

**Embrace Longevity:
A Wellbeing Retreat
for a Healthier, Happier Life.**

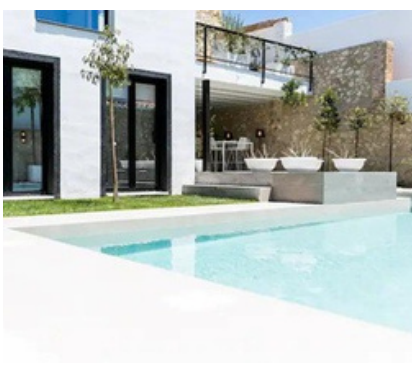
5 Nights from 10th September to 15th September 2025



**Are you ready to transform your life,
Discover the secrets to longevity &
Invest in your wellbeing?**

**Join us for an exclusive wellbeing retreat that blends the serene beauty
of nature with luxurious comforts,
all designed to help you live a healthier, happier,
& more vibrant life.**

Early Bird Discount Available!



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 breath taking 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 a typical retreat day may look like...

8 AM - GOOD MORNING STRETCHES & MORNING MEDITATION. TEACHINGS ON HOW TO START YOUR DAY WITH POSITIVE PRACTICES TO HELP YOU LAY THE FOUNDATION FOR WELLBEING, LONGEVITY, AND HAPPINESS.

9.30 AM KICK START YOUR DAY WITH A NUTRITIOUS & HEALTHY BREAKFAST.

11 AM - LET'S GET IN NATURE - TIME TO SWAP SCREENS FOR GREEN! A WALK THROUGH PINE FORESTS & OLIVE GROVES, ALONG THE SALERES RIVER GORGE, WITH TIME FOR A DIP IN A REFRESHING WATERFALL.

1.30 PM LET'S TREAT OURSELVES TO A WELL-DESERVED LUNCH & INDULGE IN A POST-NATURE NOURISHMENT SESSION! CHILL OUT BY THE POOL, READ A BOOK, HAVE A SWIM OR A SNOOZE THE CHOICE IS YOURS!

5.30 PM GET READY TO UNWIND & STRETCH WITH OUR YOGA/PILATES SESSION WITH GENIAL.

7.30 PM - LET'S GATHER FOR SOME DELICIOUS & NUTRITIOUS MEDITERRANEAN HOME COOKED FOOD & GOOD CONVERSATION.

9 PM - SOUND BATH MEDITATION - IMMERSE YOURSELF IN THE SOOTHING SOUNDS & VIBRATIONS OF THIS HEALING & ANCIENT PRACTICE. LET THE SOUND WAVES CALM THE MIND, PROMOTE DEEP RELAXATION & FOSTER A SENSE OF INNER PEACE & WELLBEING.

10 PM - SWEET DREAMS

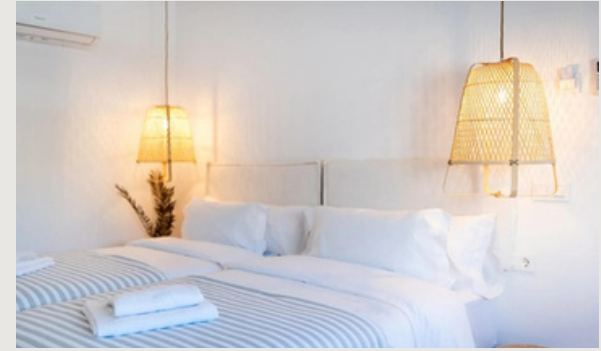
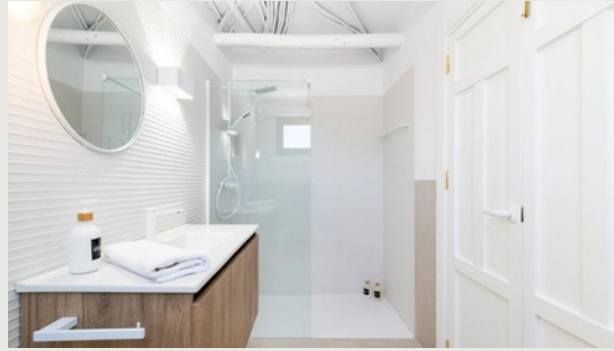
EVERYTHING IS OPTIONAL, DO AS LITTLE OR AS MUCH AS YOU WANT.

What to Expect...



