

2019/20



Cortijo Romero

A different kind of holiday

- INSPIRING
- REJUVENATING
- EMPOWERING

Introduction

At Cortijo Romero, we offer a different kind of holiday. Although many of the key features of any good holiday are here – the magnificent setting, the fabulous climate, and the great food – there is something else too. The holiday is centred around the course of your choice. This means you'll arrive and immediately meet a group of like-minded people with whom you can connect. Some courses will be focused on a relaxing, rejuvenating holiday; others on a creative or wellbeing week, and still others on personal transformation and change. All our course facilitators are experienced and will support each person and the group as a whole to get the most out of their week. Sometimes during personal transformation weeks, people can go through what they may describe as 'life-changing' experiences. Whichever type of holiday you choose, you will often find there are ways that you can 'take the holiday home' with you. For example, people often make a shift towards what they really want in life, feeling empowered to go home and make practical changes.

Earlybird Discounts

Book early and save money! Look through our course programme, to see the Earlybird prices and dates.



£60

6 Months Ahead

£30

3 Months Ahead



“It’s a wonderful place and I can’t recommend *CR* too highly for rejuvenating, rewarding holidays. We can feel the benefits of one week there more than two weeks on a beach holiday. Love it!”

Tim Haines

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Connect With Us

Cortijo Romero is a small, family-run organisation. Some of our guests have been coming to our centre for years, and think of it almost as a second home. When you call us, you'll speak to one of a small team and we're always happy to talk you through any queries you may have, either about your choice of course, or about the

practicalities of getting there – or any other questions you may have about coming to *CR*. Just give us a ring, we'd love to hear from you! If you also prefer to book over the phone, rather than on the website, that is fine, too.

Tel: +44 (0)1494 765775

Find Your Holiday

Cortijo Romero is a different kind of holiday centre, where the course you choose is the key ingredient.

With such a wide variety of courses throughout the year, it can be quite a challenge to know what's right for you. To help you with this, courses are divided into five main, colour-coded categories:

- Discovering *Cortijo Romero*
- Wellbeing for Mind and Body
- Transformation and Change
- Arts, Creativity and Expression
- Relax and Rejuvenate

For more information about these categories, as well as other ways to help you find your holiday, please see **page 13**.

You're also welcome to call and discuss any questions you may have. All of our small team have been on a course at *CR*, so we know what's involved and we'll be happy to talk you through the process.

A Unique Atmosphere

The most important thing for many people is the friendly and supportive atmosphere for which we are famous.

This allows everyone to relax, let go of whatever pressures they may be under at home, and just be themselves. The majority of guests come on their own (whether or not they are single) and because the holiday centres on a course, this gives a natural and immediate way to get to know one another, and to bond as a group. This is facilitated by the course leaders, who are all very experienced at working with a group who don't initially know each other, to build rapport and connection.

Share a Room Some people also choose the Twin Share room option, which means you'll have a 'room-mate' to get to know too.

Ethos At *Cortijo Romero*, all holidays, from those aimed at personal transformation to those aimed more at just relaxing and unwinding, benefit from the underlying ethos and atmosphere which nurtures connection, meaningful communication, and celebration of the simplicity of being

yourself, just as you are. As well as the course leaders, all who work in and around the centre, including office staff, cooks, gardeners, as well as volunteers, share a love for the centre which shines through their work and seems to touch guests, since it is often commented upon as an important part of the holiday experience.

Who comes to CR? Our guests tend to be looking for something a little different in a holiday – and indeed from life – wanting to change, grow, expand or learn something new. Or, sometimes, guests have a deep wish to be in a nurturing, peaceful environment. Hence you're very likely to meet others who you'll get along with; many guests form deep and lasting friendships. Most of the year, two courses run side-by-side, with a maximum of about 28 people in total, which means that the centre has a personal, intimate feeling about it.

Superb Climate

With 325 days of sun, low humidity and little rain, this is the mildest climate in Europe, where much of life is lived in the open air.

Autumn is warm and mellow: like spring, it's a perfect time for walking in the inspiring mountains.

Winter All months are warmer than early May in London, and flowers bloom throughout. Lunch *al fresco* can happen even in January, and some gentle

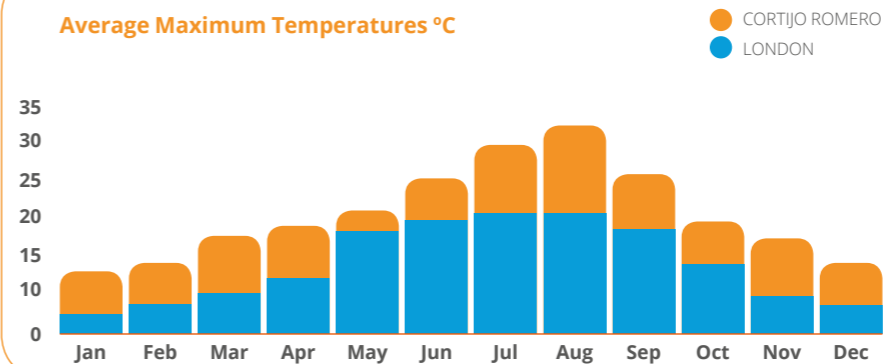
sunbathing is nearly always possible. In the strong and brilliant sunshine, it often feels warmer outdoors than in.

Spring By March, spring is well under way and temperatures are often up to midsummer ones in England. After that, nature simply runs riot, with a huge variety of flora and fauna.

Summer The long summers here are hot, although tempered by breezes from the sea and the mountains. During this period, *Cortijo Romero* and its pool form a



Average Maximum Temperatures °C



shady green oasis in the midst of shimmering, dry heat, when a high factor sun cream and a long siesta can seem essential! Swimming is usually from April-October, although our pool is open all year round and some people use it, too! Even if you don't go in, it's a wonderful place to sit or sunbathe at any time. By May, many people can't stay out of the pool and midnight bathing is a regular feature in the hottest months.

Inspiring Location

Our spectacular region is called La Alpujarra, much of it an unspoiled Natural Park in the foothills of the Sierra Nevada in Granada province, deep in the south of Spain.

Part of the area has been designated a Biosphere Reserve by UNESCO, with many unique or rare species. Its skies are officially rated as the cleanest in Europe. Here in the real Andalucía, the ‘duende’ (spirit) of passionate living is revered. It was once ruled by the Moors, who thought it was the paradise promised to them by Allah. Part of their legacy is the ‘acequia’, an ancient system of irrigation which still brings water from the mountains to our gardens and fields.

Cortijo Romero sits at 1493 feet in a fertile valley, within an 800-year old olive grove, surrounded by magnificent mountain views. (Not only in daytime: watching the stars over the mountains at midnight from the roof is a magical experience!) Our local town is Órgiva, the regional administrative centre, a 15-minute walk away. It has a typical weekly market, banks and all basic shopping facilities. Further up in the mountains is a string of wonderful villages (many protected from development by special status) tucked into sheltered hillsides amidst glorious scenery at heights up to 5,700 feet. Nearby, Granada has the finest Moorish palace and gardens in Europe, the breathtaking Alhambra – one of the wonders of the world.



The Centre *Cortijo Romero* itself is set within the mountains, with stunning views. The centre is spacious, with luscious gardens, fruit trees, a beautiful pool and a circular meditation room in the orchard. The guest rooms dotted around the site are single-storey, traditional Andalucian white buildings that keep you cool in summer and warm in winter. There are two group rooms, as from spring to late autumn we have two courses running side-by-side each week. For much of the year, guests spend most of their time out of doors – around the pool, in the many courtyards and corners of the garden and its orchard, or on the inviting dining patio and terrace. During the winter, it is often still possible to enjoy lunch outside, and during the evening there is a lounge with log fire. All in all, the centre is homely, peaceful and nurturing, a place of simplicity and beauty that encourages you to relax and be at ease.



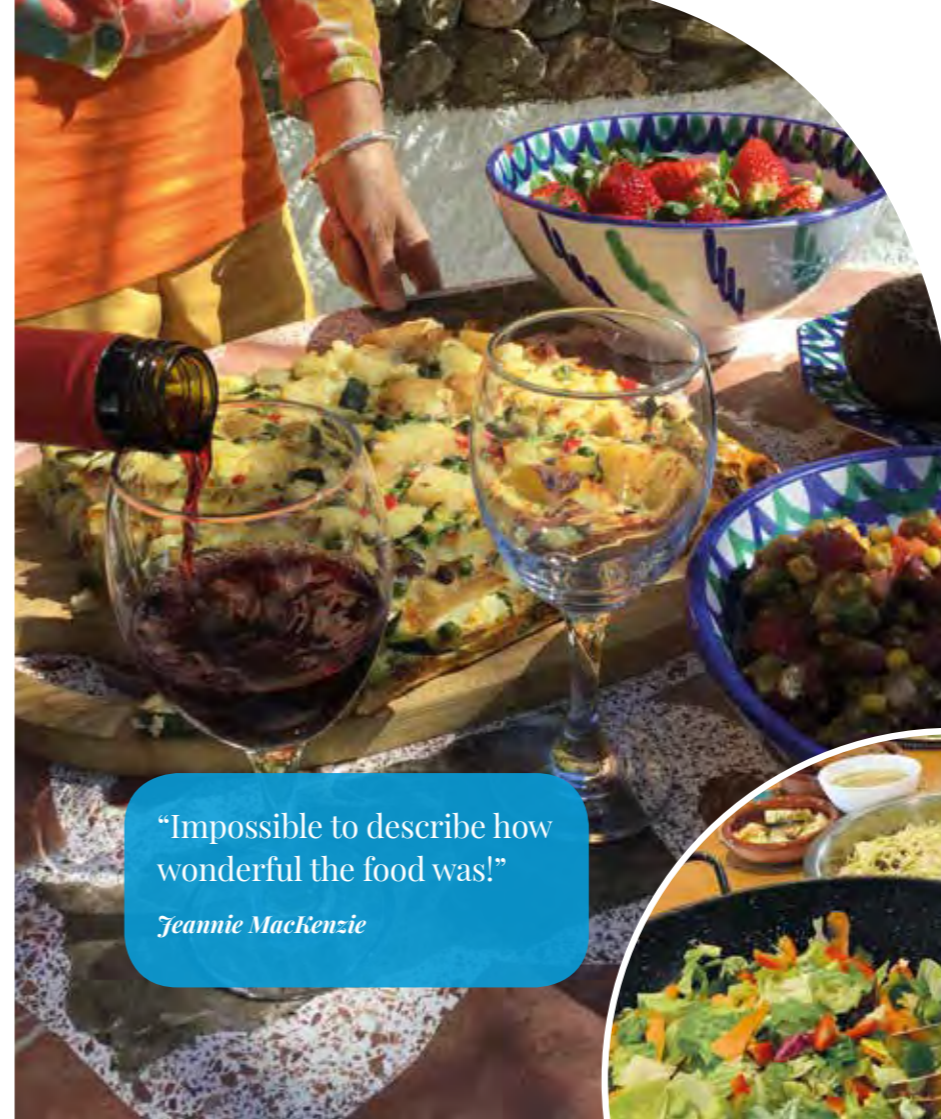
Delicious Healthy Food

The food at *Cortijo Romero* is highly rated by guests, who often tell us that it was an important aspect of a great holiday!

All our food is vegetarian (eggs and dairy produce are included) and we use as much fresh, local and organic food as we can. All meals and snacks are included in the price of the holiday, and you are very welcome to help yourself to various teas, coffee, biscuits and fruit at any time of the day.

