A different kind of holiday

- INSPIRING
- REJUVENATING
- EMPOWERING

Cortijo Romero

2019/20
Introduction

At Cortijo Romero, we offer a different kind of holiday. Although many of the key features of any good holiday are here – the magnificent setting, the fabulous climate, and the great food – there is something else too. The holiday is centred around the course of your choice. This means you’ll arrive and immediately meet a group of like-minded people with whom you can connect. Some courses will be focused on a relaxing, rejuvenating holiday; others on a creative or wellbeing week, and still others on personal transformation and change. All our course facilitators are experienced and will support each person and the group as a whole to get the most out of their week. Sometimes during personal transformation weeks, people can go through what they may describe as ‘life-changing’ experiences. Whatever type of holiday you choose, you will often find there are ways that you can ‘take the holiday home’ with you. For example, people often make a shift towards what they really want in life, feeling empowered to go home and make practical changes.

Earlybird Discounts

Book early and save money! Look through our course programme, to see the Earlybird prices and dates.

£60
6 Months Ahead

£30
3 Months Ahead

“It’s a wonderful place and I can’t recommend CR too highly for rejuvenating, rewarding holidays. We can feel the benefits of one week there more than two weeks on a beach holiday. Love it!”

Tim Haines

www.cortijo-romero.co.uk     +44 (0)1494 765775
Cortijo Romero

About Cortijo Romero

Find Your Holiday
A Unique Atmosphere
Superb Climate
Inspiring Location
Delicious Healthy Food

Prices
Delightful Rooms
A Typical Week
Choosing Your Course

Courses
Course Listings (October 19-April 20)
As-a-Glance Calendar
Course Leaders
Course Listings (May-September 20)

Booking
Hiring CR
Travel
How to Book
Booking Form

Cortijo Romero is a small, family-run organisation. Some of our guests have been coming to our centre for years, and think of it almost as a second home. When you call us, you’ll speak to one of a small team and we’re always happy to talk you through any queries you may have, either about your choice of course, or about the practicalities of getting there – or any other questions you may have about coming to CR. Just give us a ring, we’d love to hear from you! If you also prefer to book over the phone, rather than on the website, that is fine, too. Tel: +44 (0)1494 765775

With such a wide variety of courses throughout the year, it can be quite a challenge to know what’s right for you. To help you with this, courses are divided into five main, colour-coded categories:

- Discovering Cortijo Romero
- Wellbeing for Mind and Body
- Transformation and Change
- Arts, Creativity and Expression
- Relax and Rejuvenate

For more information about these categories, as well as other ways to help you find your holiday, please see page 13. You’re also welcome to call and discuss any questions you may have. All of our small team have been on a course at CR, so we know what’s involved and we’ll be happy to talk you through the process.

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A Unique Atmosphere

The most important thing for many people is the friendly and supportive atmosphere for which we are famous. This allows everyone to relax, let go of whatever pressures they may be under at home, and just be themselves. The majority of guests come on their own (whether or not they are single) and because the holiday centres on a course, this gives a natural and immediate way to get to know one another, and to bond as a group. This is facilitated by the course leaders, who are all very experienced at working with a group who don’t initially know each other, to build rapport and connection.

Share a Room

Some people also choose the Twin Share room option, which means you’ll have a ‘room-mate’ to get to know too.

Ethos

At Cortijo Romero, all holidays, from those aimed at personal transformation to those aimed more at just relaxing and unwinding, benefit from the underlying ethos and atmosphere which nurtures connection, meaningful communication, and celebration of the simplicity of being yourself, just as you are. As well as the course leaders, all who work in and around the centre, including office staff, cooks, gardeners, as well as volunteers, share a love for the centre which shines through their work and seems to touch guests, since it is often commented upon as an important part of the holiday experience.

Who comes to CR?

Our guests tend to be looking for something a little different in a holiday – and indeed from life – wanting to change, grow, expand or learn something new. Or, sometimes, guests have a deep wish to be in a nurturing, peaceful environment. Hence you’re very likely to meet others who you’ll get along with; many guests form deep and lasting friendships. Most of the year, two courses run side-by-side, with a maximum of about 28 people in total, which means that the centre has a personal, intimate feeling about it.

