

# Full and Easy Breathing

Alexander Technique &  
Jessica Wolf's Art of Breathing

from 8th to 11th of June 2023



TOTAL BREATHING  
RESPIRA

In Collsacabra between Osona and Garrotxa  
Rupit- Cataluña



## **COURSE, ACCOMMODATION AND FOOD**

**Shared Room (for two people): €480 per person**

**Individual room: €590**

**All rooms are en suite**

**Price includes accommodation, food and tuition**





- **Arrival is scheduled for Thursday 8 June at 17:00h, and departure will be after lunch on Sunday 11th.**
- **Traditional Catalan style food will be offered, from local ingredients with vegetarian and vegan options, prepared by our chef Emilià.**
- **Mas la Serra-Rupit is 1 hour and 45 minutes from Barcelona. If you do not have your own vehicle, we will provide information on how to get to Rupit by public transport and we will facilitate the pick-up to Mas la Serra.**

**Come and enjoy a unique experience in the heart of the Collsacabra valley.  
Give yourself some time and space to discover the ongoing support that  
each breath can provide**

**NATURAL, FREE AND EFFORTLESS BREATHING  
EASE AND LIGHTNESS IN MOVEMENT**





## **DURING THE RETREAT**

**you will have the opportunity to participate in:**  
**6 group sessions of Alexander Technique and Art of Breathing**  
**2 private one to one sessions**  
**2 guided mindful walks**

**Morning chi kung and evening meditation sessions**  
**There will also be free time to explore and rest in this beautiful area**

**Our ratio of a maximum of 6 participants per teacher will ensure  
there is plenty of attention for each person.**

**BILINGUAL RETREAT SPANISH/ENGLISH**

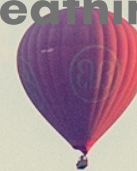
## INSTRUCTORS

**NURIA VERA:** is a physiotherapist and an Alexander Technique Teacher since 2002 with a postgraduate in Jessica Wolf's Art of Breathing

**NICA GIMENO:** is an Alexander Technique teacher since 1988 with a postgraduate in Jessica Wolf's Art of Breathing. Also a therapist qualified in Psychocorporal Integration, Compassionate Inquiry (CI) and Internal Family Systems (IFS)

**JOE SEARBY:** is an Alexander Technique teacher since 1995 with a postgraduate in Jessica Wolf's Art of Breathing. He is also the author of *Live Better: Alexander Technique - Skills and Inspirations for Well Being*

**COLIN BEATTIE:** is an Alexander Technique teacher since 2001 with a postgraduate in Jessica Wolf's Art of Breathing. Also a Shaw Swimming Teacher





## TESTIMONIALS

**"A wonderful retreat, in which to stop and observe the nature around us, our own inner rhythm, meet "like minded people", learn, share, eat wonderful food..... a very good experience."**

**"It's a very powerful experience, especially for those who are new to the practices."**

**"This way of working with the present moment is simple, without jargon or mysticism."**

**"This workshop has helped me to stop, to cut through my habitual stress, and to stop holding my breath."**

## Places limited

We're looking forward to sharing with you  
To Book Contact by phone or WhatsApp

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[www.totalbreathing.com](http://www.totalbreathing.com)



TOTAL BREATHING  
RESPIRA