Do you have any dietary needs?

Please contact us before booking to check if we can accommodate any specific dietary needs you may have. The additional cost for this is £22 per week.



“Impossible to describe how wonderful the food was!”
Jeannie MacKenzie



Prices Include

All prices are per person and include:

- The 18-20 hour course of your choice
- Accommodation in a shared en-suite room
- All meals, fruit, biscuits, coffee, teas and infusions
- Daily yoga or tai chi, and an early evening expressive dance session (all optional)
- A day visiting the local villages, including a picnic and walk in the mountains (all optional)

NOT INCLUDED:

Travel & Transfers Your travel to Spain is NOT included. Most fly to Malaga and use our private transfer service to *Cortijo Romero*; it's easy. See page 47 for details.

Insurance It is a condition of booking. You'll need to arrange this independently and confirm you have it before departure.

Optional Extras Room supplements, if you prefer not to share, are £118 for a Standard Single or £165 for Single Occupancy of a Double or Twin room*. Massage, holistic treatments and coaching sessions – these are bookable on site.

Prices are valid until our next brochure, due 01/01/20

Ways to Save

Plan Ahead Earlybird Discounts – book six months in advance and get £60 off, or three months, £30 off. Just pay £100 deposit to qualify.

Book Flights Early As well as getting lower fares, you're more likely to get the times you'd prefer.

Do Something Different Come on a tree planting week, at very low prices. **Book Out Of Main Summer Season**

Air fares can be significantly cheaper – and all seasons at *CR* are lovely!

Book Two Weeks Book two consecutive weeks in 2020 and GET £150 off!

Connect With Us Join our mailing list to receive Special Offers.

Join The Friends Of Cortijo Romero Get exclusive Special Offers, or win a free holiday in our regular draw.

Travelling On A Shoestring If you are on a low income, working as a carer, or any kind of state benefit, ask about a bursary.

“A magical, peaceful, stunningly beautiful site”.

Steve Hennessy

*Please note this is dependent on availability

Delightful Rooms

The rooms are simply but comfortably furnished and are decorated in local Alpujarran style.

All are en-suite with either bath or shower, and have central heating in winter. Towels and hairdryers are provided. The cost per person for a week at *Cortijo Romero* is based on two people sharing a Twin or Double room. For a supplement we also offer a selection of Single and Single Occupancy rooms. Please choose the type of room you'd like, according to your needs:

Twin Room If you are travelling with a friend, or as a couple, you can share a Twin room, with no supplement.

Twin Share If you are travelling solo, you can take a place in a Twin room, where you'll be matched to a room-mate (same gender) with no supplement. This is a popular option if you would like to keep your costs low, and many people enjoy the social aspect of sharing a room.

Double Room If you are a couple and would like a double bed, a Double room can be booked with no supplement.

Single If you'd prefer a room of your own, you can book a Single, at a supplement of £118 for the week. If our website shows CALL for the week you want to come, it means that demand for the Single rooms that week is high and you'll need to phone the office to check whether we have availability.

Single Occupancy We do our best to meet your accommodation needs, so sometimes there is also the option to have a Double or Twin room for single occupancy. The supplement is £165 for the week, and you'll need to call or email us before booking to check if this is possible.



A Typical Week

We offer a wide range of courses but whichever you choose, there are many things that most weeks have in common.

All holidays are from Saturday to Saturday. Most people arrive on our transfer service from Malaga in time for dinner and an introduction on Saturday evening.

Each week centres around a course, but these can be quite different in nature. The Discovering CR weeks offer a choice of optional sessions. Other courses are more focused, with each session built on the ones before and participants attend all sessions together. A few, such as the walking and photography weeks, naturally involve more time spent exploring the region.

Expressive dance (free) and Spanish songs performance (7 euros) are optional extras

Main Course Sessions Each course offers 18-20 hours of group time, with a long morning session and a shorter afternoon or evening one on most days.

Visiting the Region Each holiday includes a full day spent visiting the local area, walking in the mountains for a picnic, where during the summer months you may like to dive under a waterfall to cool off. You'll stop off to enjoy the traditional 'white villages' that cling to the mountain-sides, where you can taste, and buy, the famous hams of the region, as well as cheeses, wines and other local goods.

Local Market On Thursday mornings, most weeks, there is a large and lively local street market in Orgiva, which you can walk to, and where people often enjoy a coffee or beer in the town square, soaking up the Spanish atmosphere.

Yoga or Tai Chi Offered on alternating weeks, each day before breakfast, as free, optional sessions. Usually taking place on the roof terrace, with its inspirational mountain views, where you really can 'salute to the sun!' After breakfast there is also a short, optional daily Spanish lesson.

Choosing Your Course

An introduction to the five course themes and colour codes.

With courses on offer nearly all year round, and two courses per week from spring to autumn, how do you know which course is right for you? There are a few ways you can navigate the choice:

- **Choose by type of holiday**, e.g. Wellbeing, Creative, Transformation, etc. – use the colour codes to the right, then as you flick through the course pages, you'll be able to choose the relevant colour to guide you.
- **Choose by date** – go to the centre pages to see the At-a-Glance Calendar.
- **Find particular Course Leaders** on pages 27-29.
- **Call us** – we're always happy to talk you through it, we're a small friendly team and we've all been to CR so we know what's involved.



+44 (0)1494 765775

At Cortijo Romero our friendly team is at the end of the phone, 9 - 5 Monday to Friday, or leave us a message

Discovering Cortijo Romero

If you're thinking of visiting CR for the first time and not sure which course to choose, these weeks are ideal, as you'll get the chance to try a variety of things. Typically, you'll be able to attend sessions in yoga or tai chi, and expressive dance, as well as enjoying guided walks in the mountains.

Wellbeing for Mind & Body

Holistic holidays to take care of yourself will often stay with you after you return home – a better posture, an improved clarity of mind, or feeling more relaxed and at ease. You might have learnt something new to bring into your life, either deepening an existing practice or discovering a new one.

Transformation & Change

Helping you to address issues in your life and/or explore your potential. For example, you might feel the need for deeper, happier relationships, greater confidence or a clearer direction in life. These courses aim to empower you to make meaningful changes in your life.

Arts, Creativity & Expression

A week of singing, art, dance, music, photography or writing can bring more creativity into your life. You may wish to learn or develop a particular skill, but most of our courses are aimed at using the arts and creative expression as a means to free up your creativity and live a fuller life, feeling freer in yourself.

Relax & Rejuvenate

There are times in life when you might just want and need a total rest. These weeks offer a variety of ways to stop, have some time to 'be', and give yourself a deep breather. Our aim is to help you to go home feeling renewed, nurtured and with a fresh perspective on life.

October

There's still lots of warm, sunny weather: a great way to prepare for winter

5-12 October

Private Booking

Nick Petts & John Conway

12-19 October

Creativity Through Writing

Find your voice and let your imagination run wild
Mandy Wheeler

The aim is to get you excited about creative writing and give you the tools to start a habit that will feed your imagination for years to come. Using games and exercises, we'll kickstart stories and breathe life into characters. We'll look at plot and place, character, dialogue and humour, with no phones or laptops, just the soothing sound of ink on paper.

The emphasis will be on developing spontaneity and confidence in your writing. Learn where to find inspiration and how to keep your ideas coming. You don't need ambitions of novel writing to enjoy this; it's about writing as a way to wellbeing, a private space where you can explore and create. Beginners and regular writers are equally welcome.

"An incredibly enjoyable and useful course. Stimulating, inspirational and fun. Worth doing again and again. Great teacher." Emma Silvester

Standard Price £745

12-19 October

Yoga & Sound

A gentle retreat, suitable for all abilities
Fiona Agombar & Leah Barnett

Experience a week of peace, happiness and joy. Using gentle flowing movement, mantra and breath-work, classical hatha yoga releases knots and held patterns, creating space so that energy can move more effectively. In this way vitality, wellbeing and a deep sense of peace arise. This retreat will include an evening of chanting and also some laughter yoga.

Flights are cheaper now, the full heat of summer has eased but there is still lots of lovely warm, sunny weather; a great way to prepare for the winter.

Standard Price £745

19-26 October

Autumn Walking

Mountains, Sea and City
Paul & Fiona Primarolo

A great introduction to walking in the Alpujarras mountains and a perennial favourite with participants, this is a week of varied hikes at a perfect time of year for walking in the south of Spain. With autumn arriving, there will be fruits to gather, trees ablaze with gorgeous colours, glowing sunsets to enjoy and wonderful company to share. Average temperatures are still about 18.

There will also be an opportunity to visit the Arab Baths in Granada and a lunchtime meal out at the beach after a stroll along the coastal nature reserve at Cantarrijan.

Standard Price £745

19-26 October

Five Rhythms™ Dance & Creativity

A moving journey through 'The Wave'
Dilys Morgan Scott

Exploring the '5 rhythms' catalyses change, encourages release and increases self-awareness. Each rhythm is a teacher, a quality of energy and a place to explore patterns held in the body and to release them. Together they are called 'The Wave'. They stir, express, reveal and inspire and are available to everyone who is prepared to move and be moved. This process grounds the body, opens the heart, stills the mind, embodies spirit and invites soulful expression, always gently.

After the dance is the poetry, the art and the theatre – creative expression to reveal ourselves. Whilst the work is profound and soulful, it is also simple, authentic and often humorous; available to everyone.

Standard Price £745



26 October-2 November

Richer Relationships

Explore and enjoy your being, life and relating

Bethan Evans

We will focus on creating deeper connections to ourselves and each other, exploring the relationships in our lives and how they could be richer, deeper, more satisfying. There will be guided processes, nurturing physical contact,



circle sharing and movement as well as a powerful backtracking process designed to restore or awaken inner resources that have been lost so that you can free yourself from self-limiting patterns. How far and how deeply you travel is up to you.

Experience and appreciate the gift of your unique being as man or woman and bring more joy and ease into your connections with others!

Standard Price £745

26 October-2 November



Mindful Photography

Re-discover the joy of seeing!

Ken Scott

By experiencing fully, we bring ourselves into the present moment, rediscovering the beauty in everyday things. When mindful and immersed in our surroundings, photographs flow to us naturally; there are pictures in everything. Learn to notice when you see something, to ask "what stopped me?" and to REALLY see what is there for what it is, without judgement. Making the photograph is just the final step.

Photography can be a joyful and therapeutic pastime in itself, allowing us to express ourselves and ideas in new and individual ways. Lightness and spontaneity will be key.

Suitable for all abilities and with any camera. If a beginner, we'll encourage you to see with fresh eyes, learning the principles of visual design and camera control as you go. (A basic knowledge of exposure and depth of field is an advantage.) For seasoned enthusiasts: a fresh outlook could be the catalyst for a whole new phase in your work.

Standard Price £745

November

Relax & enjoy a variety of sessions that best meet your interests

2-9 November



Being Here

A great introduction to *Cortijo Romero* or renewal for regular guests

Maggie (Star) Whiteley

These popular events are ideal for people who just want to relax and enjoy a variety of sessions that best meet their interests – all in beautiful surroundings, a highly supportive atmosphere and good company. Sessions include yoga and expressive dance – plus an excursion in spectacular mountain scenery. Maggie offers aspects of personal development, arranged in consultation with participants, and other contributors offer a range of different sessions.

Optional extras include individual massage, Thai yoga, shiatsu, life coaching or an evening performance of Spanish songs. Visits to the fabled city of Granada are possible. All of the centre's art materials, books, musical instruments, CDs of music and DVDs of Spanish culture are freely available for use.

