

WILD
RETREATS

WILD RETREATS SPAIN

THIS IS MORE THAN
JUST A RETREAT



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Join us, Ingela Doyle, Catherine Godbolt and high performance coach Sandy Loder, for a highly individualised 4-day wellbeing retreat in the quiet olive groves of Andulacia in Southern Spain. As well as yoga, meditation, sound baths, massages and mindfulness, and locally sourced nutritional anti-inflammatory food, you will receive a body alignment treatment, a personal wellbeing and resilience assessment and report and enjoy daily guided 3-hour walks in the beautiful Spanish countryside. As part of our Ying and Yang approach, you can enjoy local Spanish wine over supper and good company around the fire and poolside in the evening, making this a great opportunity to make new friends and have some fun and laughter in the quiet olive groves of Andulacia in Southern Spain.

27th April - 1st May 2024

Limited to 12 places

Southern Spain

Fit enough to enjoy a daily 3-hour walk



THIS IS MORE THAN JUST A RETREAT



WILD
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WELCOME TO WILD RETREATS SPAIN

Dear Friends,

Welcome to Wild Retreats Spain,

This retreat is where serenity meets self-discovery, and body, mind, and soul alignment takes centre stage. We are delighted to invite you to embark on a transformative 4-day journey that promises to nurture your well-being and harmonise the very essence of your being.

Between Sandy and us, we bring our 40 years of wellbeing and performance expertise to this special retreat. We will be using all our various skills and sessions to help you feel a million dollars and leave feeling so much better and mentally refreshed.

Amidst the tranquil olive groves and warm spring sunshine of Andalucia, our retreat is more than just a destination; it's a sacred space where you can pause, reflect, and align your body, mind and soul. You deserve to feel this good and give yourself the space to weave new threads of health, vitality and serenity into the tapestry of your life.

We are excited to guide you on this path of alignment and renewal, and we can't wait to share this extraordinary experience with you. Welcome to Wild Retreats Spain.

A handwritten signature in blue ink that reads "Catherine".

Catherine Godbolt
Retreat Box Co-founder and
Wild Retreat Leader

A handwritten signature in blue ink that reads "Ingela".

Ingela Doyle
Retreat Box Co-founder and
Wild Retreat Leader

A handwritten signature in blue ink that reads "Sandy Loder".

Sandy Loder
Founder & CEO, Peak Dynamics
Wild Retreat Leader

ABOUT US

At Wild Retreats Spain, Catherine, Ingela, Sandy and the rest of the team will be dedicated to guiding you on a transformative journey of alignment and self-discovery. With years of experience in wellbeing, holistic practices, and high-performance coaching, we bring a wealth of expertise to ensure time spent with us is time spent wisely.

Meet our team:

- **Catherine Godbolt (right):** A seasoned expert in body alignment and wellbeing, Catherine's hands provide the magic touch that aligns your physical wellbeing. With her world-class body alignment treatments, she balances your body, leaving you feeling lighter and in perfect harmony with your inner self.
- **Ingela Doyle (left):** Ingela is a Reiki teacher and practitioner. She holds a post graduate diploma in psychoanalytic observational studies from the Tavistock and Portman NHS Foundation Trust, and has a very good understanding of the unconscious workings of the mind.
- **Sandy Loder (bottom):** Our high-performance coach and walking guide, Sandy, is your personal support system for wellbeing. His expertise in Personalised Wellbeing Assessments and Resilience equips you with invaluable insights to continue your journey toward self-alignment, even beyond the retreat.

The power of alignment lies in the hands of these experts. With their guidance, you will embark on a transformation, fulfilment, and wellbeing journey..

Welcome to the heart of our retreat, where your alignment story begins.



ETHOS

At Wild Retreats, we believe that genuine wellbeing transcends the physical. We understand that true alignment encompasses body, mind, and soul. Our retreat serves as a sacred space where these vital elements harmonise to weave a tapestry of health, vitality, and serenity.

Our mission is simple yet profound: empowering your journey to complete alignment, recognising that wellbeing is multi-faceted and encompasses nurturing your body, mind, and soul in unison.

With a steadfast focus on alignment, we commit to guiding you through transformation, valuing the interconnection of these three aspects. Your body deserves care and respect, your mind needs the self-discipline and kindness to be mindful and present, and your soul longs for a deeper connection to the world around you and honouring your life's purpose.

Our ethos encapsulates alignment and renewal, allowing you to continue on your journey stronger.



