



Unleash Your Potential

With An Expanded Emotional Wellness Toolkit



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The Old Spanish Mill

October 2nd - 7th 2025

Our Vision

A trauma aware society.

The Mission

This awareness achieved through *Realisation, Recognition, Responsiveness, Resisting Re-traumatisation* and building *Resilience*.

Our vision is also realised by creating an environment at the Old Spanish Mill that is calm, peaceful, pleasant and allows you to relax and reflect - perfect for guided processing of emotional trauma.

When it comes to maintaining health, well-being and vitality into old age, there are no silver bullets. However, there are tried and tested formulas, and techniques that can impact our physical, psychological and emotional well-being in such a way that we feel inspired and invigorated for the future.

On this four-day (six-day with travel) informative retreat, you will be introduced to exciting methods that will give you a new perspective on the world and your life; things that you will be able to take forward way beyond its duration. You will be in the safe hands of experts in their fields, who have years of knowledge, experience and inspiration to share with you. This, together with the relaxing environment at the mill, is a perfect combination for success, and we hope that you come away with more than just an autumn tan!





Meals

Breakfasts: self-service continental.

Lunch: salad, fruit and crackers/bread.

Dinner: wholesome, home-cooked food with fresh ingredients, so you will experience quality nutrition and mindful eating habits.

We can cater for vegetarians, vegans, gluten free, etc. Please speak to us before arrival so we can discuss your dietary preferences and needs.



Day One

Thursday, 2nd October 2025

16:00 - Airport transfer to the Old Spanish Mill from Alicante airport.

Alternatively, you can make your own way to the mill or get an **ALSA bus** to Hijate (5km from the mill) where we can collect you shortly after your arrival, or to Baza Bus Station where we can collect you at **20:00**.

21:00 - Welcome and dinner at the mill.



Day Two

Friday, 3rd October 2025

Ancient Wisdom For A Modern World

On this fascinating day, Nikki Wilkinson will take you on a unique journey connecting you to the wisdom of the land, and helping you gain a greater insight into your true self and the world in which you live. She will also introduce you to how creative art and storytelling have been used over the years for emotional healing, and how they still are in some cultures of the world today. You will connect with ancient traditions that help you reconnect with your emotional, physical, energetic, spiritual and instinctive being.



07:30 - Breakfast.

10:00 - Briefing by Nikki, followed by a solo medicine walk where you will connect with the medicine of the land.

12:00 - Return to the mill.

13:00 - Lunch.

14:00 - The art of storytelling for emotional balance and healing - you will be invited to create your own dreamtime stone to manifest your vision of a new connection to

the land; a long-term memory beyond anything you could buy in a shop!

15:00 - Break.

15:30 - 17:00 - An open questions and answers session with Nikki to extract her in-depth knowledge of the traditions of ancient and modern indigenous cultures for stress-free living, healing of the mind and soul, and reconnecting with the essence of who we are.

17:00 - Free time - use the pool, go for a walk or run, cycle on one of our mountain bikes, use the outside gym or rower, or just take advantage of one of the quiet patio areas to read, reflect or meditate.

19:30 - Dinner.

This is what others have said about Nikki:

"One of the most worthwhile experiences of my life. My time with Nikki was nothing short of transformative. Nikki has an unbelievable gift of healing that she shares with unending generosity."

"Nikki's process led down avenues that I had not considered and gave me the space to find these answers I needed. Nikki guided me and supported me; all her processes were new to me from sand readings and medicine walks. The whole experience lifted me up, learning how to forgive and act from a place of love."

Day Three

Saturday, 4th October 2025

Tai Chi On The Beach



An ex-army personal trainer and outdoor pursuits instructor Gus Kaye, who was trained by a Grandmaster, now helps people with mobility, balance and cognitive skills through the ancient art of Tai Chi. In addition to this unusual experience of practising Tai Chi on the beach, Gus will take you on a scenic visit around his now home town of Mojácar.

07:00 - Breakfast.

08:30 - Leave for Mojácar.

10:30 - Arrive at Mojácar beach.

10:30 - 11:00 - Coffee – meet Gus and receive a briefing for the day.

11:00 - 12:00 - Qigong/Tai Chi on the beach.

12:00 - 13:00 - Lunch.

13:00 - 14:30 - Walk to the historic old town (4 km).

14:30 - 16:30 - Guided exploration of the old town.

16:30 - Return to the milll.

18:30 - Arrive back at the old mill.

20:30 - Dinner.

To get an insight into your day with Gus, take a look at this [video](#).

This is what others have said about Gus:

"Fantasico." **Carlos**

"It was fab." **Jacqui**

"Great class, gracias." **Marian**

We had knee ache and feeling so much better after stretching exercises."

Lynnette



Enjoying some relaxation after Tai Chi on the beach - a group in November 2024

Day Four

Sunday, 5th October 2025

Yoga, Meditation And The Power Of Breath

Maya is a dedicated Hatha Yoga teacher who shares her enthusiasm for both original and traditional practices, maintaining the purity and essence of yoga. As a meditation and breathwork teacher, she empowers her students to harness the transformative power of breath and mindfulness.