Sunbathing is nearly always possible. In the strong and brilliant sunshine, it often feels warmer outdoors than in.

Spring

By March, spring is well under way and temperatures are often up to midsummer ones in England. After that, nature simply runs riot, with a huge variety of flora and fauna.

Summer

The long summers here are hot, although tempered by breezes from the sea and the mountains. During this period, Cortijo Romero and its pool form a shady green oasis in the midst of shimmering, dry heat, when a high factor sun cream and a long siesta can seem essential! Swimming is usually from April-October, although our pool is open all year round and some people use it, too! Even if you don’t go in, it’s a wonderful place to sit or sunbathe at any time. By May, many people can’t stay out of the pool and midnight bathing is a regular feature in the hottest months.

Average Maximum Temperatures ºC

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Cortijo Romero

London
Inspiring Location

Our spectacular region is called La Alpujarra, much of it an unspoiled Natural Park in the foothills of the Sierra Nevada in Granada province, deep in the south of Spain.

Part of the area has been designated a Biosphere Reserve by UNESCO, with many unique or rare species. Its skies are officially rated as the cleanest in Europe. Here in the real Andalucía, the ‘duende’ (spirit) of passionate living is revered.

It was once ruled by the Moors, who thought it was the paradise promised to them by Allah. Part of their legacy is the ‘acequia’, an ancient system of irrigation which still brings water from the mountains to our gardens and fields.

Cortijo Romero sits at 1493 feet in a fertile valley, within an 800-year old olive grove, surrounded by magnificent mountain views. (Not only in daytime: watching the stars over the mountains at midnight from the roof is a magical experience!)

Our local town is Órgiva, the regional administrative centre, a 15-minute walk away. It has a typical weekly market, banks and all basic shopping facilities. Further up in the mountains is a string of wonderful villages (many protected from development by special status) tucked into sheltered hillsides amidst glorious scenery at heights up to 5,700 feet. Nearby, Granada has the finest Moorish palace and gardens in Europe, the breathtaking Alhambra – one of the wonders of the world.

The Centre

Cortijo Romero itself is set within the mountains, with stunning views. The centre is spacious, with luscious gardens, fruit trees, a beautiful pool and a circular meditation room in the orchard. The guest rooms dotted around the site are single-storey, traditional Andalucian white buildings that keep you cool in summer and warm in winter. There are two group rooms, as from spring to late autumn we have two courses running side-by-side each week. For much of the year, guests spend most of their time out of doors – around the pool, in the many courtyards and corners of the garden and its orchard, or on the inviting dining patio and terrace. During the winter, it is often still possible to enjoy lunch outside, and during the evening there is a lounge with log fire. All in all, the centre is homely, peaceful and nurturing, a place of simplicity and beauty that encourages you to relax and be at ease.

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Do you have any dietary needs? Please contact us before booking to check if we can accommodate any specific dietary needs you may have. The additional cost for this is £22 per week.
All prices are per person and include:
- The 18-20 hour course of your choice
- Accommodation in a shared en-suite room
- All meals, fruit, biscuits, coffee, teas and infusions
- Daily yoga or tai chi, and an early evening expressive dance session (all optional)
- A day visiting the local villages, including a picnic and walk in the mountains (all optional)

NOT INCLUDED:
- Travel & Transfers
  Your travel to Spain is NOT included. Most fly to Malaga and use our private transfer service to Cortijo Romero; it’s easy. See page 47 for details.
- Insurance
  It is a condition of booking. You’ll need to arrange this independently and confirm you have it before departure.
- Optional Extras
  Room supplements, if you prefer not to share, are £118 for a Standard Single or £165 for Single Occupancy of a Double or Twin room. Massage, holistic treatments and coaching sessions – these are bookable on site.

Prices Include

Way to Save
Plan Ahead
Earlybird Discounts – book six months in advance and get £60 off, or three months, £30 off. Just pay £100 deposit to qualify.

Book Flights Early
Join The Friends Of Cortijo Romero to receive Special Offers, or join The Friends Of Cortijo Romero to receive Special Offers, or win a free holiday in your regular draw. If you are on a low income, working as a carer, or any kind of state benefit, ask about a bursary.