TRANSFORMATIONAL OUTCOMES

The transformative outcome of the retreat will empower you by providing you with the tools and experiences needed for realigning your body, mind, and soul. The goal is to help you achieve a profound sense of fulfilment, joy, and purpose through a curated programme of rejuvenating wellbeing practices, feedback, guided activities, and a fun, supportive group. As a result of the retreat, you can anticipate leaving with a renewed appreciation for the beauty of life and a profound sense of self-empowerment.

GENERAL

- ✔ Clarity in Life goals and direction
- ✔ Enhanced self-confidence & self-esteem
- ✔ Rejuvenated vitality
- ✔ A renewed sense of purpose

BODY

- ✔ Improved physical fitness
- ✔ Sense of improved overall health
- ✔ Alleviation of bodily aches and pains
- ✔ Enhanced body posture
- ✔ Better sleep quality

MIND

- ✔ Stress reduction
- ✔ Enhanced emotional wellbeing
- ✔ Mindfulness practices
- ✔ Improved focus and mental clarity

SOUL

- ✔ A deeper connection with the world around you
- ✔ Increased happiness and wellbeing
- ✔ A sense of contentment and joy in daily life
- ✔ Benefiting from the healing effects of sunlight.



OUR RETREAT LOCATION

The retreat is located in the beautiful hills of Andulacia in Southern Spain near El Torcal mountains and Antequera.

El Torcal is a stunning natural park known for its distinctive karst landscape, featuring towering limestone formations that have been sculpted by wind and rain over millions of years. We will be walking here.

Antequera is a historic town with a rich cultural heritage. Its picturesque streets are lined with charming churches, palaces, the striking Alcazaba fortress and the fascinating Dolmen de Menga, a prehistoric burial site dating back over 4,000 years. We will be visiting the Dolmen sacred site.

Fed by the river Guadalhorce, the sun shines across this whole area; the land is fertile, abundant with olive groves and almond, lemon, and orange trees.



WHAT MAKES THIS RETREAT UNIQUE

Body Alignment Treatments: Our world-class 30-minute body alignment treatment, provided by Catherine, offer a unique opportunity for physical realignment, leaving you feeling lighter, reinvigorated, and in better harmony with your inner self.

Personalised Wellbeing Reports: Sandy will provide you with a personalised wellbeing report both before and after the retreat. This report looks at 'how you value yourself' as part of your overall wellbeing and how to make those adjustments so that your life is happier and you are making better personal decisions.

Daily Invigorating Nature Walks: Embrace the beauty of Andalucia through 3-hour guided walks amidst scenic landscapes, immersing yourself in the healing power of nature.

Body, Mind, and Soul Rejuvenation: Our programme led by Ingela offers a harmonious blend of wellbeing practices and rejuvenation activities, catering to every aspect of your wellbeing, from physical realignment to emotional healing and inner peace.

Unique Self-Care Practices: Explore heartivity, a unique self-care practice for life-long self-love and personal wellbeing.

Expert Guidance: Our dedicated practitioners work together to guide you through wellbeing practices that align your body and mind with your soul essence.

Surrounded by Natural Beauty: Nestled in the tranquil olive groves of Andalucia, our retreat provides a serene sanctuary where you can escape the demands of everyday life.

Diverse Range of Wellbeing Activities: Our programme offers a diverse range of activities designed to improve physical fitness, alleviate bodily aches and pains, calm your mind, and enhance overall wellbeing.

Cocoon & Nurture with Wellbeing Practices: The retreat offers a supportive environment to cocoon you with nurturing wellbeing practices, including yoga, mindfulness, and de-stress sessions.

Reconnection and Renewal: This retreat aims to reconnect you with the personal power that lies in awareness, leaving you feeling rejuvenated, renewed and strengthened with greater clarity to go forward.

YOUR RETREAT EXPERIENCE

Every activity plays a pivotal role in the alignment process.

Alignment is not just a state of being; it's a holistic journey that begins when you set foot in our retreat. It explores the interplay between body, mind, and soul, and our diverse activities are thoughtfully crafted to facilitate this alignment, allowing you to emerge from this transformative experience with a newfound sense of balance and rejuvenation.



MIND AND SOUL REJUVENATION

Welcome to a realm where the alignment of your mind and soul takes centre stage. At the retreat, we will explore the profound connection between mindfulness, body alignment, happiness, and how the rejuvenating power of sunlight supports your wellbeing.

Our mindfulness sessions are carefully crafted to help you find inner peace and mental alignment. Discover the secrets of happiness through expert guidance, empowering you to foster joy and contentment in your daily life.

At Wild Retreats Spain, we understand that true alignment is a dance between the body, mind, and soul, and these sessions are your partners in this beautiful journey.

Step into a world where your mind and soul find their alignment with each other and how this improves your resilience and inner strength.



