

Adele's  
Retreats

# Spanish Serenity

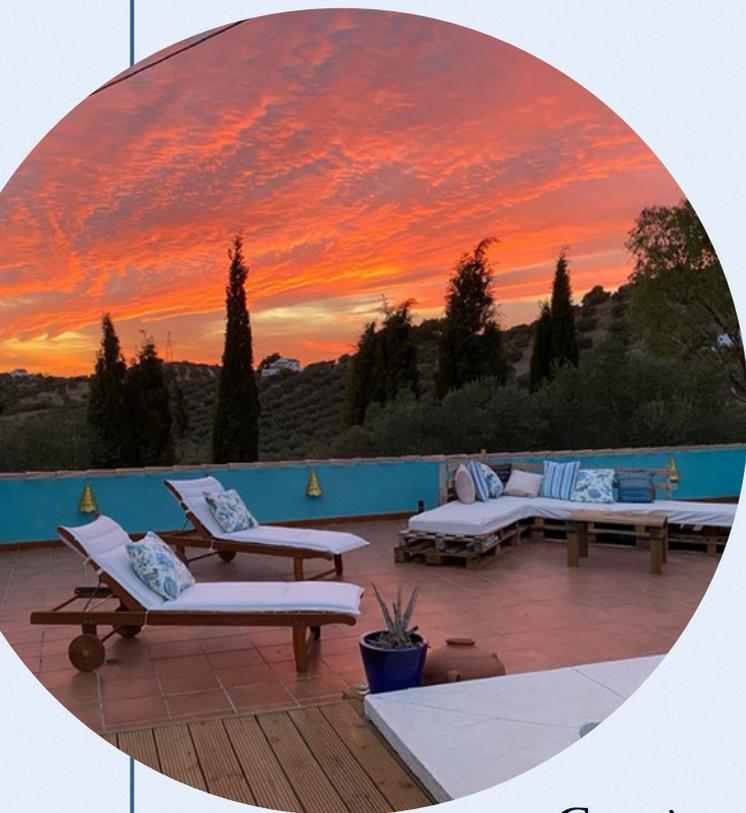
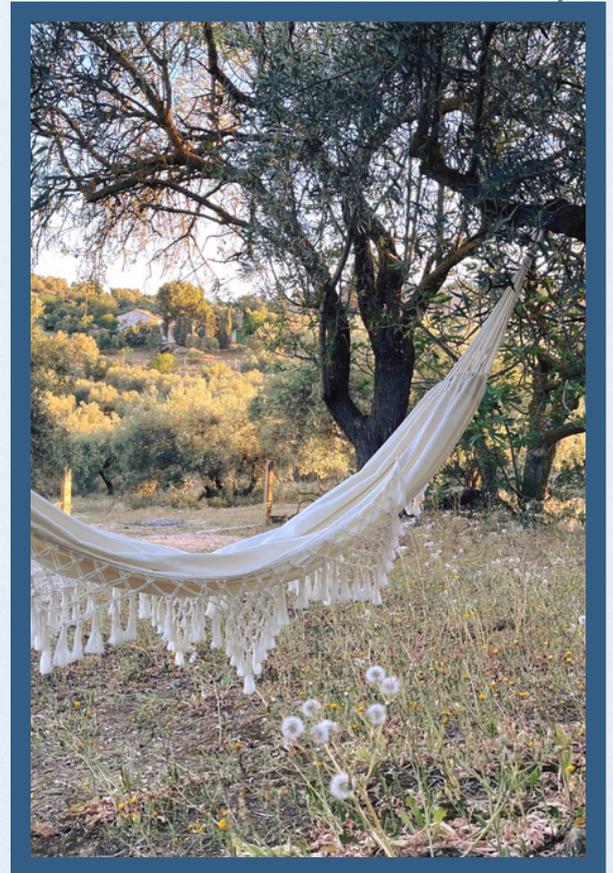
Wellbeing Retreat

12th-19th April 2025



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.