Connect With Us
Book Two Weeks
Book two consecutive weeks in 2020 and get £150 off.

Ways to Save
Plan Ahead
Earlybird Discounts – book six months in advance and get £60 off, or three months, £30 off. Just pay £100 deposit to qualify.

Connect With Us
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All holidays are from Saturday to Saturday. Most people arrive on our transfer service from Malaga in time for dinner and an introduction on Saturday evening.

Each week centres around a course, but these can be quite different in nature. The Discovering CR weeks offer a choice of optional sessions. Other courses are more focused, with each session built on the ones before and participants attend all sessions together. A few, such as the walking and photography weeks, naturally involve more time spent exploring the region.

**Main Course Sessions** Each course offers 18-20 hours of group time, with a long morning session and a shorter afternoon or evening one on most days.

**Visiting the Region** Each holiday includes a full day spent visiting the local area, walking in the mountains for a picnic, where during the summer months you may like to dive under a waterfall to cool off. You'll stop off to enjoy the traditional ‘white villages’ that cling to the mountain-sides, where you can taste, and buy, the famous hams of the region, as well as cheeses, wines and other local goods.

**Local Market** On Thursday mornings, most weeks, there is a large and lively local street market in Orgiva, which you can walk to, and where people often enjoy a coffee or beer in the town square, soaking up the Spanish atmosphere.

**Yoga or Tai Chi** Offered on alternating weeks, each day before breakfast, as free, optional sessions. Usually taking place on the roof terrace, with its inspirational mountain views, where you can really ‘salute to the sun!’ After breakfast there is also a short, optional daily Spanish lesson.

We offer a wide range of courses but whichever you choose, there are many things that most weeks have in common.

**Choosing Your Course**

An introduction to the five course themes and colour codes.

With courses on offer nearly all year round, and two courses per week from spring to autumn, how do you know which course is right for you? There are a few ways you can navigate the choice:

- Choose by type of holiday, e.g. Wellbeing, Creative, Transformation, etc. - use the colour codes to the right, then as you flick through the course pages, you'll be able to choose the relevant colour to guide you.
- Choose by date - go to the centre pages to see the At-a-Glance Calendar.
- Find particular Course Leaders on pages 27-29.
- Call us – we’re always happy to talk you through it, we’re a small friendly team and we’ve all been to CR so we know what's involved.

*Expressive dance (free)* and *Spanish song performance (7 euros)* are optional extras

Discovering Cortijo Romero

If you’re thinking of visiting CR for the first time and not sure which course to choose, these weeks are ideal, as you’ll get the chance to try a variety of things. Typically, you’ll be able to attend sessions in yoga or tai chi, and expressive dance, as well as enjoying guided walks in the mountains.

**Wellbeing for Mind & Body**

Holistic holidays to take care of yourself will often stay with you after you return home - a better posture, an improved clarity of mind, or feeling more relaxed and at ease. You might have learnt something new to bring into your life, either deepening an existing practice or discovering a new one.

**Transformation & Change**

Helping you to address issues in your life and/or explore your potential. For example, you might feel the need for deeper, happier relationships, greater confidence or a clearer direction in life. These courses aim to empower you to make meaningful changes in your life.

**Arts, Creativity & Expression**

A week of singing, art, dance, music, photography or writing can bring more creativity into your life. You may wish to learn or develop a particular skill, but most of our courses are aimed at using the arts and creative expression as a means to free up your creativity and live a fuller life, feeling freer in yourself.

**Relax & Rejuvenate**

There are times in life when you might just want and need a total rest. These weeks offer a variety of ways to stop, have some time to ‘be’, and give yourself a deep breather. Our aim is to help you to go home feeling renewed, nurtured and with a fresh perspective on life.
October

There’s still lots of warm, sunny weather; a great way to prepare for winter.

12-19 October

Creativity Through Writing

Find your voice and let your imagination run wild.

Mandy Whidden

The art is to get you excited about creative writing and give you the tools to start a habit that will feed your imagination for years to come. Using games and exercises, we’ll kickstart stories and breathe life into characters. We’ll look at plot and place, character, dialogue and humour, with no phones or laptops, just the soothing sound of ink on paper.