PHYSICAL WELLBEING

We will delve into your physical self. Discover the importance of good body posture and how it can alleviate discomfort, contributing to your overall alignment.

Additionally, our earthing sessions will connect you with the Earth's natural energy, revitalising your body and mind and leaving you with a sense of profound reconnection and invigoration.

Our commitment to your physical wellbeing extends far beyond the daily 3-hour walks - it's an holistic approach to aligning your body with the beauty of life. You will have the opportunity to receive world-class alignment treatment during your retreat.

Join us in a world where physical activities seamlessly align with your path to wellbeing.



NUTRITION & SELF-CARE

Your journey to alignment is incomplete without nurturing your body through wholesome nutrition and dedicated self-care practices. At our retreat, we understand that nutrition is a fundamental aspect of well-being, and our meals are designed to support your body's wellbeing.

Fresh, locally-inspired cuisine prepared with care forms the foundation of our nutrition approach. We understand the yin and yang of well-being, so don't be surprised if you find some indulgent treats on the menu and some local Spanish wine because alignment also embraces joy.

In addition to nourishing your body, we explore the concept of heartivity. This unique self-care practice unlocks the potential to nurture self-love and personal well-being.

Join us in discovering how nourishing your body and soul contributes to a more profound sense of alignment.



MASSAGE & BODY ALIGNMENT

Our retreat is dedicated to the alignment of your body. Experience world-class Body Alignment treatments administered by our expert, Catherine. Her hands work their magic, realigning your body structurally and energetically, leaving you feeling lighter, reinvigorated, and in perfect harmony with your inner self. These sessions are more than just treatments; they are a profound journey towards self-alignment.

