

comingalongside

5 Day Mindful Retreat

Cortijo El Azahar
Bédar, Andalusia Spain
Wed 30th Sept - Sun 4th Oct

£395.00*

*early bird discount if deposit paid by 9th April.

Normal price £425.00

A unique opportunity led by two
mindfulness teachers with
over 20 years experience
Helen Stephenson MA and Dave Austin.

This light vegetarian retreat includes yoga
and mindful meditations in the mornings and
evenings. Afternoons available for exploration
and excursions or rest and relaxation.

The Cortijo is set in a tranquil location a
short walk from the village of Bédar. Discover
terraces of orange, lemon and almond trees
and the private pool (cortijo-el-azahar.com).

Enquiries or registration

+44 (0)7931 511166

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The Small Print

All inclusive price pp based on two sharing a twin room
• Excludes flights • Free transfer from Corvera airport on
specified flight