- Daily Yoga/Pilates: Stretch, strengthen, & rejuvenate your body with expert-led classes tailored to all levels.
- Nature Walks: Connect with nature as you explore scenic trails that will soothe your soul & invigorate your senses.
- Wild Swimming: Dive into crystal-clear waters for a refreshing & revitalising experience that boosts both body & mind.
- A visit to the historic city of Granada, where you can lose yourself in the narrow winding streets, whitewashed buildings, & Moorish influences, is also included in the retreat. Followed by dinner watching the sunset over the Alhambra Palace. * Dinner in Granada is not included in the retreat price.
- Meditation & Mindfulness: Daily workshops to quiet the mind, reduce stress, enhance your mental clarity & learn practices for a healthier & happier life.
- Enjoy delicious Mediterranean Cuisine: Savour nutritious, freshly prepared meals inspired by the Mediterranean diet, renowned for its longevity-boosting benefits. Includes, Breakfast, Afternoon Snacks, Dinner, Soft Drinks, Water, Tea, Coffee.
- Stay in a stunning villa with a private pool, ensuite rooms, your perfect sanctuary to unwind and recharge. Choose to share a twin bedded room or upgrade to your own private suite.
- A group return transfer from Malaga Airport is included so you can ease into your break & enjoy the views
- Free 1 to 1 personal Life Coaching Session.

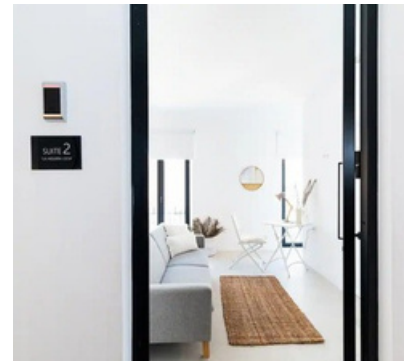
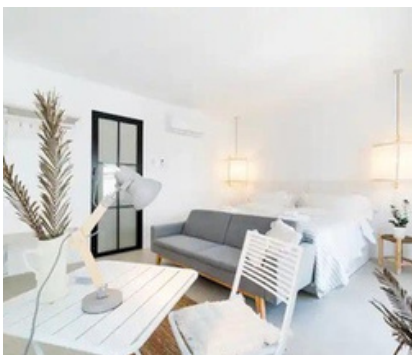
Your Boudoir...



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 and the abundance of nature found in the Lecrin Valley.



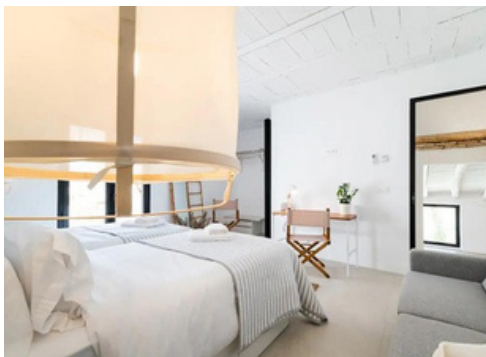
Book Your Suite Today

Suite 1 – El Almond Naked: The Naked Almond: Sleeps 2.
A double suite of 19 m2 overlooking the garden, with 2 single beds.
Shared: £1345 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: £1375 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: £1395 per person.

Suite 4 – Aroma De Limon: Lemon Aroma: Sleeps 2.
A double suite of 21 m2 with views of the garden & 2 single beds.
Shared: £ 1345 per person. **BOOKED**



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: £1495 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: £1495 per person.

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: £1545 per person.

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: £1595 per person.

***if you would like to upgrade to your own suite, please contact me for prices.**



YOUR HOST

Jo is a Life Coach & uniquely blends this with mindfulness & meditation. She also has a wealth of experience in crafting exceptional well-being retreats, dedicated to helping you refresh, rejuvenate, & reconnect with yourself. With her guidance & insight, you will leave with a toolkit of techniques to support a healthier & happier life long after the retreat ends.

“My mission is to support & inspire you throughout your journey”

I'm not perfect & my journey has been long & at times difficult & very challenging. But I believe in what I do & love the difference I make to people's lives, whether it's in professional sports, corporates, schools, through my charity work at Flourish & St Luke's Hospice or dealing with my lovely clients, Take a peak at what my clients have to say www.calmrme.com/reviews

“I do what I love & Love what I do”

Here are some of my fave people...



Why Choose This Retreat?

An exclusive experience with limited spaces will ensure personalised attention in an intimate setting, where we combine physical activity, relaxation, mindfulness techniques, meditation & healthy eating to empower you to live longer & feel your best.

Rediscover yourself, rejuvenate your body, & reclaim your joy.
Join us on this transformative retreat & take the first steps towards a longer, healthier, & more fulfilling life.

“Each day is a new chance to make a life that’s worth living. The true measure of longevity is not in years but in how deeply we embrace the present moment.”

Just £200 will reserve your place.
For prices & more information please contact
Jo : Email : jo@calmrme.com or 07971969759

Invest in your wellbeing – you deserve it!