Glorious autumn colours abound and the temperature should still be in the twenties, with log fires for any chillier evenings.

Standard Price £745

9-16 November



The Trees Of Life

Contribute to the future of the Earth and enjoy the community spirit on this low cost holiday

Trevor Taylor

The trees planted in the first year of this on-going project have survived every challenge from the climate (not to mention goats!) and are now four or five metres high. Others still need regular attention to protect them. With planting now on several sites in the area, this year will be devoted partly to the on-going care of the established trees and partly to a small amount of new planting. Four or five hours each day will be spent working out-of-doors and there is also tai chi, masseurs on hand for tired bodies, evening sessions around log fires – all in a tremendous community spirit.

N.B. As this is a low-cost holiday, no further discounts are available.

Standard Price £405

Christmas & New Year

A time for lighting fires, telling stories, singing, feasting and dancing

21-28 December



Christmas Week

Camaraderie, creativity and pleasures both simple and profound

Alison Goldie

Take time to make merry, enjoy being with others and have peaceful rest in an atmosphere of warmth and friendliness. Alison will facilitate games, art and writing in the mornings, and lead a coaching group on a theme of your choosing if desired. In the afternoons there will be ample time to relax and unwind. Enjoy walks in the beautiful nature surrounding *Cortijo Romero* or crash out with a book. In the evenings there will be opportunities for party games, singing and shared storytelling around the fire.



Earlybird Prices

£725 (booked before 21/09/19)

Standard Price £755

Remember to book your flights early!

28 December-4 January



Starting Afresh

Time to let go of the old and welcome the new!

Nigel Shamash

This promises to be a wonderful week full of fun and laughter, which are essential components of our journey to health and happiness. We will live life to the full, cherishing each moment and renewing our passion for life!

There will be a mixed bag of activities with special emphasis on singing and yoga. The singing will be mostly informal, with no pressure to perform: 'non-singers' are welcome. There will be daily yoga sessions before dinner, with an emphasis on breathing, relaxation, chanting and meditation, rather than on physical exertion. Dance, massage, chi kung, 'laughter therapy' will be included according to the needs of the group, leaving time also for glorious walks in Europe's warmest climate.



Earlybird Prices

£725 (booked before 28/09/19)

Standard Price £755

18-25 January

Private Booking

Detox International

www.detoxinternational.com
retreats@detoxinternational.com
0845 1000 247

View Course Leaders: Pages 27-29

2020

February

Discover the magic of the Alpujarras, walking the valleys & mountains



Book two consecutive weeks in 2020 get £150 off!

1-8 February

Winter Walking

Days in Europe's sunniest climate and log fires at night...mmm!

Paul & Fiona Primarolo

Now in its umpteenth year, this week continues to attract a happy band of those who love to be in a beautiful and inspiring region, where winter is like late spring in England. Discover the magic of the Alpujarras, walking the valleys and mountains, following footpaths, ancient drovers' roads and old Moorish trade routes. See the



typical irrigation channels (acequias) and terraces, with flat-roofed houses in beautiful villages perched on the sides of mountains.

Daily walks will vary in length and effort required, the emphasis being on relaxation and enjoyment. The weather should be good for walking, with some sunshine during the day and the warmth of log fires to return to in the evening – or you can star-gaze on the cleanest skies in Europe.



Earlybird Prices

£710 (booked before 01/11/19)

Standard Price £740

8-15 February

Freeing Up Your Future

A transformational journey

Ed Rowland

Everyone is born with unique gifts, the potential to become more fully who we are, and to find and return those gifts to others with ever-increasing love, maturity and contact.

We'll help you attune to what life is 'calling you to be', and what is uniquely yours to do in this world. Instead of reaching for a 'planned future', we will be listening to the 'emergent future' that wants to happen through you. Whatever your path or work in life, this creative process will also help you to:

- Identify unseen opportunities and create momentum for change;
- Resource yourself to embody more of your true potential;
- Free yourself from outdated loyalties or invisible dynamics holding you back.

You will be guided step-by-step, drawing on our 'Whole Self, Whole System' approach, including Systemic Constellations, Inquiry and Embodied Presence.



Earlybird Prices

£710 (booked before 08/11/19)

Standard Price £740

15-22 February

Being Here

An ideal introduction to *Cortijo Romero* or renewal for regular guests

Maggie (Star) Whiteley

These popular events are ideal for people who just want to relax and enjoy a variety of sessions that best meet their interests – all in beautiful surroundings, a highly supportive atmosphere and good company.

Sessions include yoga, expressive dance and an excursion in spectacular mountain scenery. Maggie offers aspects of personal development, arranged in consultation with participants, and other contributors offer different sessions.

Optional extras include individual massage, Thai yoga, shiatsu, life coaching or an evening performance of Spanish songs. Visits to the fabled city of Granada are possible. All of the centre's art materials, books, musical instruments, CDs of music and DVDs of Spanish culture are freely available for use.

In Europe's sunniest climate, spring is well under way, with blossom on Almond trees – and it's often warm enough to eat in the open air or enjoy a bit of sun bathing!

 **Earlybird Prices**
£710 (booked before 15/11/19)
Standard Price £740



22-29 February

Live! Love! Laugh!

"My great hope is to laugh as much as I cry"
(Maya Angelou)

Rachel Caine

A beautiful holiday for warm-heartedness and compassionate sharing.

From a spontaneous cauldron of poetry, writing, movement, dance, clowning, play, song, laughter yoga, meditation and ritual, we'll create a space where all are welcome, with plenty of room to unwind, express yourself fully, relax deeply, and re-discover the funny side of life.

In these tumultuous times and with our own personal wounds and sorrows, it can sometimes be hard to find a humorous response. Learn how to access your inner chuckle muscle and keep it active no matter what, responding with great kindness to yourself and others. Have loads of fun in the process, so that you may return to your life with open-hearted curiosity, steeped in joy.

 **Earlybird Prices**
£710 (booked before 22/11/19)
Standard Price £740

29 February-7 March

Coming Home To Yourself

"The little things, the little moments, they aren't little!" (Jon Cabot Zinn)

Judi Ledward

Our capacity for deep attention is eroded by 24-hour world news, social media and the expectation that we are always available to respond to others. We have enormous amounts of information and distraction in the palms of our hands; how can we stay centred if our minds are constantly wandering to check Instagram and Facebook? We can find it difficult to fully inhabit our bodies, and be aware of feelings and needs.

To find intimacy, creativity, clarity and meaning, we need to stop scattering our attention and find our own mind again. The aim of the course is to help you find an inner balance and the resources to regain the wonder and fulfilment of following your own rhythms.

 **Earlybird Prices**
£720 (booked before 29/11/19)
Standard Price £750

March

A calming, refreshing & invigorating break

Book two consecutive weeks in 2020 get £150 off!



7-14 March

Opening Doors To Invisible Worlds

A journey through myth and story

Sarah Deco

Awaken your inner Bard!

On this course you will learn a story and learn to tell it (without looking at the text). But more than that, we will explore the many layers in these deeply meaningful stories and find new insights through them into our own personal narratives.

We will be working with myths, folk tales and fairy stories, to help re-open overgrown paths which lead back to older and wiser ways of

 **Earlybird Prices**
£690 (booked before 07/09/19)
£720 (booked before 07/12/19)
Standard Price £750

seeing and being. These old stories contain deep wisdom distilled over generations and describe a more connected world. We need to re-discover this connection to our own roots, so we can flourish and so also can our natural environment.

We will learn the ancient arts of oral storytelling, using visualisation, drama techniques and games, writing, movement and simple art activities.

No previous knowledge or experience is required.

14-21 March

Chill Out, Stretch Out, Stride Out!

Relax your bodymind and savour our magnificent environment

Trecor Taylor

The programme will be made up of about four hours of yoga, four of tai chi, a few easy-going group sessions, three walking excursions in the mountains and some evening music and song. Participants are also welcome to offer their own contributions in an optional session for other guests: stories, readings, games, dances, favourite music or whatever. A calming, refreshing and invigorating break.

 **Earlybird Prices**
£690 (booked before 14/09/19)
£720 (booked before 14/12/19)
Standard Price £750

21-28 March

Private Booking

Detox International

www.detoxinternational.com
retreats@detoxinternational.com
0845 1000 247



28 March-4 April How To Fall In Love

A journey to the heart
Katherine Baldwin & Maggie (Star) Whiteley

Self-love, self-esteem and a good relationship with ourselves are the keys to forming healthy relationships with others. We'll:

- Explore how to deepen our connection to ourselves, prioritise self-care, build our self-worth and confidence and tune into our intuition;
- Identify any unhelpful patterns that might be standing in the way of a loving partnership and understand how to change them;
- Explore how we can let go of lost loves, unhelpful beliefs and other blocks, and we'll practise setting healthy boundaries with ourselves and others;

- Finally, we'll create an exciting vision for our lives so that we leave filled with hope and ready to create the life and relationship we deserve.

Ideal for men and women who would like to understand their relationship patterns in order to find love, as well as for those who want to improve and deepen their current relationships and grow in self-esteem.

Katherine is a transformational coach and author of *How to Fall in Love*. She will lead the course, with contributions from Maggie, a vastly experienced coach, group facilitator and therapist.

 **Earlybird Prices**
£700 (booked before 28/09/19)
£730 (booked before 28/12/19)
Standard Price £760

28 March-4 April Untangling Your Life

Explore and resolve personal, family and vocational issues with the powerful Constellations approach
Liz Sleeper

In a safely supportive environment, Systemic Constellations offer a profound methodology that enables us to find the healing movement or resolution to complex or sometimes seemingly intractable personal issues. These issues may arise from family, relationships, career or existential and spiritual difficulties. We will work together to:

- Support our wellbeing in the various groups (or 'systems') to which we belong;
- Explore the forces that underpin healthy, loving connection – looking at how key events and traumas in previous generations may be affecting our lives and relationships today;
- Restore peaceful purpose and gentle life-loving connections.

 **Earlybird Prices**
£700 (booked before 28/09/19)
£730 (booked before 28/12/19)
Standard Price £760

4-11 April Yoga & Meditation

For health and harmony
Andrea Newman

Would you like to:

- move more fluidly;
- be comfortably upright;
- let go of held areas of your body;
- improve your posture;
- be more relaxed and less stressed;
- learn ways to realise all these and more?

Let the enjoyment of body movement and the quiet stillness of meditation bring flow and balance into your life. Come on a journey to explore how you inhabit and experience your

 **Earlybird Prices**
£700 (booked before 04/10/19)
£730 (booked before 04/01/20)
Standard Price £760

body. Develop a more relaxed awareness of your body's movements using yoga postures. Find more grace, poise and good health.

Breathing and walking are the most frequently repeated movements we make. They make a big impact on body structures and postures, so there will be practice in doing both in a way that suits your uniqueness. Breathing will also be used as an aid to meditation.

Yoga practices will be complemented with aspects of the (much newer) body re-education approach called 'Rolfing', after its pioneer, Dr Ida Rolf.

4-11 April Mindfulness For Health & Wellbeing

Decrease stress, come alive! Transform your life!
Vibha Donne

Mindfulness is cultivating the quality of being awake, present and accepting of each moment's experience – which can transform how we are with ourselves, with others and how we respond to stressful, difficult and challenging situations. The course is delivered in a friendly, supportive manner, exploring the key concepts covered on the popular Mindfulness-based courses available today and helping you develop practical skills and strategies that you can use on a daily basis to support your experience of life.

