

AWAKENING RETREAT: BECOMING YOU

**6 Nights | 6th–12th September 2026 |
Albuñuelas, Granada, Spain**



**Step away from the noise of everyday life & give yourself the space to pause,
breathe & reconnect.**

**The Awakening Retreat – Becoming You is designed to help you explore three of
life’s most powerful questions:**

Who are you? What do you want? And what is your purpose?

**Join us for an exclusive wellbeing retreat that blends the serene beauty
of nature with luxurious comforts, all designed to help you discover
yourself.**



You will be staying in a stunning & luxurious villa nestled in the picturesque village of Albuñuelas, located in southern Spain. This beautifully restored historic villa, once an old mill, seamlessly blends traditional Spanish charm with modern comforts, offering a unique & tranquil retreat with breathtaking views of mountains & olive groves.



With its serene location, luxurious amenities, & proximity to local towns, beaches, & nature trails, your retreat villa provides an idyllic setting for a perfect escape where you can find yourself again.



What's Included: Your Journey to Becoming You



- **Yoga/Pilates:** Awaken your body with classes designed to stretch, strengthen, & rejuvenate your entire being.
- **Nature Walks:** Reconnect with nature as you explore breath taking views & trails that soothe your soul, ignite your senses, & restore inner balance.
- **Wild Swimming:** Dive into crystal-clear, natural waters for a refreshing & revitalising experience that instantly boosts both body & mind.
- **Cultural Exploration in Granada:** Embark on a visit to the historic city of Granada, where you will lose yourself in narrow, winding streets, discover whitewashed buildings, & feel the ancient Moorish influences. This journey culminates in an unforgettable dinner experience while watching the sunset over the magnificent Alhambra Palace. (Dinner in Granada is not included in the retreat price.)
- **Meditation & Mindfulness for The Awakening:** Workshops designed to help you quiet the mind & tap into your deeper self. These powerful practices will guide you through answering the fundamental questions of the retreat title: Who are you? What do you want? What is your purpose?
- **Delicious Cuisine:** Savour wholesome, freshly prepared meals inspired by the renowned Mediterranean diet, celebrated for its incredible longevity-boosting benefits. Includes: Breakfast, Afternoon Snacks, Dinner, Soft Drinks, Water, Tea, & Coffee.
- **Hands-on Healthy Snack Demos:** Join our interactive cooking demonstrations to learn how to prepare quick, healthy snacks that will not only deeply nourish you but also provide sustained energy to keep you feeling great!
- **Luxury Accommodation:** Unwind & recharge in a stunning, private villa featuring a serene pool & comfortable en-suite rooms. A perfect sanctuary.
- **Hassle-Free Travel:** Enjoy a group return transfer from Málaga Airport included in your package, allowing you to settle in & enjoy the views immediately.
- **Cacao Ceremony:** Participate in this ancient, heart-opening practice to promote profound feelings of love & connection & to serve as a sacred path to deeper spiritual connection & self-reflection.
- **A night of dancing with our own flamenco guitarist at the villa.**
- **Free 1:1 Personal Life Coaching Session:** Receive a focused one-hour session to help you clarify your vision and set intentions for carrying the momentum of your "Awakening" forward.

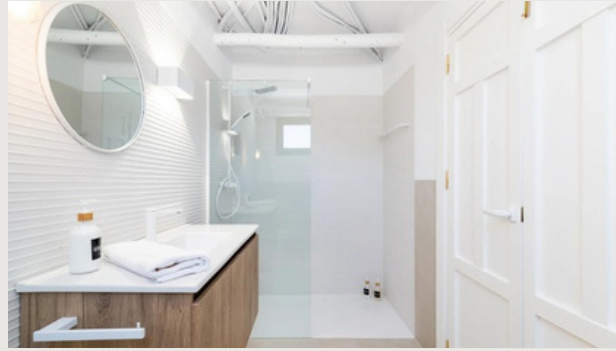


What a Typical Retreat Day May Look Like

- Morning awakening — begin your day with gentle stretches & guided meditation. Learn how to build simple morning rituals that lay the foundation for a positive life.
- Breakfast / Brunch — nourish your body with wholesome, Mediterranean-inspired dishes prepared with fresh, local ingredients.
- Nature walk & connection — wander through pine forests and olive groves along the Saleres River Gorge, with time to pause, breathe, and dip in a refreshing waterfall.
- Rest & recharge — enjoy free time to simply be. Relax by the pool, read, journal, or soak up the Andalusian sunshine.
- Afternoon yoga — ease into gentle movement to release tension, stretch your amazing body, & restore calm balance to both body & mind.
- Evening gathering — come together for good conversation & delicious home-cooked Mediterranean food, lovingly prepared by our wonderful chef, Cone.
- Sound bath meditation — end the day immersed in soothing sounds and vibrations of this ancient healing practice. Let the sound waves calm your mind, deepen relaxation, and invite a profound sense of peace and wellbeing.