With over 20 years of experience, she has been leading retreats and workshops, guiding others on their journeys toward deeper self-discovery and inner peace.

Maya is also an intuitive energy worker, certified as both an Usui Master/teacher and an Angelic Master/teacher.



08:00 - 09:30 - Gentle Hatha Yoga.

09:30 - Breakfast (you shouldn't practise yoga on a full stomach).

Free time/Therapies.

13:00 - Mantra and meditation.

14:00 - Lunch.

15:30 - The subtle bodies and Yoga Nidra.

Free time/Therapies.

17:30 - 19:00 - The Power of Breathwork Workshop.

19:30 - Dinner.



Holistic Therapies Available

Reiki
Angelic Reiki
Chakra Alignment
(40 mins)

Hot Stone Massage (1 hr.)
Full Body Massage (1 hr.)
Reflexology (1 hr.)
Specialized Facials (1 hr.)
Back/Half Body Massage (40 mins)

Treatment prices

35€ - 40 minutes
45€ - 1 hour

This is what others have said about Maya:

"Whilst on a Yoga retreat, I had a Reiki healing session with Maya, and it was a truly transformative experience. From the moment I arrived into her peaceful space, I felt an immediate sense of calm. Maya's warm and intuitive nature made me feel safe and understood. During the session, I felt waves of relaxation wash over me as she channelled energy. It was incredible to feel my tension melt away. After returning home a few days later, I noticed a shift in my own mindset - I've experienced less stress and felt clearer and more centred in my thoughts. I highly recommend Maya for anyone seeking balance and healing. She has a true gift, and I'm so grateful for the experience." **S. Murphy**

"I have practiced yoga in various guises for over 30 years, always because it was good for me, always a chore. Then I moved to Spain and discovered Maya and Sol Yoga. Now-a-days I love my yoga and would happily practice every day with Maya. The retreat was an opportunity to develop my practice, having time just for me, in a safe, caring environment. I'll be booking next year." **Kerry Davies**

"Going on one of Maya's retreats is a leap of faith, you have to trust what she will provide. It's not always easy to give yourself up and accept what's provided but believe me, it will be worth it. A beautiful experience awaits if you let it, and opportunities to feel your spiritual journey like never before. Believe me I know." **Lakshmi**

Day Five

Monday, 6th October 2025

Expression Through Walking And Writing



Join passionate walker and creative writer Tracey Bartlett for an experience that combines the beauty of nature with the power of expression.

On the fifth day of your stay, you will explore the stunning surroundings of the old mill on foot, immersing yourself in the sights and sounds that nature has to offer. Embrace the art of walking mindfully as you soak in your environment, offering a unique perspective of the local landscape.

07:30 - Breakfast.

09:30 - Gentle 10 km (6.2-mile) meander to the wind turbines where you will experience their

grandeur up close. The gentle incline of over 400 feet makes this route accessible and enjoyable for most.

12:30 - Return to the mill.

14:00 - Lunch.

16.00 - 17:00 - An hour of guided creative writing. This reflective session will allow you to capture the essence of your journey and transform your experiences into words - a great technique to learn for emotional release.

17:00 - Free time.

19:30 - Dinner.



Previous group enjoying the expansive Spanish countryside in October 2024.

This is what others have said about Tracey:

"She (Tracey) is a great organiser and did a fabulous job. The accommodation is fabulous, loved the pool too looking out to the mountains. Darren is an absolute asset and provided amazing meals and catered very well to every body's taste. I liked the selections of books and maps and wish I'd had more time to take advantage and read them. We will be back." **Pamela Meade**

"Beautiful countryside. Nicely renovated old mill. Superbly organised." **Philip Craven**

"Fabulous time, Tracey has a passion in all that she delivers including a creative writing session."

Day Six

Tuesday, 7th October 2025

06:00 - Breakfast.

07:00 - Transfer to Alicante Airport.

10:15 - Arrival at Alicante Airport.

¡Buen Viaje!



Price

£450 per person.*

Includes:

Return airport transfers from Alicante airport.

Shared accommodation.

Daily breakfast, lunch and dinner.

Access to the pool, outdoor gym, mountain bikes, and of course, the life-changing content on the retreat, as well as the pre-retreat questionnaires, and the free podcasts mentioned below.

***If you do this event and the Emotionally Resilient For A Brighter Future event (October 9th - 14th), there is a discounted price of £675 for both.**



To Book

To discuss the retreat in more detail and reserve your place,

please contact Bernard at

bernard.genge@gmail.com

or

+44(0)7929 210435 (call or WhatsApp)

To support these retreats, I provide a weekly 20-minute podcast series:

Vision 100 - Let's Live Longer - Resilience To 100++ Years

If you want to live a life full of vitality beyond 100 years of age, please tune in.

Topics featured in the episodes are related to emotional, physical, psychological (peace of mind) and financial well-being.