 **Earlybird Prices**
£700 (booked before 04/10/19)
£730 (booked before 04/01/20)
Standard Price £760

April

Let body movement & meditation
bring flow & balance to your life

11-18 April

Easter Walking

Get spring in your legs!

Paul & Fiona Primarolo

A mixture of easier walks and mountain hikes, taking in some of the sights and pageant of Holy Week in southern Spain. As always, we'll also visit some of the beautiful mountain villages of the area.

Spring in the Alpujarras brings the fragrant flowers and blossom, against the backdrop of the peaks of the stunning Sierra Nevada, still lined with snow. Migratory birds are just arriving from Africa: swallows and colourful bee-eaters skim the tree tops and the calls of the golden oriole and cuckoo can be heard. The willows lining streams and tumbling mountain rivers provide shelter for the nightingales.

With walks to delight, tasty picnics and convivial evening meals, what better way to celebrate the arrival of the new season?



Earlybird Prices

£700 (booked before 11/10/19)

£730 (booked before 11/01/20)

Standard Price £760



11-18 April

Write Now

For personal wellbeing or to serve you in your work

Diane Samuels

Experience writing as a practice for listening to and trusting yourself deeply...expansively. Time to allow the feeling heart to lead the thinking mind with playful spirit.

- Discover how playing with words can liberate voices you never knew you had. Get beyond blocks and utilise that nagging critical voice effectively;
- Practise techniques for unleashing your imagination and being guided by it. Express and share experience, ideas, dreams, where true life meets fiction and myth;
- Be an inventor, experimenting with characters, stories, your own creations. Get happy about making mistakes which lead to new discoveries;
- Wield your pen like a magic wand, transforming the wanderings of the inner world into an adventure in paper and ink;
- Discover afresh how every aspect of human experience, actual and fantastical, can be your source of inspiration. All levels of experience are welcome.



Earlybird Prices

£700 (booked before 11/10/19)

£730 (booked before 11/01/20)

Standard Price £760



18-25 April

Tai Chi Essence

How to move with ease and restore your vital energy

Angus Clark

Come and play tai chi! You'll learn moves that free your joints, relax your muscles, engage your mind and simply fill you up with bubbly, creative energy.

Working with set moves as well as innovative ways of exploring tai chi principles, Angus will help you to find your tai chi body. Special attention is given to the idea of release; to principles of body alignment and relaxation; to grounding, balance and connecting with nature in a way that's easy to learn and remember.

You'll take home a treasure store of simple, tai chi and qigong moves and exercises to keep the *chi* (life force) flowing in your life.



Earlybird Prices

£700 (booked before 18/10/19)

£730 (booked before 18/01/20)

Standard Price £760



18-25 April

Unleash Your Voice, Unleash Yourself!

Discover your real potential

Adrienne Thomas

A unique approach, entirely accessible both to professionals and to those who have never worked with the voice before. We'll dive deeply into exploring, releasing and fully expressing ourselves through the power of our own voices, even if they have been silent or restricted for years.

The approach focuses on sound vibrations which enable us to feel and visualise the voice, rather than simply hearing it, as we send sounds in different directions through the use of imagination. The sounds are also loosely allied to the Indian chakra system, which provides a clear blueprint for the development of our personalities. We'll experiment together in an exploratory and playful way with several different types of energy, learning how they impact and ultimately release the voice, not just in singing but in many aspects of our lives. For those who wish, some individual attention is possible.



Earlybird Prices

£700 (booked before 18/10/19)

£730 (booked before 18/01/20)

Standard Price £760



25 April-2 May

Mindful Photography

Re-discover the joy of seeing!

Ken Scott

By experiencing fully, we bring ourselves into the present moment, rediscovering the beauty in everyday things. When mindful and immersed in our surroundings, photographs flow to us naturally; there are pictures in everything. Learn to notice when you see something, to ask "what stopped me?" and to REALLY see what is there for what it is, without judgement. Making the photograph is just the final step.

Photography can be a joyful and therapeutic pastime in itself, allowing us to express ourselves and ideas in new and individual ways. Lightness and spontaneity will be key.

Suitable for all abilities and with any camera. If a beginner, we'll encourage you to see with fresh eyes, learning the principles of visual design and camera control as you go. (A basic knowledge of exposure and depth of field is an advantage.) For seasoned enthusiasts: a fresh outlook could be the catalyst for a whole new phase in your work.



Earlybird Prices

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£730 (booked before 25/01/20)

Standard Price £760



25 April-2 May

Mindful Practices For Authentic Living

Holistic tools for everyday life

Javier Rodriguez

One of today's greatest challenges is how to stay aware of and 'in tune' with our bodily felt experiences, our open heart and inner wisdom, while engaged in a busy world. Living out of touch with what is real and authentic within us carries a great cost, felt as a lack of aliveness, meaning and purpose.

We'll explore a holistic set of tools that can be integrated into our everyday life, to cultivate being fully Present. As an inner compass, this will show us when we are 'in tune' or not, and will help us to orientate our inner and outer life towards what is essential, real and meaningful.

The tools used include grounding, intentional silence, meditation, somatic tracking, self inquiry and self-awareness through movement. These enable us to develop and deepen our full self, our connection with each other and with the world in which we live.



Earlybird Prices

£700 (booked before 25/10/19)

£730 (booked before 25/01/20)

Standard Price £760



Course Title	Course Leaders	Date	Page	Category
Creativity Through Writing	Mandy Wheeler	12/10/19	14	●
Yoga & Sound	Leah Barnett & Fiona Agombar	12/10/19	15	● ●
Autumn Walking	Paul & Fiona Primarolo	19/10/19	15	● ●
Five Rhythms™ Dance and Creativity	Dilys Morgan Scott	19/10/19	15	● ●
Richer Relationships	Bethan Evans	26/10/19	16	●
Mindful Photography	Ken Scott	26/10/19	16	● ●
Being Here	Maggie (Star) Whiteley	02/11/19	17	● ●
The Trees Of Life	Trevor Taylor	09/11/19	17	🌳
Christmas Week	Alison Goldie	21/12/19	18	● ● ● ●
Starting Afresh	Nigel Shamash	28/12/19	18	● ● ● ●
Winter Walking	Paul & Fiona Primarolo	01/02/20	19	● ●
Freeing Up Your Future	Ed Rowland	08/02/20	19	●
Being Here	Maggie (Star) Whiteley	15/02/20	20	● ●
Live! Love! Laugh!	Rachel Caine	22/02/20	20	● ●
Coming Home To Yourself	Judi Ledward	29/02/20	20	● ●
Opening Doors To Invisible Worlds	Sarah Deco	07/03/20	21	● ●
Chill Out, Stretch Out, Stride Out!	Trevor Taylor	14/03/20	21	●
How To Fall In Love	Katherine Baldwin & Maggie (Star) Whiteley	28/03/20	22	●
Untangling Your Life	Liz Sleeper	28/03/20	22	●

Course Title	Course Leaders	Date	Page	Category
Yoga & Meditation	Andrea Newman	04/04/20	23	● ●
Mindfulness For Health & Wellbeing	Vibha Donne	04/04/20	23	● ●
Easter Walking	Paul & Fiona Primarolo	11/04/20	24	● ●
Write Now	Diane Samuels	11/04/20	24	● ●
Tai Chi Essence	Angus Clark	18/04/20	24	●
Unleash Your Voice, Unleash Yourself!	Adrienne Thomas	18/04/20	25	● ●
Mindful Photography	Ken Scott	25/04/20	25	● ●
Mindful Practices For Authentic Living	Javier Rodriguez	25/04/20	25	●
Spontaneously Creative	Gaynor Kavanagh	02/05/20	30	●
Movement In The Light	Jason Chan & Waisum Chan	02/05/20	30	●
Biodanza: Dancing Life	Antoinette Lorraine	09/05/20	31	● ●
The Garden Of The Heart	Beverley A'Court	09/05/20	31	● ●
Pure Yoga	Leonie Dunlop	23/05/20	32	●
Step Into Summer	Paul & Fiona Primarolo	23/05/20	32	● ●
Drawing & Painting	Sandy Grant	13/06/20	33	●
Words To Catch The Light	Rosie Jackson	13/06/20	33	● ●
Movement For Life	Judy Greenman	20/06/20	34	●
Six Keys To Wellbeing	Maggie (Star) Whiteley	20/06/20	34	● ● ●
Calatonia, Touch For Inner Peace	Anita Ribeiro Blanchard	27/06/20	35	● ● ●
Singing In Harmony	Jon Conway	27/06/20	35	● ●

Course Title	Course Leaders	Date	Page	Category
The Stories We Tell	Jamie & Sarah Jauncey	11/07/20	36	● ●
Yoga & Sound	Leah Barnett & Fiona Agombar	11/07/20	37	● ●
Flip To The Fun Side	Alison Goldie	18/07/20	37	● ●
Pilates	Penny Little	18/07/20	38	●
Being Here	Trevor Taylor	25/07/20	38	● ●
De-Stress & Connect	Charles Lambrou	01/08/20	39	● ●
Colour Your Imagination	Kathy Ramsay Carr	01/08/20	39	● ● ●
Head & Heart Communication	Shona Cameron & Sandrine Miesch	08/08/20	40	●
Change Your Posture, Change Your Life	Richard Brennan	08/08/20	40	●
Yoga, The Full Experience	Jane Roberts	15/08/20	41	● ● ●
Creativity & Consciousness	Silvia Jastram	15/08/20	41	● ● ●
Tango Harmony	David & Marion Thomas	22/08/20	42	●
Choose Life At Any Risk	Ari Badaines	29/08/20	43	●
Singing Your Socks Off, Playing For Pleasure	Kate Daniels	29/08/20	43	●
The Way Of The Heart	Javier Rodrigues	12/09/20	44	● ●
Writing Your Own Memoir	Rosie Jackson	12/09/20	44	● ●
Flamenco Dance: Power & Passion	Ana Dueñas León	26/09/20	45	●
Learn Flamenco Guitar	José León	26/09/20	45	●

Far more group leaders want to work at *Cortijo Romero* than we have space for, so we are able to choose only the best, including some of the world's finest.