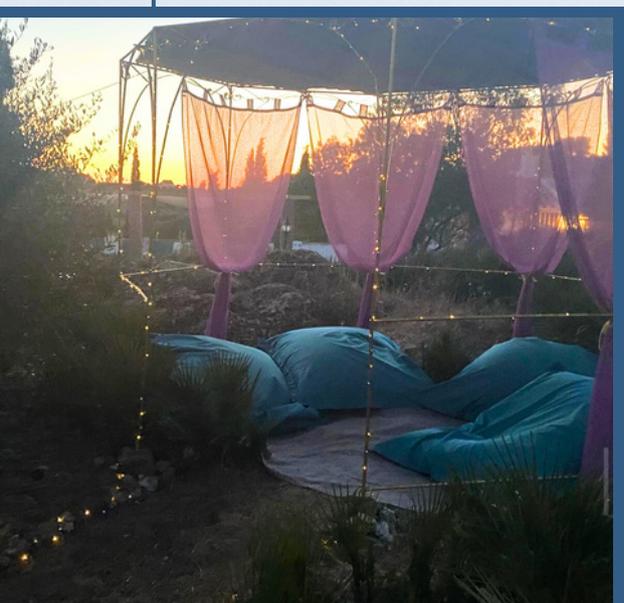




Relax by the huge open air swimming pool with views of magnificent mountain scenery all around you.

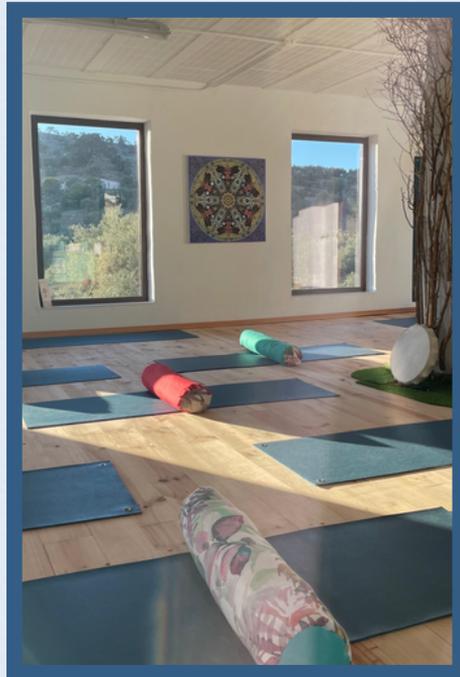
Soak up the clear blue skies from a lounge or choose to enjoy a cool drink on the terrace.

Meditate on the beautiful natural surroundings as you explore the olive grove & hidden pathways. Enjoy the scents of the garden & specially created seating areas to provide you with the tranquillity & peace you crave.



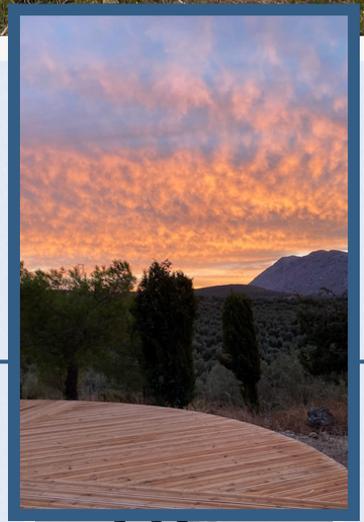
# Pilates & Yoga

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 & Drink

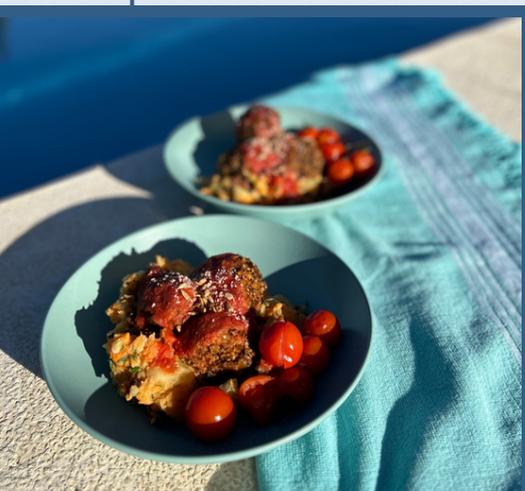


The Food at Dragonfly House is mouthwatering, colourful & nutritious. Most of the ingredients are grown on their very own food forest or sourced locally.

