

Reflections from Our Wellness Retreat Experience

A Journey to Mindfulness, Healing, Spiritual Awakening and Rejuvenation.

Arrival and First Impressions

Nestled at the top of a hill sits the accommodation aptly called 'Skye Blue House' this was our home during our retreat. With outstanding panoramic views comprising of hills and valleys packed with lush green vegetation. The addition of beautiful big blue skies and hot Spanish sun certainly set the mood for our Wellness retreat with the promise of respite from modern life's relentless wheel. From the moment we arrived, the air itself seemed imbued with tranquility. The tutors greeted us with a warmth so genuine it felt as if we were returning to a place we had always belonged. Their smiles spoke of an understanding—of why each woman crossed the threshold, seeking more than just a break from routine, but a genuine renewal of spirit.

The grounds were meticulously cared for, blending harmoniously with the surrounding wild beauty. Stone pathways wound down past hammocks which hung invitingly in the shade, encouraging a slower, more intentional space. Further down the hill shimmering in the sun is a lovely pool, just perfect for refreshing the body and mind. I write this as it is essential to have an inviting space to start a retreat experience.

Mindfulness in Practice

The retreat's daily rhythm was thoughtfully crafted by Jane and Laura as the object of this week was for an all-encompassing wellness approach.

Jane and Laura have cleverly put together a beautiful all senses Wellness package. They call this 'Our Four Bodies of Wellness Approach'. They worked on our Physical, Spiritual, Emotional and Mental beings. Their guidance carried wisdom, through each body of wellness with a focus on harmony and balance. Throughout this retreat all the activities were designed to focus on multiple areas of the four bodies. Movement and mind were not forced but encouraged—a celebration of what our bodies and heads could do, not what they "should" do. Even those timid or inexperienced in any aspects of this retreat were made to feel welcome with each session concluding with a moment of gratitude.

This retreat was ingenious it offered a portal to deeper stillness. We learned to notice the subtle chorus of birdsong, the sensation of air surrounding our skin, and the ebb

and flow of our own thoughts. The Spiritual body of Wellness welcomed meditation sessions and deep spiritual moments which blew our minds, these sessions further strengthened our own Spiritual connections.

This body of wellness naturally flows from Spiritual body to Emotional body, this was cleverly designed by Jane and Laura. Ladies of menopausal age and above try to navigate a multitude of emotions constantly shifting, never pausing throughout daily life for reflection, this part of the retreat was most welcome. The workshop in this body of wellness was particularly useful for releasing deep rooted blockages it gave our group the safe space to pause, reflect, and realign. The beginnings of a sense of clarity and peace were taking root—a reminder that serenity is not a destination, but a state of being cultivated with intention.

This happily flowed into the 'Third Body of Wellness' the Mental Body, which was learning about self-love, acceptance, self-reflection and self-awareness, thank you to Jane and Laura, we came home with a totally different mindset including how we now feel about our physical being as well. This nicely leads into the 'Fourth body of Wellness',

The Physical Body of Wellness program offered a range of exercise classes, from Aqua Aerobics and Tai Chi to Pilates and Yoga Fusion, adaptable for all abilities. For an extra small fee Laura and Jane customized additional one to one sessions adapted to suit any chronic conditions and fitness levels combining well researched appropriate dietary guidance with a workable plan to take home.

Healing Therapies

For a small cost we indulged in deeply restorative massage, and Reiki sessions from our Reiki Master these sessions were tailored, conducted with an attentiveness that made us feel unique and cared for. As well as these selection of therapies we often found ourselves wandering the beautiful garden, cooling off in the pool or finding a space for contemplative thought. These moments, spent in solitude yet surrounded by the gentle hum of nature, fostered a sense of connection both to ourselves and the world around us.

Led by the tutors who radiated authenticity, we had a selection of sessions encouraging honest reflection and gentle vulnerability. One memorable afternoon, we gathered by the pool after collecting natural fallen flowers and leaves, pebbles and sand to decoupage the sandstone tiles with our own 'trees of life' also journaling and joining in expressive arts, added a playful dimension to the retreat, with these activities there

was laughter and tears but above all, a profound sense of camaraderie – a recognition that whatever burdens or joys we carried we were not alone.

Nature's Embrace

Perhaps the greatest gift of the retreat was the chance to immerse wholly in nature. The air was alive with the scent of flowers. Evenings brought a hush, the kind of quiet that invites introspection. Wrapped in soft blankets or crowded around the dining table we felt the boundaries between self and universe dissolve—quiet awe settling in the spaces where anxiety once dwelled. Here, healing did not come from grand gestures, but from the gentle accumulation of moments: a butterfly pausing on a leaf the melodic call of an unseen bird, the soft rush of wind through the trees.

Lasting Impact

As the days at the retreat drew to a close, we felt transformed—not just lighter, but clearer, more compassionate towards ourselves and others. The practices we learned—mindful breathing, gratitude journaling, intentional movement, spiritual awakenings, dietary and physical changes —have become anchors now in daily life, gentle reminders of the peace that is always within reach. While the retreat itself was a temporary escape from the world, its lessons linger, infusing the ordinary with possibility and purpose.

We left with a sense of deep gratitude—for the gift of time, for the kindness of strangers who became friends, friends to become better friends and for the gentle wisdom found in silence and stillness. For anyone seeking more than just a break from routine, but a true journey of healing and renewal and a whole new Wellness approach we wholeheartedly recommend this wellness retreat. It is a place where mental body, physical body, emotional body and spiritual body, are invited to come home, to remember what it means to truly thrive.

With deep thanks to Jane Macdonald and Laura Moyes