Beverley A'Court has many years' experience in art and body therapies, Buddhist meditation practices, deep ecology, and is passionate about poetry. (Page 31)
painthorse108@gmail.com www.beverleyacourt.wordpress.com

Fiona Agombar has studied yoga since 1993 and is an advanced teacher with the British Wheel of Yoga. Author of *Beat Fatigue with Yoga and Endless Energy*. (Pages 15, 37)
fagombar@gmail.com www.fionaagombar.co.uk

Ari Badaines is one of the world's most experienced and respected group leaders, gestalt therapists and psycho-dramatists. (Page 43)
abadaines@gmail.com abadaines.wixsite.com/psychologist-sydney

Katherine Baldwin is a relationships coach, a midlife mentor and the author of *How to Fall in Love - A 10-Step Journey to the Heart*. (Page 22)
katherine@katherinebaldwin.com www.howtofallinlove.co.uk

Leah Barnett trained with a variety of Indian yoga teachers, as well as in Feldenkrais and Chi Gung. She has been teaching yoga since 2003. (Pages 15, 37)
leahbasana@gmail.com

Anita Ribeiro Blanchard is a somatic (body-mind) psychotherapist and psychologist in the USA, previously in the UK. In Brazil, she learned Calatonia from its creator. (Se habla español.) (Page 35)
anita@calatoniainternationaltraining.com www.anitaribeiroblanchard.com

Richard Brennan has taught the Alexander Technique since 1989 and written eight books about it, translated into eleven languages. (Page 40)
info@alexander.ie www.alexander.ie

Rachel Caine has been creating communities of life, love and laughter throughout Europe for 25 years. (Se habla español.) (Page 20)
clownwithin@hotmail.com www.clownwithin.com www.dorisandfriends.com

Shona Cameron is a psychologist interested in the places where empathy meets spirit. She trained with the founder of NVC and is part of their global network. (Page 40)
shona@shonacameron.com www.cnvc.org

Kathy Ramsay Carr is a successful painter, graphic designer, illustrator and print maker. She has exhibited in galleries in London, Bristol, Cardiff and St Ives, with paintings in public, private and corporate collections. (Page 39)
krc@kathyramsaycarr.com www.kathyramsaycarr.com

Jason & Waisum Chan Jason is a renowned Tai Chi Master, powerful energy healer and spiritual teacher. His wife Waisum, herself an outstanding teacher, will offer some sessions. (Page 30)
taichijason@gmail.com www.lightfoundation.com

Angus Clark is an honorary Vice-President of the Tai Chi Union of Great Britain, the founder of 'Living Movement', a 'Movement for Health' practitioner and a prolific author. (Page 24)
angus@livingmovement.com www.livingmovement.com

Jon Conway is a Vocal coach, arranger, Chorus Director, trainer and singing judge. He has been directing, coaching and singing in prize-winning Harmony groups for over 30 years. (Page 35)
www.thebnaturals.com www.jonconway.co.uk

Kate Daniels, singer and psychotherapist, has been both performing and helping people find their own voice for the last 30 years. (Page 43)
www.katedanielsjazz.com

Sarah Deco is an art therapist and group analyst, working as a supervisor and consultant for the NHS and other organisations. (Page 21)
sarah.deco@care4free.net www.sarahdecostoryteller.com

Vibha Donne is an accredited Mindfulness teacher running mindfulness-based stress reduction courses in groups and 1:1. She uses what she teaches in her daily life as a working mum. (Page 23)
vibhadonne@hotmail.com www.vibhawellbeing.com

Leonie Dunlop has practiced yoga for over 20 years, with a passion for its healing and transformational effects. She has studied many different styles and with Indian Masters of various traditions. (Page 32)
flexibletherapies@ymail.com

Bethan Evans has been working with groups since 2008, bringing compassion, empathy and the invitation to welcome yourself exactly as you are in each moment. (Page 16)
Bethan@TechniqueForLife.com www.MeetingsWithoutMasks.com

Sandy Grant is an established artist, based in Glasgow and exhibiting internationally. He teaches groups and individual sessions. (Page 33)
sandydrawing@ymail.com www.artclassesinthebotanics.com

Judy Greenman trained with the originators of CFR, has a private practice in Florida and teaches at the Esalen Institute in California. (Page 34)
greenman.judy@gmail.com www.spainheals.weebly.com

Alison Goldie is a performer, theatre director, life coach and author of *The Improv Book*. (Pages 18, 37)
alisongoldie@aol.com www.alisongoldie.com

Rosie Jackson has been running writing workshops for over 20 years and is passionate about the healing power of the creative arts. (Pages 33, 44)
rosie@rosiejackson.org.uk www.rosiejackson.org.uk

Silvia Jastram is an expressive art therapist, breathwork specialist and teacher of yoga and leadership. She trusts in the potential of any human to spread light and oneness. (Page 41)
sjastram@gmail.com www.silviajastram.com www.elproyectosinforma.com

Jamie & Sarah Jauncey Jamie is a writer, musician and co-founder of a programme of creative writing in business courses. Sarah is a counsellor, working in private practice and the NHS with individuals and couples. (Page 36)
jamie@jauncey.co.uk www.thestorieswetell.org.uk

Gaynor Kavanagh has an extensive background in the arts and museums, and now chairs a charity, Open-Up Music, that empowers young disabled musicians to build inclusive youth orchestras. (Page 30)
kavanagh.gaynor@gmail.com

Charles Lambrou is a healer, meditation teacher and author of the transformational book *The Alchemist's Way*. He Lives in India, teaches privately and delivers workshops, trainings, masterclasses and retreats all over the world. (Page 39)
www.harahealthexercises.com www.evolveintobeing.xyz

Judi Ledgard is a UKCP registered psychotherapist with over 30 years' experience helping others to empower themselves. (Page 20)
judi@elantraining.org www.elantraining.org

Penny Little trained in Brighton at the New Pilates School with Helge Fisher. She runs a variety of classes and is also a qualified nutritional therapist. (Page 38)
penny@corepilates.co.uk www.corepilates.co.uk

Ana Dueñas León is a professional Flamenco dancer who has performed worldwide, and runs a successful Flamenco school in Brighton. (Se habla español.) (Page 45)
info@flamencodance.co.uk www.amorflamenco.co.uk

José León studied flamenco from a young age in Spain and performs internationally with his sister Ana in their group *Amor Flamenco*. He teaches in the UK and Spain. (Se habla español.) (Page 45)
josemusica@hotmail.com www.joseleonmusic.com

Antoinette Lorraine taught '5 Rhythms' dance before discovering Biodanza in 1992. It became her full time work, training teachers and running groups in many countries. She directs the Bristol-based Biodanza School UK. (Page 31)
antoinette@biodanza4all.com www.biodanza4all.com

Sandrine Miesch was a teacher trainer in her native France. Since embracing NVC she has built a reputation for inspiring others through the use of games and activities which delight young and old alike. (Page 40)
www.cnvc.org

Andrea Newman has been teaching yoga since 1994 and trains teachers through The British Wheel of Yoga. She trained as a Rolfer at the European Roling Association and was founding Director of The British Academy of Roling. (Page 23)
andrea@yogauk.com www.yogaandroling.co.uk

Paul & Fiona Primarolo have lived in the area for many years and share their love of it with an ever-widening circle through their Bootlace Holidays. They have a deep knowledge of the mountains. (Se habla español.) (Pages 15, 19, 24, 32)
bootlaceholidays@gmail.com www.bootlace.com

Jane Roberts trained in India to teach several yoga styles and is now one of our resident teachers. She gives lots of tips and guidance so each person gets the best out of each asana. (Page 41)
azizaherenow@hotmail.com

Javier Rodriguez has an MA in Psychology and in-depth trainings in Gestalt, Process-Oriented Psychology and Somatic experience. He's worked for over 20 years as a workshop leader, therapist and coach. (Se habla español.) (Pages 25, 44)
javierfindhorn@gmail.com

Ed Rowland is a Director of the Centre for Systemic Constellations and a leading British practitioner for both personal and leadership work, helping people find and unfold their unique creative potential. (Page 19)
ed@wholepartnership.com www.thescs.net

Diane Samuels's career spans over 20 years and includes the award-winning play *Kindertransport*. As well as writing for the stage and radio she has taught creative writing all her adult life. (Page 24)
dianesamuels@mac.com www.dianesamuels.com

Dilys Morgan Scott has been teaching the '5 Rhythms' work of Gabrielle Roth for over 20 years, travelling across Europe to share this healing process. (Page 15)
dilys_ms@hotmail.com www.soulwindows.co.uk

Ken Scott's approach to photography is very simple; it is about experiencing, feeling, sensing and responding to whatever environment he is in. He is an Associate of the Royal Photographic Society. (Pages 16, 25)
ken.scott@touchingthelight.co.uk www.touchingthelight.co.uk

Nigel Shamash was the founder of CR and now runs a smaller programme in France. He has a profound interest in the spiritual path (Se habla español.) (Page 18)
nigel.shamash@club-internet.fr www.nigelshamash.com

Liz Sleeper is trained by Gaye Donaldson and others at the Centre For Systemic Constellations. She has worked closely with Judith Hemming, who is probably the most experienced Constellations practitioner in the UK. (Page 22)
liz.sleeper@gmail.com

Trevor Taylor was our resident tai chi and chi gong teacher for many years, ran an organic farm, and has an intimate knowledge of the area. (Pages 17, 21, 38)
trvorsgraywolf@gmail.com

Adrienne Thomas, for over 30 years, has helped a broad range of people discover their full potential through the power of the voice. (Page 25)
adrienne.thomas1@aol.co.uk www.unleashyourvoice.moonfruit.com

David & Marion Thomas are committed to sharing the benefits of Tango. They run weekly classes and feature in a Tango instructional DVD. (Page 42)
connect@tango-journey.com www.tango-journey.com

Mandy Wheeler is a writer with a background in directing and radio production. She is also a creative practice consultant in business and higher education. (Page 14)
mjw@punchitup.co.uk www.punchitup.co.uk

Maggie (Star) Whiteley is a powerful coach and educator with a passion for lifelong learning and experience of a wide range of group methods. She also more recently qualified as a Spiritual Companion. (Se habla español.) (Pages 17, 20, 34)
maggie@maggiewhiteley.com www.maggiewhiteley.com

May

The sheer joy of being creative

Book two consecutive weeks in 2020 get £150 off!

2-9 May

Spontaneously Creative

Free your imagination

Gaynor Kavanagh

This is all about the sheer joy of being creative. It's a week for thoughtful, immersive play, centred on being completely in the moment, trusting your instincts and drawing on yourself and your surroundings.

There is no delineation here of what 'creative practice' might mean. Participants engage with drawing, painting, dancing, writing, moulding clay and collage, sometimes mixing them up in exciting ways. You can get mucky, move about a lot, sit still in silence, carefully listen, then share and support...and, importantly, deeply observe.

It can be really funny, quite noisy, blissfully quiet and totally engaging. The week is structured around a sequence of themes, such as movement or sight, and there is a built-in set of options for some of the challenges each day.



Earlybird Prices

£710 (booked before 02/11/19)

£740 (booked before 02/02/20)

Standard Price £770

2-9 May

Movement In The Light

Radiant body, awakened mind

Jason Chan & Waisum Chan

Who does not want an uncluttered, intelligent mind and a bright, strong, flexible and sickness-free body as we go through life?

Medical evidence shows that how we age is mostly determined by our lifestyle choices, rather than heredity. Modifying factors such as diet and exercise give us a chance to change the course of ageing and disease. But there is so much more!

Explore the power of the 'Three Treasures of Life' and how to increase them to nourish and enhance our daily existence, increase the levels of happiness and fulfil our purpose.

- **Jing:** Physical essence, the foundation of vibrant and balanced health.
- **Chi:** The universal life force, that keeps every living thing 'alive'.
- **Shen:** The spirit or spark of the will, enabling us to sharpen the focus and concentration of the will and expand our consciousness.



Earlybird Prices

£710 (booked before 02/11/19)

£740 (booked before 02/02/20)

Standard Price £770

9-16 May

Biodanza: Dancing Life

Rediscovering the joy of living

Antoinette Lorraine

Our busy lives take us away from our natural rhythms, causing all kinds of illness and stresses. In this beautiful setting we can regain our vitality, affection, creativity, fullness and harmony. Expressing an emotion with its 'right movement' stimulates the integration of what we feel, wish for and do. We learn to connect and listen to ourselves, to others, the universe and life itself.

There are no steps to learn and everyone will benefit from this experience of entering into the pleasure of the moment. You will leave feeling inspired, empowered and rejuvenated into life again.



Earlybird Prices

£710 (booked before 09/11/19)

£740 (booked before 09/02/20)

Standard Price £770



16-23 May

Private Booking

Sue Machell Associates

9-16 May

The Garden Of The Heart

Restoring communion with nature and resting in our natural presence

Beverly A'Court

The rich and complex metaphor of the garden provides a shared basis from which to develop presence, sensitivity, openness and creative responsiveness.

