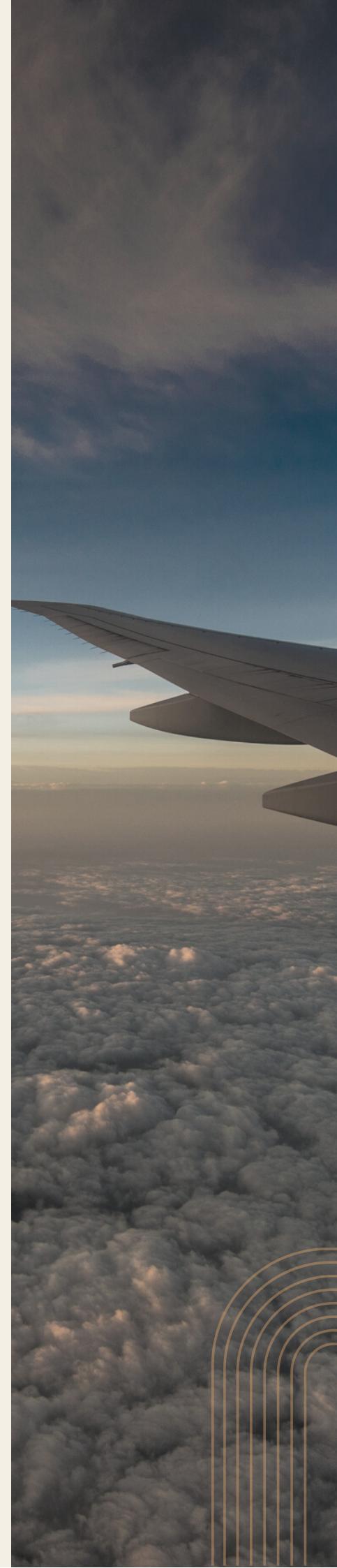
Departure: Shuttle Bus to both airports departing the villa at 11am 22nd October.

Arrival by train

If you come by train, the closest station is Sant Pol de Mar (3.5Km from Sant Cebria de Vallalta).

Arrival by car

You will have plenty of free parking spaces in the street next to the house.





PRICING

1	Sharing	Twin	Room
	£750pp		
2	Private	Room	Ensuite
	£1150pp		
3	Private Room Shared Bathroom		
	£975pp		

- A reservation requires a deposit of 50% of the total price.
- The deposit is non-refundable, if the booking is cancelled.
- The rest of the payment should be paid one week before departure.