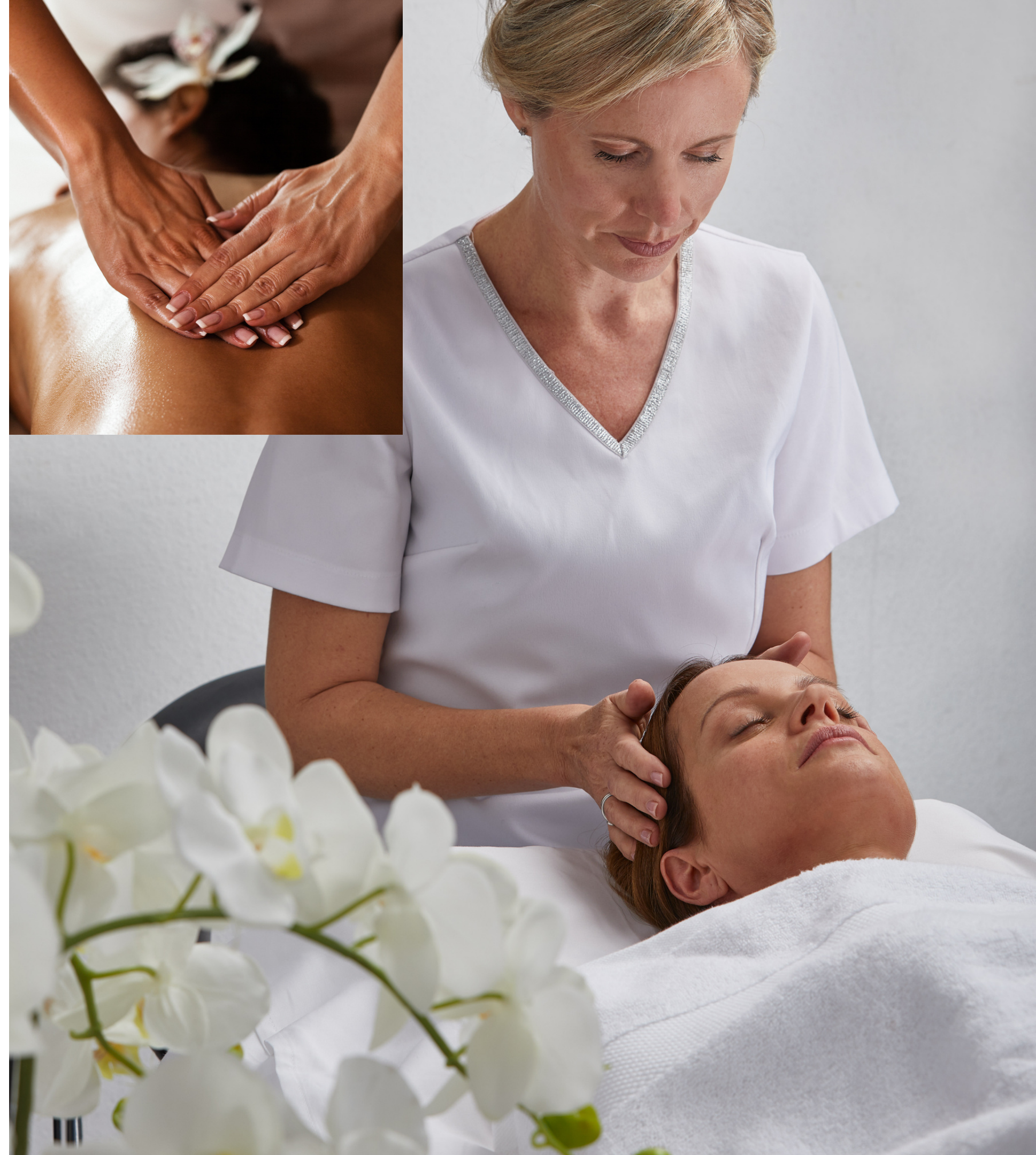
BODY ALIGNMENT

We are pleased to offer a Spinal and Pelvic alignment check and a 30-minute Body Alignment treatment with Catherine.

MASSAGE*

You can arrange a relaxing massage by a skilled therapist. This is an extra and is not included in the Retreat price.

With the intricate interplay of body, mind, and soul at the core of our ethos, our body alignment and wellness sessions are the cornerstone of your alignment journey. Step into a world where the alignment of your body is a vital step towards overall well-being.



SOUND BATHS, MINDFULNESS & MEDITATION

SOUND BATHS

We offer the gong and the healing harmonic frequencies of crystal bowl sound baths to soothe you whilst you lie down.

MINDFULNESS & MEDITATION

Ingela will guide you through our meditation and mindfulness practices and talks to support your mental wellbeing.

The mixture of traditional academic and alternative insights she's gained over the years will be there for you as the team works together to help create openings for mental and spiritual alignment.





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ALIGNMENT OASIS

DISCOVER YOUR VALUES

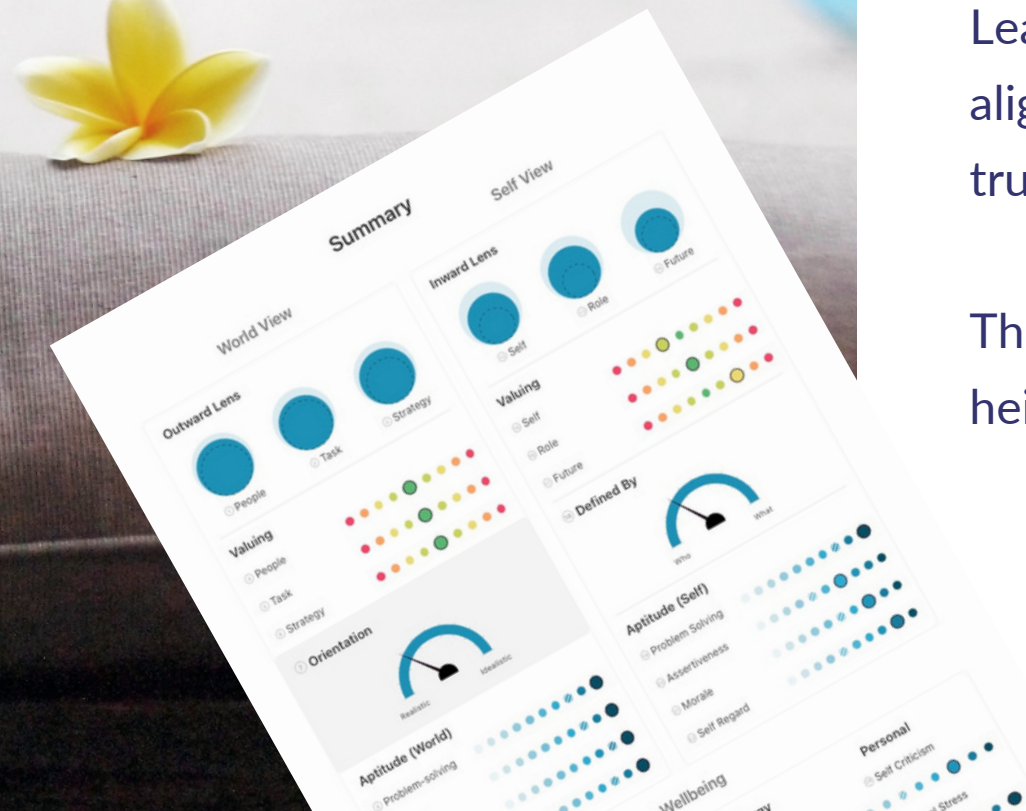
Unearth the powerful compass that guides your alignment journey in our exclusive "Alignment Oasis: Discover Your Values Edge session."

