

Adele's
Retreats

Spanish Serenity

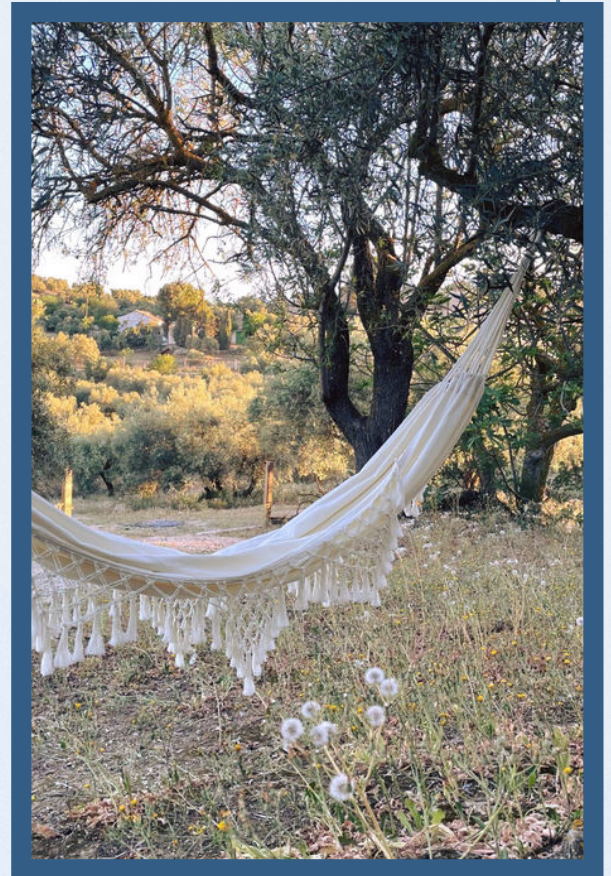
Wellbeing Retreat

20th-27th April 2024



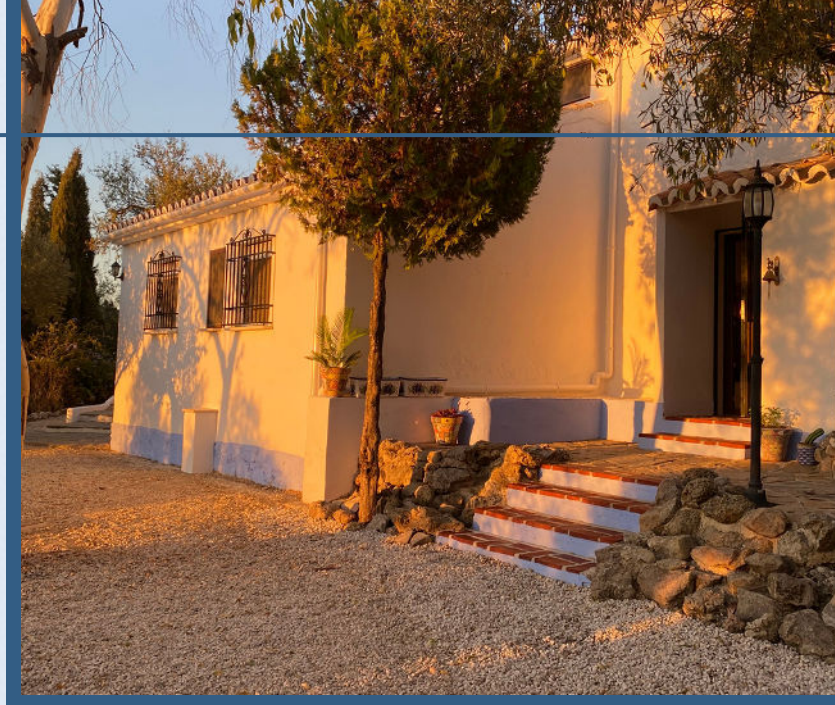
Escape for 7 days of sacred self care in the rustic mountains of Andalusia, Spain.

Our venue, Dragonfly House in Spain is the perfect place for restoration & transformation.



It offers beautiful accommodation, food & experiences that will help you rediscover your true source of power, & reignite your passion for living a wholehearted life.

Gorgeous outdoor pool, hammock garden & fairy grotto are just a few of the space you can truly let go & unwind.



The Venue

The venue, Dragonfly House in Spain is the perfect place for restoration & transformation.

Double or twin rooms available in beautiful authentically decorated rooms.

All rooms are equipped with air-conditioning & have their own private bathroom or ensuite.

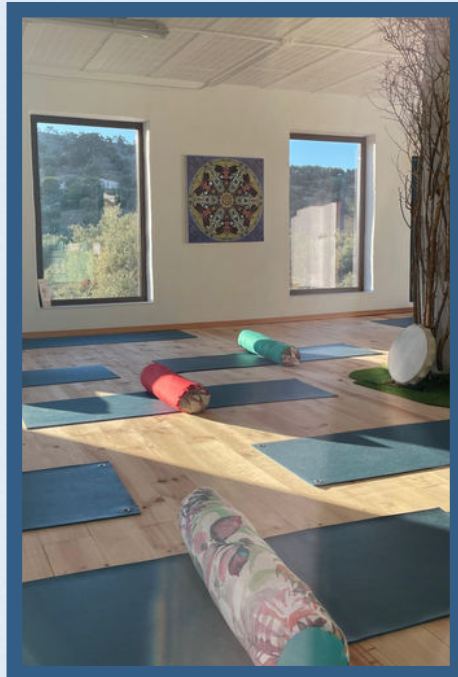


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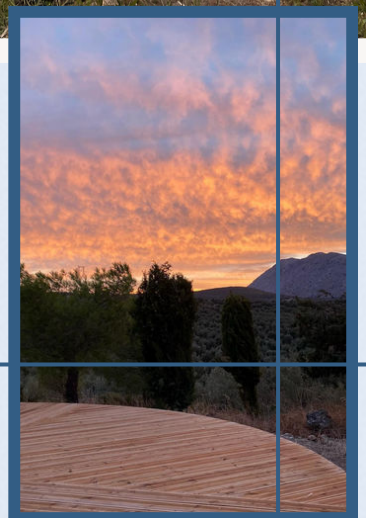
Pilates & Yoga

The way the light comes through the Olive Grove Studio is equal parts energising & uplifting, warming the soul as we practice Pilates, Yoga & meditation daily.



The studio is equipped with mats, props, bolsters & everything you need to support your practice, so you don't need to worry about bringing them!

There is a stunning Yoga deck outside which we use for morning meditation or Sun Salutations to wake up the mind & body, with a beautiful view of the mountains!



Food



The Food at Dragonfly House is stunning, colourful & nutritious. Most of the ingredients are grown on their very own food forest or sourced locally.

You'll receive 3 vegetarian meals a day, plus an afternoon snack, unlimited fresh water & tea/coffee.

Breakfast is a beautiful buffet spread of hot & cold continental foods, perfect for fuelling you for our morning Pilates class.

Any dietary requests are not an issue & will be managed so that you feel comfortable at each meal.



What's Included?

- You'll enjoy daily Pilates & nourish your mind, body & spirit in a place that will quickly feel like home
- Start your day with guided Pilates practice with expert tuition.
- Daily Mindful Mediations, explore various ways to still the mind & experience equanimity
- Group Coaching sessions
- 3 wonderful vegetarian meals a day
- A healthy & relaxing week combining powerful tools to help you relax, release stress

Investment: £1,555 includes £145 non returnable deposit THEN across 3 monthly payments of £470 based on shared accommodation