

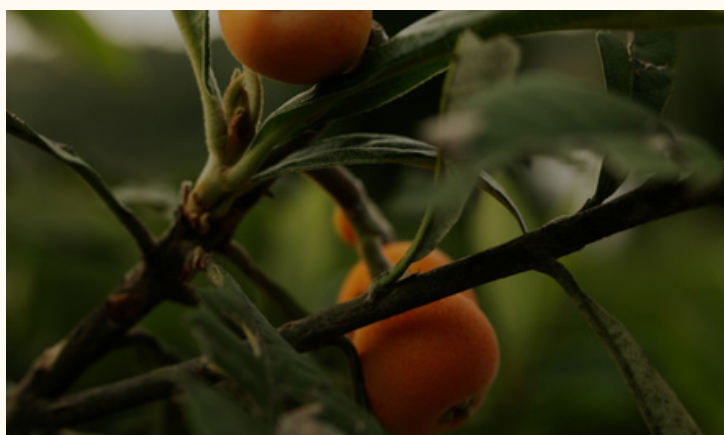


RECEIVE

Wellbeing Retreat, Andalusia, Spain

5th May - 9th May 2027

Nestled in the foothills of the Sierra de la Nieves this is an exquisite, magical hideaway where every detail is crafted to amplify the essence of wellbeing and holistic living. Surrounded by breathtaking nature and vistas of the mountains and sea, this is a gentle space for you to simply be – to RECEIVE the quiet joy of presence and the nurturing, renewing energy of spring.



WELLBEING IN NATURAL LUXURY

By Claire Welton & Caroline Gardner



REST, RESTORE, RESET

5 blissful days where you will be able to rest, restore and reset, enjoying a slower pace of life and a more intentional way of being.

Step into a soothing cocoon of serenity, away from the everyday and receive the healing power of nature to nurture your spirit and inspire personal renewal. Your retreat has been lovingly curated to ensure you receive a truly unforgettable experience.

[Save your place](#)



OUR RETREAT HOME

Surrounded by mountains and the sea, you'll experience the power of silence and the energy of nature. The gentle breeze and warm Mediterranean sun will ignite your spirit and the soothing harmony of nature will deeply restore you. Every corner has been thoughtfully designed to nourish the senses and guarantee comfort and relaxation.

Inspired by light and bathed in it, this exclusive hideaway of serenity and wellbeing is created for those seeking peace, renewal, and a deeper connection to their unique inner light.

NOURISH

We believe that a healthy outside starts from the inside. Our culinary team's philosophy centers around nourishing the body and mind through thoughtfully crafted, delicious plant-based meals. The in-house team carefully selects locally sourced, 'farm to table', seasonal ingredients to create menus that reflect the richness of organic flavours.

"Let food be thy medicine and medicine be thy food" - Hippocrates



[Save your place](#)



REST

... an enchanting collection of luxurious bedrooms offers a haven of tranquillity.



Each elegant room has its own character and charm, named after a moon goddess to reflect its unique serenity and energy. Generous sized beds with beautiful linens and ensuite bathrooms. Each room enjoys private seated area and terrace with stunning views of the gardens, mountains or sea.

[Save your place](#)

THE RHYTHM OF YOUR DAYS

*...sunrises, swim, rest, journal, read, wander, dream, explore, sunsets, moon
gazing, heartfelt conversations, blissful night's sleep*

Gift yourself the space to listen to the quiet whispers of
your soul and fill your heart with whatever it needs.
Restorative yoga, nurturing pilates, and nourishing holistic
practices are tailored to all levels of experience. You are
gently invited to take the days at your pace and do as
much or as little as you wish...



WHAT YOU WILL RECEIVE

Exclusive use of our retreat home

4 nights/5 days of luxury accommodation

...swimming pool, gardens, terraces, lake, mini spa ...

Daily holistic practices with Claire and Caroline

*Restful Yoga, restorative breath-work, nurturing pilates,
blissful relaxations*

Guided walk

Meditation and journaling sessions

*Lovingly made, nutritious plant based breakfasts, lunches,
dinners and healthy snacks*

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YOUR HOSTS



I've always felt a natural draw towards health and wellbeing, guided by an inner sense of what feels true in my body. Yoga became my sanctuary - a space to breathe, soften and come home to myself.

My teaching is intuitive and rooted in gentleness, spaciousness and deep listening. Inspired by nature and the turning of the seasons, my offerings flow with the rhythms of the earth.

Through movement and stillness, I hold space for women to return to their own natural rhythm - where balance, ease and quiet strength reside within.

Claire Welton

[@pure.essence.yoga](https://www.pureessenceyoga.com) www.pureessenceyoga.com

Teaching Pilates on retreats, has been a long-held dream of mine. Inspired by the beauty of nature, I find joy in leading sessions outdoors, where the natural world elevates connection to ourselves.

My pilates teachings gently guide you to enhance mobility whilst softly encouraging fluidity and length throughout. I enjoy nurturing both body and mind through the principles of classical Pilates movements.

I am also the founder of Studio Gardner, a beautiful branding business that reflects my love for aesthetics and supporting female founders.

Caroline Gardner

[@caro.gardner](https://www.studiogardner.co.uk) [@_studiogardner](https://www.studiogardner.co.uk)



OUR INTENTION

*...is to create a supportive space where you feel truly held,
wrapped in kindness and filled with joy.*

We will warmly guide you through this deeply healing, restful and transformative journey. With years of experience and a heartfelt passion for supporting your wellbeing, we have lovingly crafted a retreat designed to surround you with care and nurture your soul.

[Save your place](#)

ROOMS AND INVESTMENT



LUXURY TWIN ROOMS

Shared Occupancy - two people

Beautiful ensuite rooms with twin beds for two people. Perfect for friends sharing or with a fellow retreat guest.
£2,250 per person



LUXURY DOUBLE ROOMS

Shared Occupancy - two people

Beautiful ensuite rooms with one king size bed for two people sharing.
Perfect for family members or best friend sharing
£1,950 per person



LUXURY SOLO ROOMS

Single Occupancy - one person

Beautiful ensuite rooms with king size beds
Perfect for those who prefer a little more privacy
£2,850 per person

[Save your place](#)



HOW TO JOIN US

Secure your place with a £600 non- refundable deposit by contacting us [here](#)

We will guide you through the booking steps, including the option to set up a payment instalment plan for the remaining balance.

[Save your place](#)

FAQs

We understand you may have questions before committing to the retreat.

We hope these frequently asked questions will help provide ease and clarity with your decision making. Please do not hesitate to reach out if you need any further support.

T&Cs

The guidelines outline the practical details for the retreat. They are intended to ensure clarity and mutual understanding and are written in a more formal and legal tone than our usual way of writing.



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