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.



# Additional Therapies

If you want to deepen your relaxation experience or enhance the healing process, there are a huge range of therapies & treatments available for an additional charge.

You can book these one the first day of your Retreat with Helen & decide at which point in the week you prefer!



Choose from 4-Hand Massages, Thai or Deep Tissue Massages, to Reiki, Experiential Healing, Tarot or Ayurvedic Healing & many more!

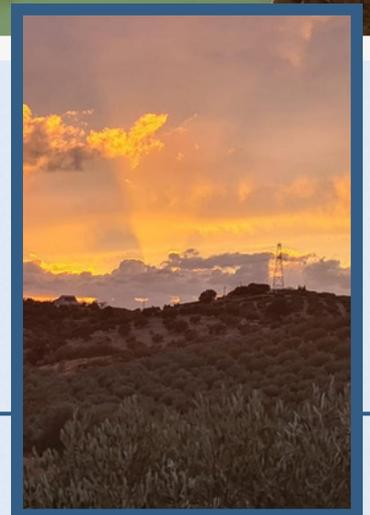
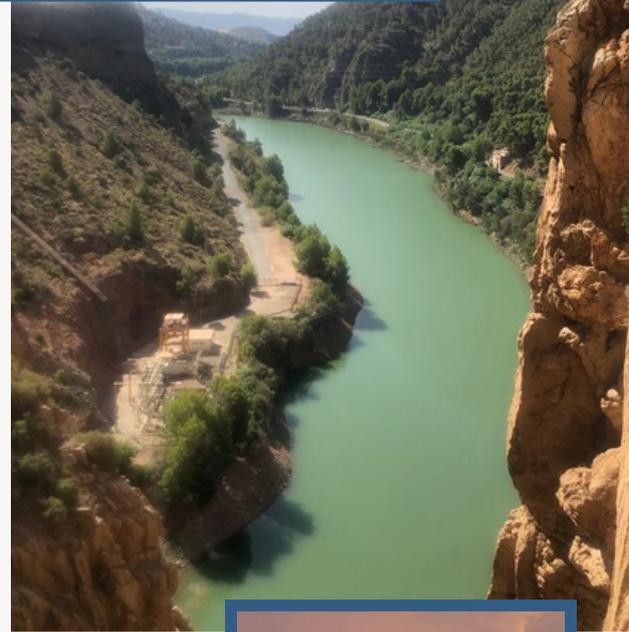
# Exploring & Excursions

There is a huge range of amazing excursions & activities alongside your Retreat, so you can experience breathtaking Andalusia, & take in all its history & rustic beauty!

Antequera is known as the 'Florence of Andalusia' & has over 50 extraordinary monuments as well as two world heritage sites,

These excursions include Horse Riding, Mountain Biking, to Vineyard tours & Rock Climbing, as well as cultural trips to the castle of Antequera & ancient burial grounds.

Please note: these excursions are not pre-booked but can be requested before or during the Retreat dependant on availability & interest





# 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 & end with Yoga, guided by expert teachers
- Daily meditations, explore various ways to still the mind & experience equanimity
- Group Coaching sessions
- Sumptuous vegetarian meals
- Snacks, fresh water & tea/coffee
- A healthy & relaxing week combining powerful tools to help you relax, release stress

**EARLY BIRD ENDS 1ST MAY 2024**

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

## What's Not Included?

- Flights: Please note that airfare to & from the airport is not included in the retreat package
- Transfers: Airport transfers to the venue are not included; however, we are more than happy to organise these for you upon request.
- Excursions
- Additional Therapies / Treatments

“Adele teaches via connection, example and inspiration. She is sparkling, fun loving (what a gorgeous chuckle), deeply caring and understanding, natural and ‘real’, combined with awesome expertise and health wisdom. And draws a similarly easy-going, relaxed, positive circle around her. As well as having a wonderful time on retreat together, I have come home having made some very special new friends indeed – a bonus I wasn’t expecting”

Maggie Kay