We begin by recalling gardens we have loved or imagined from childhood, art and stories. From there, we explore nature however we meet it in the *Cortijo Romero* gardens and in our own deep, creative being, finding connection through earthy, sensory, meditative, playful and poetic practices. Afterwards, we make mixed-media, expressive art in response to our meditative walks in the grounds, paying attention to the

bodily experiences, creativity and inner wisdom they evoke in us.

The interplay between these elements fosters a recognition and awareness of ourselves as part of nature. Feelings of becoming and belonging, gratitude and inspiration may spontaneously flow, supporting us to be attentive, compassionate and more responsive to our real needs and the gifts we have for the world, and more compassionate to others and life in general. The experience becomes a co-creative adventure for the group, which can provide warm support for individuals' artistic-therapeutic journeys.



Earlybird Prices

£710 (booked before 09/11/19)

£740 (booked before 09/02/20)

Standard Price £770

23-30 May

Pure Yoga

Gentle practice, self discovery, healing, transformation

Leonie Dunlop

Enjoy traditional hatha yoga, balancing our energies using gentle and powerful movement, posture and breath work; stimulating, soothing, opening, lengthening and restoring balance. Then add pure yoga as taught by Swami Purohit, a living master of several styles of yoga. Through broad and thorough research, he has developed a style which has powerful effects while being fairly simple to perform, suitable for all ages and abilities from beginner to experienced.

Asanas (postures) and pranayama (breathing) practices draw our attention deeply inside, clearing energy pathways and enabling space for dharana (concentration), dhyana (meditation) and samadhi (enlightenment) to unfold naturally.

Within the perfect stillness at the heart of the Andalucian countryside, enjoy the opportunity to journey deeply into yourself, beyond body and mind. Practice developing physical, mental and emotional strength, stamina and peace.



Earlybird Prices

£710 (booked before 23/11/19)

£740 (booked before 23/02/20)

Standard Price £770

23-30 May

Step Into Summer

A glorious time to walk in magnificent mountain country!

Paul Primarolo & Fiona Primarolo

As summer arrives, we go higher into the beautiful Sierra Nevada mountains, enjoying cooler air and the peace of high meadows and pastures. It's a great time for early summer flowers, with the new leaves of pyrenean oak and chestnut giving shade and freshness to walks. We may also go above the tree line to enjoy spectacular views over the Mediterranean towards north Africa. The air is scented with local varieties of broom and mountain herbs. We see shepherds on their way to summer grazing and pass sheepfolds of ewes and lambs, nanny goats and kids.

Graded MODERATE, more demanding than our other walking weeks, our routes take us into the National Park as well as the pretty whitewashed hill villages. Trails are NOT flat, so expect a reasonable amount of ascent and descent. Paths can be stoney and gradients steep, so proper boots with ankle support are recommended. *Hill walking experience is helpful but not necessary; confidence in hilly conditions, good health and reasonable fitness are.*



Earlybird Prices

£710 (booked before 23/11/19)

£740 (booked before 23/02/20)

Standard Price £770

30 May-6 June

Private Booking

Rosen Method Bodywork Intensive for Personal Development

Ingrid-Maria Nordgren
www.rosenmethod.co.uk

6-13 June

Private Booking

Tai Chi

Christine Neffgen



June

Let go of preconceptions of how we feel things should be

13-20 June

Drawing & Painting

Working from life with line and colour

Sandy Grant

Enjoy the relaxing and almost meditative effect of letting go of preconceptions of how we feel things should be, by developing and improving skill in observing and drawing things in the way they actually appear. We'll create fairly large drawings based on our surroundings – nature, buildings and people, including a life model – before producing paintings using good quality chalk pastels or watercolours.

There will be group tuition and guidance at the



Earlybird Prices

£710 (booked before 13/12/19)

£740 (booked before 13/03/20)

Standard Price £770

13-20 June

Words To Catch The Light

Writing to lift and transform your life

Rosie Jackson

When we translate our experience into writing, it can make sense of our lives, reconnect us with our deepest selves and effect lasting transformation. In a rich and inspiring exploration using journals, fragments, memoirs, poems, stories, we will retrieve and share memories, encourage creative thinking, celebrate our epiphanies and invite in a more radiant future.

As the poet Rumi put it: *"Climb out on the roof if you want more light. If you don't want to live depressed any longer, move into the sun; the sun!"*



Earlybird Prices

£710 (booked before 13/12/19)

£740 (booked before 13/03/20)

Standard Price £770



Earlybird Prices

£710 (booked before 13/12/19)

£740 (booked before 13/03/20)

Standard Price £770

View Course Leaders: Pages 27-29

www.cortijo-romero.co.uk +44 (0)1494 765775

20-27 June

Movement For Life

Re-educate your body. Move freely. Live fully
Judy Greenman

Begin to re-learn the ease and fluidity you knew as a child but lost as your life and body movements became more repetitive and restricted. Explore how to re-awaken your body's capacity for self-healing to:

- release chronic pain & stress;
- restore mobility & ease of movement;
- increase vitality;
- take lasting care of your neck, shoulders & back;
- improve overall emotional & physical wellbeing.

Techniques used – appropriate for all ages and conditions – are based on The Feldenkrais Method®, Cortical Field Re-Education® (CFR) and Integrated Awareness®. These re-educate your brain-muscle-emotion connections to create new and healthier patterns of moving, thinking and feeling.

Improve your flexibility and take lasting care of your neck, shoulders, back and overall health! The results often include sounder sleep, clearer thinking and a gentler attitude toward self and others. Leave more 'alive', with a smile on your face and a swing in your step!



Earlybird Prices

£710 (booked before 20/12/19)
£740 (booked before 20/03/20)
Standard Price £770



20-27 June

Six Keys To Wellbeing

Core practices to enrich your life
Maggie (Star) Whiteley

There are many ancient practices that modern science confirms can help us to develop happier, more meaningful lives. We'll be exploring:

- Gratitude
- Mindfulness
- Connection
- Forgiveness
- Kindness
- Awe/Wonder

More importantly we'll be discovering our own unique ways to embed these habits in our daily lives back home.

Enjoy this process as we gently surface the wisdom of the group, trusting and expressing our creativity through movement, poetry, artwork and delicious heart-opening conversations. Expect this soul-fest to be sprinkled with a liberal seasoning of irreverent humour and plenty of time to chill out and relax.



Earlybird Prices

£710 (booked before 20/12/19)
£740 (booked before 20/03/20)
Standard Price £770



27 June-4 July

Calatonia, Touch For Inner Peace

The basic training
Anita Ribeiro Blanchard

"There is an extraordinary distance from the head to the heart, a distance of ten, twenty, thirty years or a whole lifetime" (Carl Jung).

This path can only be walked through experiencing the heart's truth, and the shortest way to one's heart is just a kind touch away. This workshop is deep but light, quieting but vibrant, lifting but grounding.

Using a sequence of subtle touches, Calatonia promotes a therapeutic experience that creates the right atmosphere for inner contemplation, knowledge of self and others, as well as feelings of wellbeing and peacefulness. You will experience the coming together of many aspects of living: body, emotions, thoughts, dreams, symbols and soul, and will learn how to do the same for others. This is the complete basic training, whether for therapy or personal growth.



Earlybird Prices

£710 (booked before 27/12/19)
£740 (booked before 27/03/20)
Standard Price £770



27 June-4 July

Singing In Harmony

Find your voice and discover the joys of singing with others
Jon Conacy

Have you ever wanted to learn to sing? Want to join a choir but just not confident enough? Were you ever told you couldn't sing or to just mime in the school choir?

You're not alone, so many people were discouraged at any early age, only to find out much later in life that they can actually sing and that it's a very rewarding experience.

Where better to come and learn the basics, in a safe environment, in a beautiful setting, with no judgement. We will learn about posture, breathing, support, vowels and articulation, resonance, freeing up the voice. Before long you will be singing in harmony and filling the valley with song.

This could be a life changing experience for you.

No previous singing experience is needed.

*If you are already a singer and want a more challenging experience then you may like to check out the course Jon & Ruth White are running the week following this one.



Earlybird Prices

£710 (booked before 27/12/19)
£740 (booked before 27/03/20)
Standard Price £770



July

A warm, safe & supportive environment for personal discovery



4-11 July

Private Booking

Jon Conway & Ruth White

jon.musicman@gmail.com

11-18 July

The Stories We Tell

Releasing creativity, becoming more fully You.

Jamie & Sarah Jauncey

Thinking about changes you would like to make in your life? Want time out to take stock and refresh the way you see the world? Either way, the insights you can gain by exploring the stories you tell about who you are and where you come from will help you make deeper connections with:

- yourself and your place in the world;
- the people around you in your life;
- your purpose and natural creativity.

We use writing and other imaginative exercises based around symbols and metaphors, along with visualisations, discussion and simple sharing of your own experiences. It's thought-provoking and sometimes surprising, offering new and rewarding ways of seeing and being.

In a warm, safe and supportive environment for personal discovery, we want you to have fun and all the benefit of a relaxing week in the sun, in a beautiful place!



Earlybird Prices

£710 (booked before 11/01/20)

£740 (booked before 11/04/20)

Standard Price £770

View Course Leaders: Pages 27-29



11-18 July

Yoga & Sound

A gentle retreat, suitable for all abilities

Leah Barnett & Fiona Agombar

Experience a week of peace, happiness and joy. Using gentle flowing movement, mantra and breath-work, classical hatha yoga releases knots and held patterns, creating space so that energy can move more effectively. In this way vitality,

wellbeing and a deep sense of peace arise.

This retreat will include an evening of chanting and also some laughter yoga.

Leah is leading the course, with Fiona assisting.



Earlybird Prices

£710 (booked before 11/01/20)

£740 (booked before 11/04/20)

Standard Price £770

18-25 July

Flip To The Fun Side

The joys of improvisation for art and for life

Alison Goldie

Want to be creative in specific ways like writing, performing or public speaking – or simply to enhance your confidence, spontaneity and social skills?

This course will give you exciting new tools, and motivate your mind and body. It's designed to stimulate creativity by helping you to unlock the contents of your vast and fertile imagination (you have one, I promise).

The course uses a wide range of games and exercises and covers: brainstorming, storytelling, creating characters, status-play, comedy-business, how to fail happily and trusting yourself. You'll be taught by one of the UK's most experienced improvisation practitioners. Oh, and we'll laugh and laugh with glee!



Earlybird Prices

£710 (booked before 18/01/20)

£740 (booked before 18/04/20)

Standard Price £770

18-25 July

Pilates

For fitness, flexibility and body-mind balance

Penny Little

Pilates combines western and eastern ideas and traditions aimed at developing fitness, strength, posture, co-ordination, flexibility and body-mind balance. This wide-ranging approach works the whole body in a safe way through a series of mat exercises. Attention is given to alignment, correct breathing and integration of the core abdominal muscles into each movement.

Suitable for those who just want to improve their core stability and have a good workout – but can also often be beneficial for a variety of physical problems, such as back pain, a shoulder injury or reduced mobility. The exercises can be adapted to suit each individual.



Earlybird Prices

£710 (booked before 18/01/20)

£740 (booked before 18/04/20)

Standard Price £770

25 July-1 August

Being Here

A great introduction to *Cortijo Romero* – or renewal for regular guests

Trevor Taylor & our resident practitioners

These popular events are ideal for people who just want to relax and enjoy a variety of short sessions that best meet their interests – all in beautiful surroundings, a highly supportive atmosphere and good company.

