

# MINDFULNESS RETREAT VENUE: MALAGA

## • Sunday 28th June

3pm Check-in  
6.0pm Dinner  
7.30 pm Review of the Beating Anger material

## • Monday 29th June

7am \*Yoga - meditation  
8.30am Breakfast  
9.15am Introduction to Mindfulness and the philosophy that inspired it.  
12.45pm Lunch  
2.30pm Journalling  
5.30pm \*Yoga  
6.45pm Dinner  
8pm Open Circle

## • Tuesday 30th June

7am \*Yoga - meditation  
8.30am Breakfast  
9.15am Compassionate detachment and empathy.  
12.45pm Lunch  
2.30pm Zero duality, Embracing polarity,  
5.30pm \*Yoga  
6.45pm Dinner  
8pm \*Open Circle

## • Wednesday 1st July

7am \*Yoga - meditation  
8.30am Breakfast  
9.15am The science of Stress - Remaining positive under pressure  
12.45pm Lunch

2.30pm Getting present, repairing ourselves for stillness and solitude.  
5.30pm \*Yoga  
6.45pm Dinner  
8pm \*Open Circle

## • Thursday 2nd July

7am \*Yoga - meditation  
8.30am Breakfast  
9.15am Exploring meaning in your life, investigating suffering  
12.45pm Afternoon and evening visit Rhonda a very beautiful local Town

## • Friday 3rd July

7am \*Yoga - meditation  
8.30am Breakfast  
9.15am \*Meditational – medicine for the soul  
12.45pm Lunch  
2.30pm \*Meditational – medicine for the soul  
5.30pm \*Yoga  
6.45pm Dinner  
8pm Developing Trust

## • Saturday 4th July

7am \*Yoga - meditation  
8.15am Breakfast  
9.15am Goodbyes  
10am Check out

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## Note –

- The morning and afternoon sessions are usually 3 hours long with breaks in between
- Every session begins with Mindfulness exercises.
- \*Circle time is an opportunity to discuss anything that comes up from the day and complete any work we need to still finish.
- \*Yoga is not compulsory. If you want to attend the yoga cost is extra and will be 60 Euros for the week.
- There is lots of opportunities to swim, walk, visit the local Town or go to the beach.
- Its possible to bring children however the will be an extra cost for child care.
- No animals allowed.
- Food is vegetarian but note its incredible and lots of it.
- There are only two meals a day breakfast and dinner but there are so many left overs that we usually have that for lunch, or you can also do lunch at the local restaurant five minutes walk from the retreat centre. Bring swimming trunks and loose clothing for yoga.

## Testimonial

“This is the first time I have ever attended a retreat and I felt that I really gave my whole mind, body and spirit the lift it really needed. I felt totally happy not to have constant demands on my time and just be able to BE. The venue was really key to the experience as it was visually stimulating with art work, crystals, buddha’s, streams, sounds and gurgling water features, really impressed beautiful moments and what actually brings meaning to my life. It is intense and valuable work which at times felt me feel vulnerable and exposed, however when everyone else is sharing and it makes you so much more self aware and able to listen to your body it can only be a learning and valuable experience and very refreshing in al ot of ways to be able to share and say what you really feel. I felt that a lot of my basic needs were being met such as being heard, valued and respected and this was most uplifting. Thank You for this amazing experience.The feedback form others is that I look more balanced now!”

– Anon



### Beating Anger

*'His wealth of experience is evident throughout this book. Packed with practical exercises, easy to read checklists and real-life case studies, this book stresses that left*

*unattended, anger can lead to ill health.'* - Big Issue

**Mike Fisher, Published by Rider Books 2005**



### Mindfulness & the Art of Managing Anger

This book explores the powerful emotion of toxic anger - what it is, why we experience it and how we can learn to control its destructive power through the very nature of mindfulness. This book reveals how we can all clear the red mist for peaceful wellbeing.

**Mike Fisher, Published by Ivy Press 2012**