

LET'S TAKE SOME TIME TO

BREATHE

3rd - 9th OCTOBER 2022

IN THE BEAUTIFUL SURROUNDINGS OF
THE ALPUJARRA

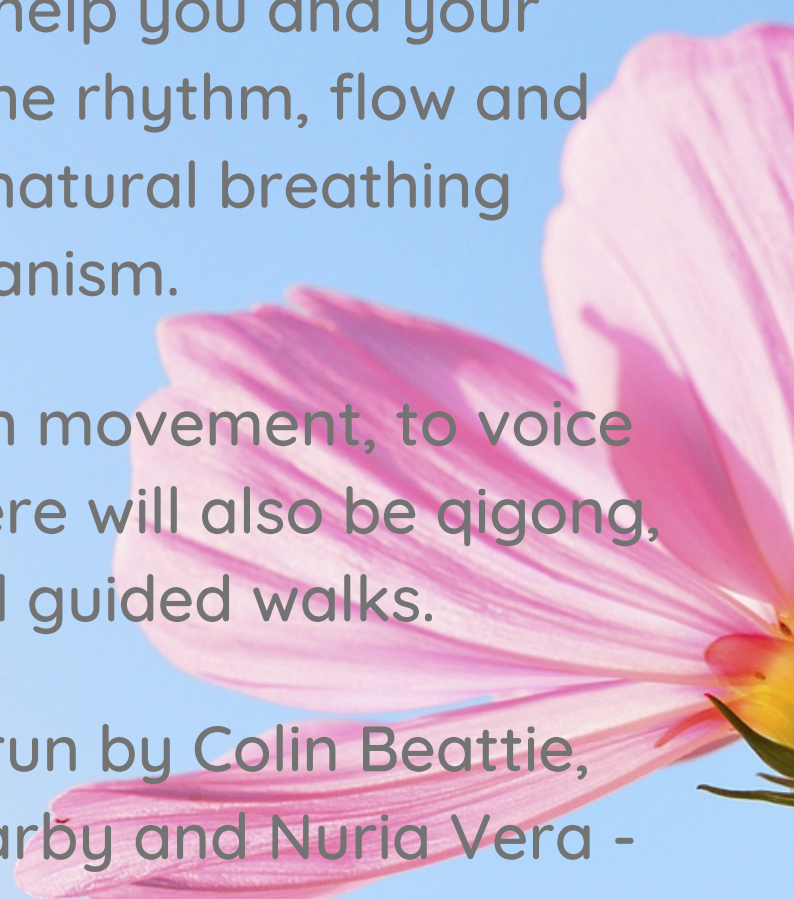
JESSICA WOLF'S ART OF BREATHING

Practical tools to help you and your students discover the rhythm, flow and support of your natural breathing mechanism.

We will apply these in movement, to voice and in active rest. There will also be qigong, meditation and guided walks.

The retreat will be run by Colin Beattie, Belen Cobos, Joe Searby and Nuria Vera - four experienced Alexander Teachers who have also completed a postgraduate training with Jessica Wolf. You will receive a private lesson from each of us.

Places are strictly limited to 16
(Please book early to avoid disappointment)



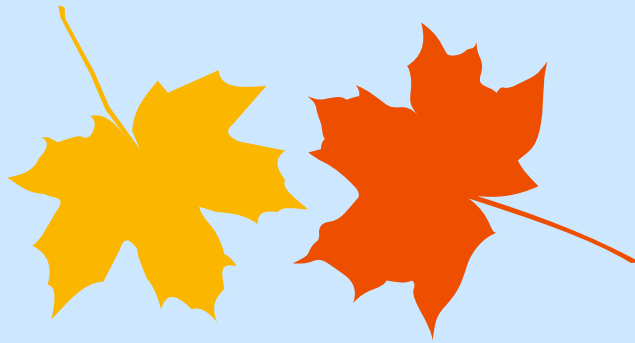
THE PRICE

Includes all Tuition, Accommodation and Food

Shared Occupancy €895

Single Occupancy €1135

See our website for more details



- Arrival is on Monday 3rd by 4pm and departure is on Sunday 9th after lunch
- The food is vegetarian, with vegan options, all prepared by our amazing bioenergetic chef Rocío (see website for menu). There will also be Trévelez ham and good wine for those who want it
- For travel information see our website

Contact us for more information:

Phone / WhatsApp

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ENJOY THE TIME, SPACE AND BEAUTY OF THE ALPUJARRA

The peaceful village of Ferreïrola is situated at an altitude of 1000 metres in the Sierra Nevada National Park and is a paradise for hiking.

You will have time each day to explore the area or just to be quiet as you breathe the clear mountain air.

You will rarely be far from the sound of running water supplied by a network of irrigation channels and fountains built by the Moors. You can fill your own bottle with delicious, naturally carbonated spring water!