The emphasis will be on developing spontaneity and confidence in your writing. Learn where to find inspiration and how to keep your ideas coming. You don’t need ambitions of novel writing to enjoy this; it’s about writing as a way to wellbeing, a private space where you can explore and create. Beginners and regular writers are equally welcome.

"An incredibly enjoyable and useful course. Stimulating, inspirational and fun. Worth doing again and again. Great teacher." Emma Silvester

Standard Price £745

5-12 October

Private Booking

Nick Potts & John Conway

12-19 October

Yoga & Sound

A gentle retreat, suitable for all abilities.

Fiona Agombar & Leah Barnett

Experience a week of peace, happiness and joy. Using gentle flowing movement, mantra and breath-work, classical hatha yoga releases knots and held patterns, creating space so that energy can move more effectively. In this way vitality, wellbeing and a deep sense of peace arise. This retreat will include an evening of chanting and also some laughter yoga.

Flights are cheaper now, the full heat of summer has eased but there is still lots of lovely warm, sunny weather; a great way to prepare for the winter.

Standard Price £745

19-26 October

Autumn Walking

Mountains, Sea and City

Paul & Fiona Primarolo

A great introduction to walking in the Alpujarras mountains and a perennial favourite with participants, this is a week of varied hikes at a perfect time of year for walking in the south of Spain. With autumn airing, there will be fruits to gather, trees ablaze with gorgeous colours, glowing sunsets to enjoy and wonderful company to share. Average temperatures are still about 18.

There will also be an opportunity to visit the Arab Baths in Granada and a lunchtime meal out at the beach after a stroll along the coastal nature reserve at Cantarrijan.

Standard Price £745

19-26 October

Five Rhythms™ Dance & Creativity

Dilys Morgan Scott

Exploring the 5 Rhythms™, catalyses change, encourages release and increases self-awareness. Each rhythm is a teacher, a quality of energy and a place to explore patterns held in the body and to release them. Together they are called ‘The Wave’. They stir, express, reveal and inspire and are available to everyone who is prepared to move and be moved. This process grounds the body, opens the heart, stills the mind, embodies spirit and invites soulful expression, always gently.

After the dance is the poetry, the art and the theatre – creative expression to reveal ourselves. Whilst the work is profound and soulful, it is also simple, authentic and often humorous, available to everyone.

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View Course Leaders: Pages 27-29

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November
Relax & enjoy a variety of sessions that best meet your interests

26 October - 2 November
Mindful Photography
Re-discover the joy of seeing!
Ken Scott

By experiencing fully, we bring ourselves into the present moment, rediscovering the beauty in everyday things. When mindful and immersed in our surroundings, photographs flow to us naturally; there are pictures in everything. Learn to notice when you see something, to ask “what stopped me?” and to REALLY see what is there for what it is, without judgement. Making the photograph is just the final step.

Photography can be a joyful and therapeutic pastime in itself, allowing us to express ourselves and ideas in new and individual ways. Lightness and spontaneity will be key.

Suitable for all abilities and with any camera. If a beginner, we’ll encourage you to see with fresh eyes, learning the principles of visual design and camera control as you go. (A basic knowledge of exposure and depth of field is an advantage.) For seasoned enthusiasts: a fresh outlook could be the catalyst for a whole new phase in your work.

26 October - 2 November
Richer Relationships
Explore and enjoy your being, life and relating
Bethan Evans

We will focus on creating deeper connections to ourselves and each other, exploring the relationships in our lives and how they could be richer, deeper, more satisfying. There will be guided processes, nurturing physical contact, circle sharing and movement as well as a powerful backtracking process designed to restore or awaken inner resources that have been lost so that you can free yourself from self-limiting patterns. How far and how deeply you travel is up to you.

Experience and appreciate the gift of your unique being as man or woman and bring more joy and ease into your connections with others!

2-9 November
Being Here
A great introduction to Cortijo Romero or renewal for regular guests
Maggie (Star) Whiteley

These popular events are ideal for people who just want to relax and enjoy a variety of sessions that best meet their interests – all in beautiful surroundings, a highly supportive atmosphere and good company. Sessions include yoga and expressive dance – plus an excursion in spectacular mountain scenery. Maggie offers aspects of personal development, arranged in consultation with participants, and other contributors offer a range of different sessions. Optional extras include individual massage, Thai yoga, life coaching or an evening performance of Spanish songs. Visits to the historic city of Granada are possible. All of the centre’s art materials, books, musical instruments, CDs of music and DVDs of Spanish culture are freely available for use.

