

5TH RETREAT
FROM 6 TO 9
APRIL 2023



ALEXANDER
TECHNIQUE
&
BREATHING



IN FERREIROLA
ALPUJARRA
GRANADA

BODY - BREATHE
FULL ATTENTION - NATURE



An experiential meeting in the heart of the **Alpujarra** to give you the gift of **time** and **space**.

Experience a **natural** breath, **free** and **without effort**.

Discover the **rhythm, flow** and **support** of your own breathing in movement, speaking, walking & at rest.

6 group sessions
2 private sessions
(one with each teacher)
2 guided walks
Chikung - Alexander
Meditation

The course is given by two experienced Alexander teachers with a **ratio** of **max. 4 students per teacher**.

TEACHERS

NURIA VERA: firstly trained as a physiotherapist; after realizing that there was something missing, she trained as an Alexander Technique teacher (2002); and post graduating specialized in Art of Breathing by Jessica Wolf. She has been learning and practicing Chikung with Caren Bayer since 2020. She is a mother of three, and has a big love for nature.

BELÉN COBOS: Alexander Technique teacher since 2004; trained in YOGA and Meditation (2000); specialist in Art of Breathing by Jessica Wolf. She has a Bachelors in Linguistics and Spanish Literature, two Master's in Education and one Master's in Script Writing. She is also passionate about her 5 years old boy, and loves clowning, cycling and poetry.






TESTIMONIALS

«A wonderful retreat, where we stop to observe the nature around us, our own inner rhythm, meet like minded people, learn, share, to eat very well
A very good experience!»

«It is a very powerful experience, especially for those who haven't done anything before»

«The way of working with the present moment is simple, without strange words or mysticism»

**«An oasis of peace, conscious work,
laughter and good food
and good food in a spectacular setting»**



COURSE, ACCOMMODATION & MEALS
IN A SHARED ROOM (2 PEOPLE) 535 €
IN A SINGLE ROOM 655 €

- Arrival on Thursday 6th around 17h and departure on Sunday 9th after lunch.
- Vegetarian food, with vegan options, from the hand of our excellent bioenergetic cook Sonia.
- There will also be ham from Trevélez and good wine (at dinner) for those who like it.
- All rooms with private bathroom.
- It might be possible to extend your stay to enjoy the environment and hiking (ask).
- For travel information see our website
- We can organise pick-up from Granada or Malaga airports.

LIMITED SPACES

RESERVE YOURS!

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www.totalbreathing.com

www.tecnicaalexander.es