EVERYTHING IS OPTIONAL, DO AS LITTLE OR AS MUCH AS YOU WANT.

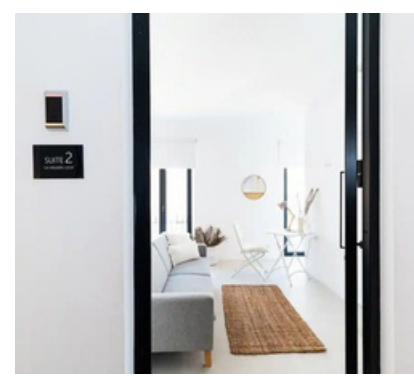
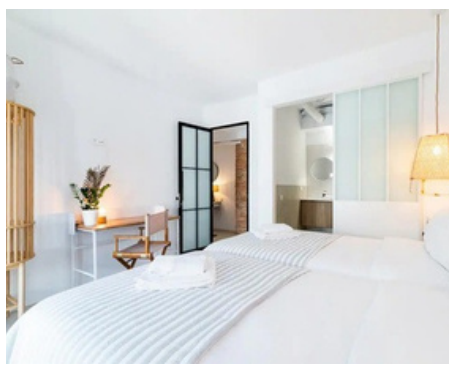
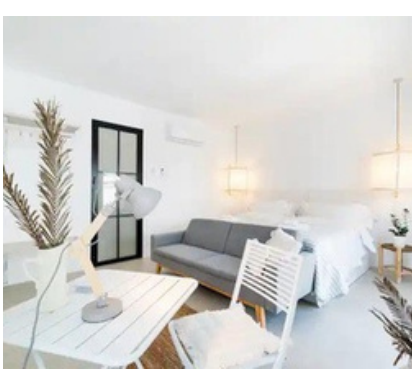
Your Boudoir...



Your retreat villa sits in a peaceful quiet village in the valley of Lecrín, Albuñuelas, where you can enjoy the countryside & the silence.

There are eight luxurious & beautifully appointed suites, all of which have their own bathrooms. Formerly an old mill the rooms all have a unique charm & character, with some of the rooms being sympathetically transformed from The Old Stables, Haybarn & Mill Room which housed the bread oven. With original stone walls, high ceilings, restored ancient doors & large windows the bedrooms ooze luxury & natural light & all immaculately decorated with a mixture of wooden furniture, luxury linen & natural materials. All rooms are equipped with air conditioning, toiletries, towels, a hairdryer & WIFI.

The name for each suite originates from its surroundings, the mountains, beautiful countryside & the abundance of nature found in the Lechrin Valley



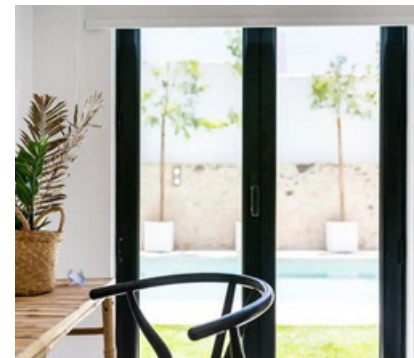
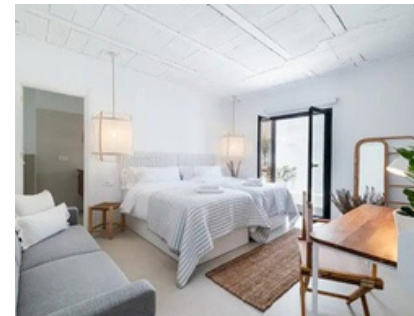
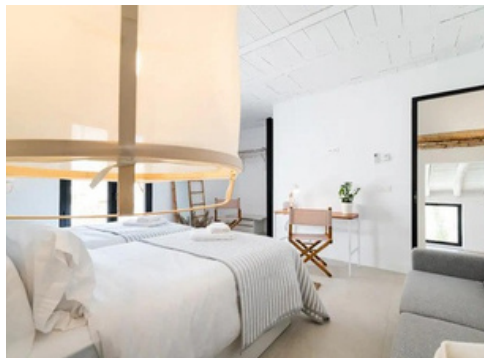
Book Your Suite Today

Suite 1 – El Almond Naked: The Naked Almond: Sleeps 2. A double suite of 19 m2 overlooking the garden, with 2 single beds.
Shared: £1535 per person.

