

CREATE &
INSPIRE



RETREAT

ANDALUCIA, JUNE 3RD-6TH 2024

WHY JOIN US

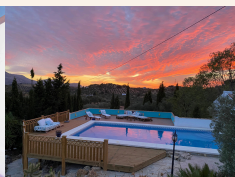
Research has shown that attending a retreat can help your metabolism in the long run (thanks to yoga, meditation and fitness), and, attendees who have joined a retreat report to have more clarity, feel empowered and motivated to make more conscious decisions in their life after coming back.

Our retreats are designed to provide a safe space where attendees can explore and get curious about what lights them up.

With a blend of learnings in happiness, positive psychology and yoga practices, we work together, aligning mind - body - soul to help you unlock your inner power, move past blocks that may be holding you up and open the way for your inner creativity.

We give space for growth, development, reflection and connection... and all in the beautiful backdrop of El Torcal, the magnificent Andalucian Mountains.

THE RETREAT



A space to create happiness your way. Feel supported and inspired to create, free of judgement and the pressures of everyday life.

Our Andalusian retreat is the perfect space to nourish your soul, to feel supported and encouraged to listen to your inner teacher.

Set in the beautiful surroundings of Antequera, Casa Libélula offers a relaxing, vibrant environment to discover and re-connect to what lights you up.

A safe haven of care, energy and like minded people to lift your spirits and spark your creativity.

Surrounded by nature and connecting with one another, we offer the best-in-class support through yoga and interactive coaching workshops.

Changing your life, for the better, never was this fun or easy!

CASA LIBÉLULA



Magical Retreat Centre in the heart of Southern Spain

The retreat centre is inspired by the spirit of our resident dragonflies. In almost every part of the world, the Dragonfly symbolises change, transformation, adaptability and self-realisation. The Dragonfly's flight across water represents an act of going beyond what's on the surface and looking into the deeper implications and aspects of life. The dragonfly exhibits iridescence both on its wings as well as on its body.

This property is believed to be the end of one's self created illusions and a clear vision into the realities of life. The magical property of iridescence is also associated with the discovery of one's own abilities by unmasking the real self and removing the doubts one casts on our own sense of identity.

Features:

- Panoramic views of the Sierra de Antequera
- Swimming Pool
- Outdoor terrace for dining and seating
- Nature walks - beautiful natural surroundings, olive and almond trees, hidden pathways...
- Indoor yoga studio
- 360 Outdoor yoga deck
- Air conditioning / fan
- Fully staffed

RETREAT PACKAGE

What's included

- Accommodation (June 3rd - 6th)*
- Full board
- Yoga and coaching workshops
- Hiking / walk in nature
- Fees:
- £697 p.p. (early bird, £797 after May 1st) shared occupancy
- £1,297 single occupancy

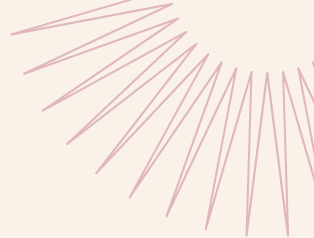
What's not included

- Transfers
- Insurance
- Alcoholic drinks
- Excursions / other activities (see below "what's on offer")
- Flights
 - Recommended booking:
 - EYZ2337 London Luton - Malaga 08:40am - 12:40pm
 - EYZ2336 Malaga - London Luton 11:20am - 13:15pm

What's on offer:

- Our agenda is designed so you have most of your afternoons free should you wish to book in any additional activities or a visit to nearby tourist points.
- Massage (several options and price ranges available)
- Healing treatments (reiki, ayurvedic wellness journey, facial acupuncture...)
- Mini Astrology readings (with Trish)
- 1:1 coaching sessions (with Lucia)

MEET OUR TEAM



Patricia Leggatt

@patricialighthouse

Patricia has ran successful retreats all over the world. She is a highly qualified Yoga teacher, Yoga therapist, astrologer and Yoga Nidra Instructor.

Patricia is a warm, intuitive, who teaches from the heart. She is passionate about the transformative power of Yoga and how it can potentially help others to feel healthy, happy and whole.

Her classes include mindful vinyasa flow, Iyengar inspired asanas, Yin Yoga, Pranayama (Breathwork), and Yoga Nidra. (The heart of yoga - similar to a guided meditation which is deeply healing.)



Lucia Paredes

@coachingwithLucia

Lucia is a Happiness Coach and an experienced Marketeer with a 20-year award-winning career.

Her deep understanding of the fast-paced corporate world combined with her expertise in happiness, positive psychology and optimal well-being, helps her not only understand the challenges of living on autopilot, but create a safe space and bespoke coaching sessions designed for individuals to both thrive and revive in life.

TRIVE AND REVIVE WITH US



TO BOOK YOUR SPACE:

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