

# Spirit Space - Retreat

## Spain - 14 to 21 September 2013



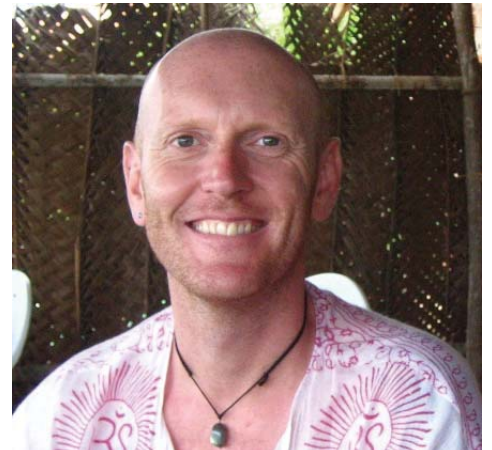
### Daily Meditations

Start the day before breakfast with a relaxing meditation

Learn ancient and modern meditations from the east and the west

### Self-Mastery Classes

Explore self mastery, Neuro-Linguistic Programming and the power of your mind during practical classes



Andy Lucas – Retreat Leader

### About the Teaching

Andy Lucas will be teaching the meditations and the self-mastery classes. Andy is an experienced meditation teacher, qualified hypnotherapist (registered with the General Hypnotherapy Register) and NLP trainer (licensed by the Society of NLP). More information about Andy is available at [www.springtomind.co.uk](http://www.springtomind.co.uk).

### Getting in touch

Contact Spirit Space (Retreats) by phoning Andy Lucas (Retreat Leader) on +44 (0) 7771 823651 or e-mail [info@spiritspace.co.uk](mailto:info@spiritspace.co.uk). You can also arrange to meet Andy in person at his office in Duke Street, Brighton.





## Meals at the Villa

Meals at the villa are prepared locally using traditional Spanish recipes.



## Sample Daily Schedule

The perfect balance for inner and outer peace

The schedule for the week is designed to provide a balance of stillness and activity. Let yourself unwind and relax as you enjoy a journey into the wonders of your mind and the possibilities of self-mastery.

### Morning

- Early meditation
- Spanish breakfast
- Morning self-mastery classes (east meets west and ancient meets modern with vedic teachings from India, Neuro Linguistic Programming and ideas from shamanism)

### Afternoon

- Main meal of the day (Spanish style)
- Free time most afternoons, relaxing around the pool or exploring the surrounding area

### Evening

- Closing meditation
- Light evening meal

Meals are served on the shaded terrace overlooking the garden and pool.



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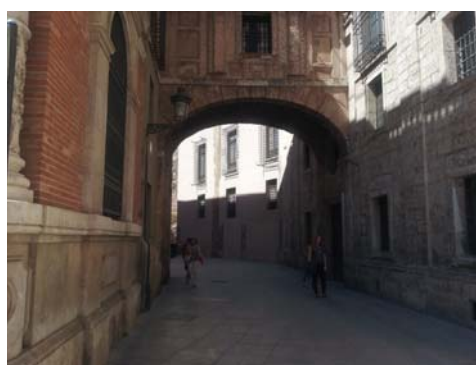
## Location of the Retreat

The villa is in a beautiful location, set amongst orange groves and almond trees. This peaceful and tranquil location is typically Valencian in character and lends itself to the creation of a restful and rejuvenating experience for guests of the retreat.



## The Local Area

The villa is just 5kms from the small town of Manuel and 11kms from the ancient town of Xativa, with its picturesque castle. It is also 45 minutes drive from the beautiful city of Valencia with its breathtaking mixture of traditional and modern architecture.



## Transport

The nearest airport is Valencia, which is approximately 45 minutes drive from the villa. Hire cars are available at the airport.

Local railway stations can be found at Manuel and Xativa with regular services to the city of Valencia, which is linked to the airport by the metro rail service.

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**Price List** - Prices shown are valid for bookings made up to Friday 30<sup>th</sup> August 2013 if paid in full. The price includes the cost of accommodation, full board, except one evening where the guests are encouraged to eat out, and all classes.

Type of bedroom	Single occupancy bedroom Price is per person	Two sharing double bedroom Price is per person
Large en-suite double bedroom with private balcony	£1,182.67	£ 982.50
Large en-suite double bedroom without private balcony	£1,097.50	£ 982.50
Standard double bedroom with shared bathroom	£ 982.50	not available to share

### Included in the price

- 7 nights accommodation in the bedroom selected in your booking form
- use of the villa, grounds, pool and terrace
- all charges for electricity, water, gas,
- bed linen, hand\bath\pool towels, and departure laundering & cleaning
- all meditation and self-mastery classes
- full board, which includes breakfast, light meal and main meal everyday except one day where the main meal will not be served. It is expected that everyone will eat dinner out on this day.



Contact Andy for further info:  
Tel: +44 (0) 7771 823651  
E-mail: [info@spiritspace.co.uk](mailto:info@spiritspace.co.uk)