This immersive experience is designed to delve deep into your core values, enabling you to better understand your personal alignment needs.

Led by the qualified and skilled coach, Sandy, this session will help you uncover the principles that drive your decisions, actions, and overall wellbeing. He will show you examples of personal transformation that has taken place using this tool.

Learn to harness your values as a force that propels you toward alignment. Aligning your body, mind, and soul starts with knowing what truly matters to you.

This transformative session will elevate your alignment journey to new heights.





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YOUR RESILIENCE UNLEASHED

Our commitment to your alignment journey goes beyond the physical.

We are dedicated to nurturing your mental and emotional wellbeing as well. As part of our retreat experience, we are thrilled to introduce the "Resilience Unleashed: The Commitment, Control, and Challenge" Session.

This session is a deep dive into Resilience, where you will explore how '**Commitment**', '**Control**', and '**Challenge**' can become your allies on your alignment journey. Our experienced coach, Sandy, will lead you through the session and give you insights on how to build the mental and emotional resilience you need.

Aligning your body, mind, and soul often requires facing challenges, and this session equips you to do so with strength and determination.



WILD RETREATS WALKS

We are thrilled that Sandy Loder, the founder of Peak Dynamics, an accomplished Mountain Leader Guide, and High-Performance Coach, is a co-host for our retreat. Sandy's wealth of experience includes leading walks around the globe, and he joins us during the retreat to guide our daily 3-hour walks.

Prepare to be enveloped by the breathtaking natural beauty of this Spanish wonderland. Our walks encompass a range from easy strolls to more moderate hikes. While embarking on these walks, we recommend suitable footwear and a level of fitness that allows you to enjoy a 3-hour walk at a brisk pace comfortably.

Picture yourself indulging in breakfast al fresco amidst the enchanting scenery and enjoying nourishing sustenance along the way. You will cherish the fresh, invigorating air, the varied and awe-inspiring terrain, and the restorative embrace of the great outdoors.

After these revitalising excursions, you'll likely enjoy relaxing by the poolside even more.

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**PEAK
DYNAMICS** 
Improving Human Performance





A DAY AT WILD RETREATS

7.15am	Guided Meditation
7.45am	Gentle Yoga/Restorative stretching
8.30am	Walk
9.30am	Breakfast al Fresco
Midday	Return From The Walk
12.30pm	Lunch
1.30pm	Siesta/Free time/Body Alignment/Massage
3.30pm	Retreat Box Self-care Activity/Wellbeing Report Debriefs
4.30pm	Afternoon Tea
5.30pm	Sound Bath
6.00pm	Prep For Dinner And Pre-Dinner Drinks
6.30pm	Dinner
8.00pm	Enjoy time around the Fire
9.00pm	Retire



ACCOMMODATION

Discover our cosy accommodation nestled in the heart of the retreat. With nine inviting double or twin bedrooms featuring an ensuite bathroom, you'll find comfort and convenience at every turn. Two rooms offer a shared Moroccan-style bathroom.

Our retreat prefers to operate on a 'room sharing' basis, fostering a sense of community and connection among participants. Whether you're sharing a room with a fellow guest or embarking on this transformative journey with a friend, you'll find that our accommodation is designed to encourage meaningful interactions.

To further enhance your wellbeing, a generously sized swimming pool awaits your enjoyment throughout the retreat. Whether you seek a refreshing swim or wish to bask in the Spanish sun, this pool offers the perfect oasis for relaxation and revitalisation.



SECURE YOUR PLACE

27TH APRIL- 1ST MAY, 2024

WHAT'S INCLUDED

- Retreat Sessions and Instruction
- All vegetarian meals (except for one tapas lunch in Antequera)
- All accommodation
- Spinal and Pelvis check
- 30-minute Body Alignment treatment
- 2 x Wellbeing reports & Resilience Report
- Excursion to Antequera
- Retreat Box goodies

WHAT'S NOT INCLUDED

- Flights to and from Malaga
- Personal Clothing
- Massage - these can be arranged on booking
- Personal Travel Insurance
- Any Alcoholic beverages

DISCLAIMERS:

*If we do not have our minimum numbers confirmed by January 1st, we have the right to postpone/reschedule this retreat.

*If you would prefer to have your own room, please let us know below and we'll try our best to accommodate you.

QUESTIONS?

Get in touch here: contact@retreatbox.co.uk and we'll get back to you!

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[BOOK NOW](#)





Define Your Own Journey

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This is more than just a Retreat



Wild Retreats is part of Retreat Box