



Spain Natural Travel



## Experience Mindfulness

Yoga retreat in nature,  
reach out to your inner self.

Central Pyrenees

### Next dates

From 07-05-22 to 14-05-22

From 25-06-22 to 05-07-22

From 15-10-22 to 22-10-22

### Duration

7 days

### Group size

8-12 people

### Price from

1450€/person

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## Description

Located within the incomparable beauty of Pineta Valley, this thoughtfully balanced retreat combines the benefits of practising diverse yoga routines with innovative applications of mindfulness exercises, all in connection with the majestic nature of Ordesa and Monte Perdido National Park.

Our multidisciplinary team formed by Carmen, Charlotte, Eva and Xisko guarantees that our visitors can expect a professional and group tailored approach on every one of the activities and disciplines of yoga practised, all for the purpose of helping you to find your inner peace, have a lasting quality rest and satisfying your appetite with the most nutritious and healthy vegetarian and vegan meals.



## Activities

During the 6-day and 7-night duration of this program, our specialised hosts will guide your practice through the following activities:

- Kundalini Yoga

Focused on respiration and meditation in order to reach the inner balance, this is the most antique discipline of yoga.



- Yoga Nidra

A Sanskrit term meaning "yogic sleep" is a deep relaxation technique and a form of meditation that expands the individual's self-awareness.



- Mindfulness workshop



During this introductory session, our yoga instructor, Carmen, will be sharing the fundamentals and techniques that will be practised along the retreat, helping you achieve awareness at the present moment, calmly acknowledging and accepting your feelings, thoughts, and

bodily sensations.

- Ecotherapy workshop

Guided by the psychotherapist Charlotte Harris, the starting point of the ecotherapy journey will be an invitation to mindfully connect and meditate upon our own relationships with the natural world through a series of guided sensory and creative activities. The second session and middle part of the journey will allow the freedom to get creative using natural objects to play and explore further, preparing the way or the final encounter: an opportunity to connect deeply and intuitively through an invitation to spend some time alone, a mini "solo" outdoors in the grounds of the guesthouse, amongst the woods, meadows and mountains.



- Mindful walking



As part of the process of achieving a mindful conscience, this guided meditative walk along nearby hike paths will help you enhance your senses and the understanding of yourself within nature.

- Interpreted guided walks

Time to get to know the beauty of the Pineta Valley Nature and its surroundings through a series of guided hikes starting from our premises and coming across some of the most awe-inspiring views of Ordesa National Park. Once wintery season snows transmute these mountains, snowshoes will help us to explore nature around us in all its magnificence, and every time that weather provides, we will intend to make a longer route to enjoy the nearby breath-taking landscapes of Posets-Maladeta Natural Park and the beauty of its glacial lakes.



- 'Pranayama' breathing workshop



Pranayama is the practice of breath regulation. It's a central component of yoga, an exercise for physical and mental wellness. In Sanskrit, "Prana" means life energy, and "Yama" means control. The practice of pranayama involves breathing exercises and patterns.

- ‘Shinrin-Yoku’, Forest bathing

Originally created in the 80's Japan, this technique seeks to put our minds at ease while we focus our attention on our senses. By using the unique conditions present among the nearby centenary woodlands, this guided session intends to treat therapeutically high levels of stress, negativity and simply bring us closer to nature through an extraordinary experience.



- Handpan music recital

Let yourself be taken to a timeless place by the uplifting sounds of a Handpan live performance. The ethereal music and sensitivity will be the perfect final touch as the last part of this week of introspection and realisation.



## Leader of the Experience



Carmen Cazcarra

Since 2012 Carmen have been managing these beautiful family-owned accommodations and, since then, she has been complimenting her role as host with personal and spiritual growth activities such as yoga, meditation, mindfulness ... in nature.

Carmen is a certified Kundalini yoga instructor with over 10 years of experience, trained in Sat Nam Rasayan, meditative techniques and Reiki, first and second level. Totally confident with international visitors, her charming character and positive energy make her the perfect host for this experience.

## Accommodation

Our base for the 7 days duration of this experience is Casas de Zapatierno. Surrounded by the magnificent views of Pineta valley, you soon come to understand why its host, Carmen decided to leave behind her life in the city years ago and start a new chapter offering her retreats.

The premises were built and renovated following local traditional architecture. Its living quarters are formed by two detached houses that contain four fully equipped apartments with two double rooms each and a shared bathroom. The housing counts with a diaphanous room perfect for arranging any kind of workshop and yoga lesson when the activity cannot be performed outdoors.



#### What's included:

- ✓ Welcome Pack: Bento box to pack your lunch before heading the adventure and refillable aluminium bottle of water.
- ✓ Accommodation and all meals included. Vegetarian and Vegan lunches prepared in house to be taken away during the walks as picnics.
- ✓ Transfer from/to Zaragoza airport and in-trip transportation with minibus and dedicated driver.
- ✓ Services of the tour leaders.

#### What's not included

- ✗ International flights
- ✗ Travel insurance
- ✗ Additional drinks, tips, and any other personal expenses.

## Packing list

- ✓ Personal First Aid Supplies: Sunscreen/Lipbalm, painkillers, blister kit, clearly labelled prescribed medicines, spare contact lenses or glasses.
- ✓ Documentation: Passport, additional ID, Cash
- ✓ Clothing guideline: Rain gear, woollen jacket, long & short-sleeve tops, hiking trousers & shorts, cap/hat, medium weight comfortable hiking boots, casual shoes, good walking socks, light woollen gloves and hat if cold weather, homewear.
- ✓ Equipment: Yoga Mattress, Light personal blanket, sunglasses, folding sticks or trekking poles recommended.
- ✓ Additional equipment: AC adaptor, camera, light binoculars, hand-washing soap (laundry available if needed).



## How to get there

The tour price includes the transfer from/to Zaragoza airport and Zaragoza Delicias Train Station with minibus and the dedicated driver. Ryanair operates flights between Zaragoza and London, among many other European cities on a regular basis.



## How to book

### 1. Make your booking

Once you find your Experience and verify that you understand and agree to our booking conditions, please choose one of the following ways to make your booking:

- Use “select a date and book now” option on the experience page and complete your details online.
- Email us or use our contact form to let us know your details.
- Call us on +44 784 336 68 46 from the UK or +34 669 962 970 from the EU.

### 2. Secure your reservation

If you are happy with our proposition, we will ask you to pay the correspondent deposit of 10% of the total amount of the booking to secure your reservation.

### 3. Full travelling information

Before we are all set up, a complete booking form will be sent to gather essential details about you and the people you travel with, so we can do our best to make everything run smoothly during your trip. (Such as dietary requirements, any medical conditions or your actual travel insurance cover).

### 4. Booking confirmation

No later than two working days, we will send the final confirmation of your holiday and provide you with all the relevant information about your trip as appropriate, as well as the outstanding amount to be paid before the correspondent cut-off date.



## 5. Balance payment

From this moment on, we require full payment six weeks before departure. If you make your booking within six weeks of the starting date, the total amount will be needed to proceed with the reservation.

ENQUIRE

Should you need to extend your stay before or after the trip, please let us know.