Suite 2 – La Higuera Loca: The Crazy Fig Tree: Sleeps 2. A slightly larger suite of 27 m2 with two balconies & 2 single beds & a sofa.
Shared: £1595 per person.

Suite 3 – El Naranjo Dormido: The Sleeping Orange: Sleeps 2.
A double suite of 20 m2 with a balcony & 2 single beds.
Shared: £1535 per person. **RESERVED**

Suite 4 – Aroma De Limon: Lemon Aroma: Sleeps 2. A double suite of 21 m2 with views of the garden & 2 single beds.
Shared: £ 1475 per person. **RESERVED**



Suite 5 - LA Chumbera: Cactus Flower: Sleeps 2. A large suite of 23 m2 with access to a large shared terrace overlooking the mountain. It has two single beds.
Shared: £1715 per person.

Suite 6 - El Jazmin Dorado: The Golden Jasmine Double: Sleeps 2.
A double suite of 23 m2 with access to a large shared terrace with mountain views & 2 single beds.
Shared: £1715 per person. **RESERVED**

Suite 7 - El Olivo Sagrado: The Sacred Olive Tree: Sleeps 2.
A large suite of 30 m2 with access to a large shared terrace overlooking the mountains.
It has two single beds & a sofa.
Shared: £1715 per person. **RESERVED**

Suite 8 - La Espiga Verde: The Green Sheaf: Sleeps 2
A large suite of 32 m2 with direct access to the garden & swimming pool, situated on the ground floor.
It has two single beds & a sofa.
Shared: £1790 per person. **RESERVED**

* If you don't want to share ask about our single room supplement.



Meet Jo: The Retreat-Loving Coach Who Keeps It Real!

Hi! I'm Jo & if you're here, chances are you're already on a journey toward something better; more clarity, more balance, & maybe even more joy.

My Happy Place & My Not-So-Happy Place. There are 2 things I absolutely know about myself:

1. I love running retreats. The magic that happens when a group of people gather in a beautiful space to heal, grow, & laugh? That's where my soul truly shines. I am fully in my element, & I'm pretty sure the universe intended for me to lead these experiences.
2. I would rather face a charging bull than tackle an invoice. (Honestly, the admin side is absolutely not my jam! Maybe when I'm rich & famous, I'll hire a fantastic admin assistant. Until then, please forgive any overly enthusiastic, slightly rambling emails & messages from me!)



My personal journey, just like yours might be, was a mix of being a high-achiever while feeling perpetually overwhelmed. I hit a point where I had lost touch with what truly mattered. I had to stop & ask myself the big, scary questions that now form the heart of our Awakening Retreat:

**Who are you, beyond your job title & responsibilities? What do you actually want your life to look like?
What is your deepest, truest purpose?**

I believe that the answers to those questions aren't out there in some guru's book; they are already within you. That's why I created this retreat to give you the time, the space, & the tools (blending Coaching, Mindfulness, and Meditation) to turn down the noise & find those answers yourself.

I'm not here to offer quick fixes or pretend life is always sunshine & rainbows. I'm here to offer you an authentic path to self-discovery. I want to help you move from feeling stuck, overwhelmed, or just okay, to feeling clear, balanced & truly fulfilled.

READY TO STOP RUNNING ON EMPTY & START LIVING FULLY?

Why Choose This Awakening Retreat?



An exclusive, intimate setting with limited spaces ensures personalised guidance as you break through old patterns & reconnect with your deepest self.

We combine profound inner work, mindfulness & focused practices to achieve clarity.

Shed the Noise, Find Your Knowing.

This is your opportunity to release the emotional weight & mental fog that obscures your true path. Reclaim your focus, ignite your intuition & step into an authentic life defined by purpose, not conditioning.

“The true awakening is not in seeing a new landscape, but in seeing the familiar one with entirely new eyes. The greatest limitation you will ever face is the one you place upon yourself.”

For prices & more information on securing your space, please contact Jo: Email: jo@calmrme.com or 07971969759

Invest in you – Your true self is waiting