Sessions include yoga, tai chi, expressive dance, an evening folk band performance and an excursion in spectacular mountain scenery. Trevor offers tai chi and chi gong, leads walks and arranges a variety of different sessions from other local contributors.

Optional extras include individual sessions of massage, Thai yoga, shiatsu and life coaching. Visits to the fabled city of Granada are possible. All of the centre's art materials, books, musical instruments, CDs of music and DVDs of Spanish culture are freely available for use.

N.B. Only one course this week.



Earlybird Prices

£710 (booked before 25/01/20)

£740 (booked before 25/04/20)

Standard Price £770

August

Bring greater health & joy into your life

1-8 August

De-Stress & Connect

Gentle, meditative and deeply healing

Charles Lambrou

This week is a catalyst for bringing greater health and joy into your life. You'll do this by becoming more connected to and honouring your body, releasing stress and becoming restful with the Hara Health Exercises, increasing the flow of your energy system with qigong and opening to your heart in meditation.

The work is based on five tenets: movement, stillness, awareness, love and compassion. Some of the deepest shifts in our being happen in silence and restfulness.

Experience yourself in a new way, connecting with your body, your heart, and the cosmos. A relaxing and enlivening week, leaving plenty of time to enjoy the beautiful surroundings.



Earlybird Prices

£710 (booked before 01/02/20)

£740 (booked before 01/05/20)

Standard Price £770

1-8 August

Colour Your Imagination

Discover what colours do to your soul

Kathy Ramsay Carr

Astound yourself by transforming those often obstructive beliefs of not being a creative person to finding artistic freedom to express yourself with a language of colour and texture, supported and encouraged under Kathy's gentle guidance to discover or unblock your creative energy. You may be very surprised what you discover about yourself!

Many of us have felt at different times in our lives that we are going along a path we didn't mean to



Earlybird Prices

£710 (booked before 01/02/20)

£740 (booked before 01/05/20)

Standard Price £770

choose. We feel lost, disappointed, resigned, stuck. Sometimes there is a block of some kind which talking and explaining with words cannot shift.

We will discover that it is the process that is important, the 'making, the letting go, and above all, having fun together and individually.' It is a course for all abilities and ages, and in this calm and safe environment we can connect to our inner playful being, with art materials galore, kindling our souls and restoring our creative spirits.





8-15 August

Head & Heart Communication

Practical NVC skills to improve relationships
Shona Cameron & Sandrine Miesch

Sometimes described as a spiritual practice disguised as a communication tool, Non Violent Communication (NVC) has a radical simplicity and the power to bring wholeness and integrity to our lives.

We will learn and unlearn, creating new ways of interacting that fulfill our longing for connection. There will be practices to explore and practical skills to take back to your family, community and workplaces.

The time we spend together will be supportive and safe for you to explore at your own pace, using your own examples. The methods are experiential and built around the needs of the group.

No previous experience in NVC is required.



Earlybird Prices

£710 (booked before 08/02/20)

£740 (booked before 08/05/20)

Standard Price £770

8-15 August

Change Your Posture, Change Your Life

The Alexander Technique
Richard Brennan

Poor posture is very common and can cause a multitude of health problems. Many people think it can be improved by 'sitting up straight' or 'pulling the shoulders back', but nothing could be further from the truth, as this just makes things worse. Instead, the Alexander Technique releases unconscious muscular tension throughout your body that has accumulated over many years of stressful living, helping you re-discover the free and natural posture you had as a child.

You will learn new ways of moving while performing everyday tasks, discovering ways of sitting, standing and walking that put less strain on the bones, joints and muscles, thus making your body work more efficiently. Since our physical state also affects our mental one, the benefits can extend into many areas of life.



Earlybird Prices

£710 (booked before 08/02/20)

£740 (booked before 08/05/20)

Standard Price £770

15-22 August

Yoga, The Full Experience

Food for the body, mind and soul
Jane Roberts

A well-rounded yoga practice connects us to the limitless nature of the true self...if that sounds a bit heavy, it is not! Outbursts of joy, smiling and lightheartedness are encouraged. We might even dance.

We'll practice not only yoga postures for the physical body (asanas) but other aspects including breathing techniques (pranayama), different meditations, a sprinkling of wisdom from spiritual teachers from different backgrounds – and some surprises! Not least, we'll explore techniques to ease stress and bring you to a quiet inner space.

These are big subjects that we can touch on lightly. The week is suitable for anyone, whether you've never heard of a 'chakra' or already practice at intermediate level.

Come with an open mind, choose which practices resonate with you, and take them away to use in your everyday life. I hope to help you find a way to shine your light, both on and off the mat.



Earlybird Prices

£710 (booked before 15/02/20)

£740 (booked before 15/05/20)

Standard Price £770

15-22 August

Creativity & Consciousness

A passage from longing to fulfilment
Silvia Jastram

An original journey that uses expressive arts, rebirthing, yoga and mindfulness to tap into our true source of inspiration: the inner self. This breaks ineffective habits and enables the expression of our potential, life purpose and bliss.

Silence, meditation and breathwork open the heart and calm the mind. This intertwines with creative writing, ephemeral art, systemic choreography, voicing or authentic movement. Hiking in nature is also a compelling source of inspiration.

To round up the experience, we engage in sustainable activities, like planting endangered species or donating a collective work of art to the hosting community.

More than a conscious experience to boost creativity, this can be a life-changing event based on the power we have to navigate through uncertainty, define our priorities and materialize our dreams, while caring for the planet we share.



Earlybird Prices

£710 (booked before 15/02/20)

£740 (booked before 15/05/20)

Standard Price £770



Book two consecutive weeks in 2020 get £150 off!



22-29 August

Tango Harmony

Have fun, connect and dance

David & Marion Thomas

The common view of tango is one of high drama and acrobatic moves. Whilst this is great for the stage, authentic tango is different – calm, social, and joyful. It is improvised and based on walking, making it suitable for all.

By the end of the week you can expect to have:

- learnt the fundamental techniques and be 'tangoing';
- explored body and mind awareness techniques to maximise your progress;
- enriched your experience by learning about tango's history, music, and Spanish lyrics.

Tango strengthens skills such as body awareness, empathy, trust, patience, and connection with others. It is meditative and calming, absorbing and restorative. It is proven to stimulate, and create new neural pathways. What a fun way to achieve all of this!



Earlybird Prices

£710 (booked before 22/02/20)

£740 (booked before 22/05/20)

Standard Price £770

September

Taking the necessary risks to make a positive change

29 August-5 September

Choose Life At Any Risk

The greatest risk in life is to risk nothing at all
Ari Badaines

People often get 'stuck' – for example, with low self-esteem, inaccurate self-perception; or in unsatisfactory relationships or work. Getting unstuck requires some discomfort so, instead of risking that, we often avoid the associated anxiety, or even sabotage our own best efforts.

In a safe and supportive group, learn how you get stuck, how you keep yourself there and how it started. Then, you can try taking the necessary risks to do the things that would make a positive change. The content

is whatever issues you bring to the group; the process is intensely practical and the choice to change is yours.

It's challenging but the benefits can be greatly enhanced awareness; emotional release; a change in perception of and richer connections with others; clarity and direction instead of ambivalence; increased self-esteem; a deepening sense of your own humanity.

The methods used are based on gestalt and psychodrama, with others as needed.



Earlybird Prices

£710 (booked before 05/03/20)

£740 (booked before 05/06/20)

Standard Price £770

29 August-5 September

Singing Your Socks Off, Playing For Pleasure

Let your spirits soar!

Kate Daniels

Whether or not you are a secret singer, have never sung before in your life, or sing all the time and in public, come and have a wonderful musical time performing songs from across the world, from the Pacific Islands to the Great American Songbook. On the way we will explore harmony, rhythm, phrasing and improvisation. The emphasis is on fun and enjoyment, not pressure, so you will find you will be able to:

- Subdue the critical voices that make you self-conscious;
- Indulge your love of music – be it folk, jazz, blues or beyond;
- Notice your confidence building;
- Gather together to create wonderful harmonies;
- Overcome your nerves;
- Uncover hidden talent and trust your voice.

Musicians are welcome to participate. Some guitars, plus chord charts and backing tracks, will be available.



Earlybird Prices

£710 (booked before 05/03/20)

£740 (booked before 05/06/20)

Standard Price £770

5-12 September

Private Booking

Kathryn Penny & Angela Spence

View Course Leaders: Pages 27-29

12-19 September

The Way Of The Heart

The process of human transformation
Javier Rodriguez

The embodiment of our intrinsic wholeness is a journey not unlike that described by the ancient art of alchemy. Inviting us into the continuous process of transformation that is guided from deep within, it offers an opportunity to utilise the divine spark hidden in our painful experiences for the creation of an awakened state.

Learn to trust this inner call towards transformation and start to surrender to a life-affirming flow that supports and welcomes all that is. The magic elixir is the non-judgmental acceptance and mindfulness of all that we experience.

Unique in its approach, this workshop links the three elements of our human condition: our physiology, psychology and spirituality. Affirming and validating the wisdom of our own body in supporting our human unfoldment, we will use somatic mindfulness tools, devotional practices, movement and sharing in the group, to turn our lead into gold.

 **Earlybird Prices**
£710 (booked before 12/03/20)
£740 (booked before 12/06/20)
Standard Price £770



12-19 September

Writing Your Own Memoir

How to start writing your life story
Rosie Jackson

Writing your memoir can be a wonderfully fulfilling and healing process. Whether it is for yourself, your children, or grandchildren, for publication or self-publishing, a memoir helps make sense of things and offers an opportunity to reflect on the deeper meaning of your life.

In a safe, supportive, confidential space, you will:

- explore your life in writing;
- find a voice, purpose, confidence and inspiration;
- tackle shape, structure and story-telling; practise dialogue (and humour!); consider spiritual and ethical issues;
- review your experiences in a new and uplifting way.

 **Earlybird Prices**
£710 (booked before 12/03/20)
£740 (booked before 12/06/20)
Standard Price £770

19-26 September

Private Booking

Detox International
www.detoxinternational.com
retreats@detoxinternational.com
0845 1000 247

26 September-3 October

Flamenco Dance: Power & Passion

Let go, be proud, show off and enjoy it - whatever your age or shape!
Ana Duenas León

Improve your co-ordination, grace and strength and - through this majestic and powerful dance - find the freedom and confidence to be comfortable with yourself physically and emotionally. All human moods and feelings can be included and expressed in flamenco, which is both a way of celebrating yourself and a highly enjoyable social activity.

Classes start with a technique section to warm up by learning various footwork exercises, building strength and stamina. They also cover posture, arm exercises, rhythm, choreography and improvisation. Particular attention is given to grasping the very special spirit of flamenco.

There will be an optional extra visit to a local restaurant for an evening meal, where you can experience an authentic flamenco performance.

 **Earlybird Prices**
£710 (booked before 26/03/20)
£740 (booked before 26/06/20)
Standard Price £770

26 September-3 October

Learn Flamenco Guitar

Solo, or accompanying dance and song
José León

The captivating sound of the flamenco guitar is unmistakable. Rhythmic, percussive, melodic, haunting and intensely passionate, it is a pivotal element of an art form renowned for its fire, mystery, spirit and drama. The course gives an authentic insight into the rhythms, accompaniment, techniques, forms and their origins. Elusive traditions and conventions are demystified in a relaxed and enjoyable atmosphere, imparting confidence and a deeper understanding.

Flamenco guitar is part of an oral tradition and José's teaching follows a time-tested method relying more on the ear than any written medium. Learning is reinforced by demonstration, repetition, explanation and encouragement, which helps connect with the music and dancers in a more instinctive and intuitive way.

No prior knowledge of flamenco, academic musical training or reading needed but some basic knowledge of guitar is useful. Please bring nylon-stringed guitar. (A few others are available.)

 **Earlybird Prices**
£710 (booked before 26/03/20)
£740 (booked before 26/06/20)
Standard Price £770

Hiring Cortijo Romero For Your Own Events

For groups, workshops, courses, retreats or small conferences, Cortijo Romero is truly special, a highly supportive environment in every way.

- Accommodation for up to 30 participants and 2 staff.
- A separate, self-contained area is sometimes also available for up to six staff members.
- All meals, with high-quality vegetarian food.
- Use of all facilities, materials and equipment.
- An outstanding team of dedicated people to help you get the best from your stay.
- A day out to the mountains, Granada or the coast.

"We have been running detox retreats at Cortijo Romero since 2007 and can definitely recommend it as a perfect venue for courses and workshops. The mountain setting is visually stunning and provides a true retreat from the world outside. The staff take care of everything behind the scenes, which allows course leaders the freedom to concentrate purely on their clients' needs. And it goes without saying that the food is wonderful."
Midi Fairgrieve, Detox International.



For further details and prices:
Tel: +44 (0)1494 765775
Email: cr@cortijo-romero.co.uk
Cortijo Romero, P.O. Box 5450,
Brighton BN50 8LE



Travel to Spain

There are several ways you can travel to CR, the most popular being to fly to Malaga Airport and then use our transfer service.

By Plane There are numerous flights from all over Europe to Malaga. You may like to check comparison websites such as Sky Scanner (www.skyscanner.net) and Trip Advisor (www.tripadvisor.co.uk). Malaga Airport website is also very useful (www.malagaairport.eu). Another option is to fly to Granada. There are fewer flights and no onward transfer service to our centre, but if you want to visit this ancient city, which is home to the Alhambra, one of the wonders of the world, it's an easy bus or taxi journey from the city centre to CR.

By Train High speed services to Malaga operate from Madrid and Barcelona, connecting with similar services from many European countries. For comprehensive information, see the website www.Seat61.com. The Spanish operator 'Renfe' (www.renfe.es/en) has more information in Spanish and English. To book, the website www.loco2.com links the UK, French and Spanish rail systems and finds the cheapest price for each leg of the journey.

By Ferry For ferries to Santander, see Brittany Ferries (www.brittany-ferries.co.uk).

Getting to Cortijo Romero

The journey time from Malaga airport is approximately 1 hour 30, either with our private transfer, or by taxi or hire car. From Granada we have no transfer service, but the journey will take about an hour by taxi or hire car, and up to 1.5 hours by public bus.

Malaga Airport Transfer Service

This needs to be booked in advance, and your flight must arrive by 12.15pm for the first transfer, or between 12.15pm and 3.15pm for the second. For the return transfer at the end of the week, flights should depart from 12 noon onwards. If you can't get flights that meet the transfer times, please contact us on +44 (0)1494 765775.

Hire Car There are excellent car hire facilities at all Spanish airports, sea ports and main rail stations. The Malaga Airport website price-checks all 23 car hire companies operating there.

Public Bus There are good services from all over Europe to Malaga, where you can meet our Transfer service at the airport (bookable in advance) or you can go all the

way to Órgiva, just 15 minutes from CR, where we can pick you up free of charge (please arrange in advance). For local bus services, see www.alsa.es/en. Book there or on www.eurolines.com.

Insurance

To get free medical care, you must have the European Health Insurance Card. For ambulances, hospital residence charges and all kinds of losses, you also need travel insurance, which is a condition of booking. We are required by law to advise you of the importance of this and can supply further details on request.



How to Book

Booking with a Difference

We are delighted that you are looking to book a holiday with us and wish to make it a positive experience for you right from the start. To help with this, we offer a different kind of bookings process to most companies, so please follow the steps below.

Reserve You'll need to check that there is a place available on the course of your choice, and whether we have the type of room you'd like (Single, Twin Share or Double.) You can do this either by email, phone or on our website. This requires no payment, but we'll then hold your place for you, with no obligation, while you move to the next stage (if we need the place before we hear back from you, we'll contact you first to check whether you still want to go ahead or not before we release the place).

Think Your place is safely held in order to give you time to check on any personal arrangements you may need to make, such as arranging time off work - but most important, before you commit to booking your holiday, please check flights are available that suit you. See page 47 for info on transfer times.

Call We are a small team and we've all been on a course at CR, so we know the process and we are happy to talk you through it. If you want to do things a bit differently - travel by train - for example, or stay on afterwards locally, we can help with that too. Our office hours are 9-5, Monday to Friday, or leave a message and we'll call you back.

Book Once you've got your flights, you'll need to pay £100 deposit to confirm your place. This can be done on our website, by card over the phone, with the form opposite, or by BACS: Account 10020842, Sort Code 16-21-22 (please use your name as a reference, and let us know when you've made a payment so we can check and confirm receipt). To pay in Euros please contact our bookings team. The full balance is due 6 weeks before departure.

Contact Us

Phone: +44 (0)1494 765775
Email: cr@cortijo-romero.co.uk
Website: www.cortijo-romero.co.uk



Booking Form ☀ Cortijo Romero

Please telephone +44 (0)1494 765775 to check availability, then complete both sides in BLOCK CAPITALS and send to: Cortijo Romero, P.O. Box 5450, Brighton BN50 8LE
Email: cr@cortijo-romero.co.uk

N.B. If you prefer, you can book on our secure website
www.cortijo-romero.co.uk/booking

PERSONAL DETAILS, 1st PARTICIPANT

Name: _____ Male Female
Passport number or DNI No: _____ Date of birth: _____
Address: _____

Postcode: _____ Country: _____
Email: _____

Tel: *Day* _____ *Evening* _____

Mobile _____

Occupation: _____ Non-smoker Smoker

How did you first hear about us? _____

Special diets (*Advance notice required*): _____

Any condition for which you needed medical or psychiatric treatment in the last 12 months: _____

(A doctor's certificate of medication and fitness to travel and take part may be required. Your insurance policy and contract may be invalid if you don't disclose relevant facts.)

Anything else we should know: _____

Emergency contacts while you are on holiday:

Name(s): _____
Tel: _____

INSURANCE

It is a condition of booking that you have travel insurance. We are required by law to advise you of its importance and can supply details on request.

Please send details
 I am covered (*Enclose copy of certificate*)

PERSONAL DETAILS, 2nd PARTICIPANT

Name: _____ Male Female
Passport number or DNI No: _____ Date of birth: _____
Address: _____

Postcode: _____ Country: _____
Email: _____

Tel: *Day* _____ *Evening* _____

Mobile _____

Occupation: _____ Non-smoker Smoker

How did you first hear about us? _____

Special diets (*Advance notice required*): _____

Any condition for which you needed medical or psychiatric treatment in the last 12 months: _____

(A doctor's certificate of medication and fitness to travel and take part may be required. Your insurance policy and contract may be invalid if you don't disclose relevant facts.)

Anything else we should know: _____

Emergency contacts while you are on holiday:

Name(s): _____
Tel: _____

INSURANCE

It is a condition of booking that you have travel insurance. We are required by law to advise you of its importance and can supply details on request.

Please send details
 I am covered (*Enclose copy of certificate*)

FOR OFFICE USE:

NOW
TURN
OVER

Booking Form Cortijo Romero

YOUR REQUIREMENTS

Please book me/us for:

Dates: _____

Course/s: _____

Room: Twin Double Single

Twin/Double let as Single

I have chosen this course/workshop because:

TRAVEL TO SPAIN

By air train car

My/Our flights to Malaga are:

Out from (airport): _____ Date: _____ Flight no: _____ Departs: _____ Due: _____

Return from Malaga : _____ Date: _____ Flight no: _____ Departs: _____

NOTES

1. Deposit £100 per person per week.
2. Balance is due 6 weeks before departure.

3. Payments to 'Cortijo Romero'.
Account 10020842. Sort code: 16-21-22. RBS Hemel Hempstead HP1 1XY
Euro account: Cortijo Romero, IBAN: ES9721002505010210173412
BIC (For SWIFT transfers): CAIXESBBXXX

4. You can also book and pay on our secure web site
www.cortijo-romero.co.uk.

Conditions

PAYMENT DETAILS

Deposit/full amount of £

by: Debit card Cheque Credit card

Card number: _____

Valid from: _____ Expiry: _____

Issue No.: _____

Security number: | | | | |
(Last 3 digits on back of card) important

If you would also like us to take any balance from the card when due, please tick

Bank Transfer in £ or €

(If euros, please call us for the exchange rate.)

I/We have read, understand and accept the booking and insurance conditions set out in your brochure.

Signed: _____ Date: _____

TRAVEL WITHIN SPAIN

By air train car

OR I/We are travelling by other means, as follows:

Insurance

It is a condition of booking that you are insured and we are required by law to tell you of its importance. Insurance covers you against having to cancel for any good reason, as well as for sickness, losses and all the usual risks.

N.B. Be sure to obtain a European Health Insurance Card. (In the UK from tel: 0300 3301350; online: www.nhs.uk/healthcareabroad.) It covers medical treatment but not ambulances or the costs of a hospital stay.

Cancellations (Must be confirmed in writing)

- Received up to 8 days before departure: deposit lost.
- With less notice: entire fee lost.
- No refunds once at Cortijo Romero.

Transferring payment to another week (Must be confirmed in writing)

- With six weeks notice, free transfer (once) to any week in the next year.
- Less than six weeks notice: £25 transfer charge, to any week in the next year.
- Less than a week's notice: half of the fee is retained.

Health

If you have been under medical or psychiatric supervision in the twelve months before your holiday, you must provide a doctor's certificate confirming your fitness to travel and take part. Our courses are not suitable for those who are currently too emotionally disturbed or too physically disabled to take responsibility for themselves. In any case, all health problems should be disclosed when booking.

Exclusions

All information is correct at the time of going to press. However, due to mechanical faults, weather conditions, or what insurers call 'Acts of God', some amenities may be temporarily unavailable. Very occasionally, we may have to vary the advertised programme due to staff sickness or other problems, in which case we will always try to provide an equivalent replacement.

We do not accept liability for:

- any of the above events, or others beyond our control.
- loss of or damage to your personal property.
- medical or psychiatric conditions developing during or after your holiday.

Your holiday travel insurance policy should cover these and other contingencies.

Contract

Your contract is with Cortijo Romero S.L. for whom the UK representatives are Life Rhythms Ltd, registered in England and Wales, number 3395003, at 168 Church Road, Hove BN3

Join our Supporters

Cortijo Romero

Become a Friend (£20 p.a.) and get:

Exclusive offers, advance booking, regular news and information, prize draws to win a free holiday...and more!!

This scheme supports our Bursary Fund and Treeplanting Project.

For more information:

Tel: +44 (0)1494 765775

Email: cr@cortijo-romero.co.uk



Cortijo Romero

Spain's leading centre for
personal development holidays

UK

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Tel: **+44 (0)1494 765775**
Email: cr@cortijo-romero.co.uk
www.cortijo-romero.co.uk

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Cortijo Romero
Aptdo de Correos 31
18400 Órgiva
Granada
Tel: **+34-958-784252**

*Cortijo Romero S.L.
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Carretera de Tiñola, 18400 Órgiva, Granada, Spain*



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