Glorious autumn colours abound and the temperature should still be in the twenties, with log fires for any chillier evenings.

See View Course Leaders: Pages 27-29
Christmas \& New Year

A time for lighting fires, telling stories, singing, feasting and dancing

21-28 December

Christmas Week

Camaraderie, creativity and pleasures both simple and profound

Allison Goldie

Take time to make merry, enjoy being with others and have peaceful rest in an atmosphere of warmth and friendliness. Allison will facilitate games, art and writing in the mornings, and lead a coaching group on a theme of your choosing if desired. In the afternoons, there will be ample time to relax and unwind. Enjoy walks in the beautiful nature surrounding Cortijo Romero or crash out with a book in the evenings. There will be opportunities for party games, singing and shared storytelling around the fire.

28 December - 4 January

Starting Afresh

This promises to be a wonderful week full of fun and laughter, which are essential components of our journey to health and happiness. We will live life to the full, cherishing each moment and renewing our passion for life.

There will be a mixed bag of activities with special emphasis on singing and yoga. The singing will be mostly informal, with no pressure to perform. 'Non-singers' are welcome. There will be daily yoga sessions before dinner, with an emphasis on breathing, relaxation, chanting and meditation, rather than on physical exertion. Dance, massage, chi kung, laughter therapy will be included according to the needs of the group, leaving time also for glorious walks in Europe's warmest climate.

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1-8 February

Winter Walking

Days in Europe’s sunniest-climate and log fires at night...mmm!

Paul & Fiona Primarolo

Now in its umpteenth year, this week continues to attract a happy band of those who love to be in a beautiful and inspiring region, where winter is like late spring in England. Discover the magic of the Alpujarras, walking the valleys and mountains, following footpaths, ancient drovers’ roads and old Moorish trade routes. See the typical irrigation channels (acequias) and terraces, with flat-roofed houses in beautiful villages perched on the sides of mountains.

Daily walks will vary in length and effort required, the emphasis being on relaxation and enjoyment. The weather should be good for walking, with some sunshine during the day and the warmth of log fires to return to in the evening – or you can star-gaze on the cleanest skies in Europe.

18-25 January

Private Booking

Detox International

www.detoxinternational.com

retreats@detoxinternational.com

0845 1000 247

2020

February

Discover the magic of the Alpujarras, walking the valleys & mountains

1-8 February

Winter Walking

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29 February-7 March
Coming Home To Yourself
“The little things, the little moments, the small stillness.” (Jon Kabat-Zinn)
Judi Ledward
Our capacity for deep attention is eroded by 24-hour world news, social media and the expectation that we are always available to respond to others. We have enormous amounts of information and distraction in the palms of our hands; how can we stay centred if our minds are constantly wandering to check Instagram and Facebook? We can find it difficult to fully inhabit our bodies, and be aware of our feelings and needs.
To find intimacy, creativity, clarity and meaning, we need to stop scattering our attention and feelings and needs.

7-14 March
Opening Doors To Invisible Worlds
A journey through myth and story
Sarah Deco
Awaken your inner Bard!
On this course you will learn a story and learn to tell it (without looking at the text). But more than that, we will explore the many layers in these deeply meaningful stories and find new insights and wisdom distilled over generations and describe a path to rediscover this connection to our own roots, so we can flourish and cultivate a natural environment.
We will learn the ancient arts of oral storytelling, using visualisation, drama techniques and games, writing, movement and simple art activities. No previous knowledge or experience is required.

14-21 March
Chill Out, Stretch Out, Stride Out!
Trevor Tudor
The programme will be made up of about four hours of yoga, four hours of a few easy going group sessions, three walking excursions in the mountains and some evening music and song.
Participants are also welcome to offer their own contributions in an optional session for other guests: stories, readings, games, dances, favourite music or whatever. A calming, refreshing and invigorating break.

15-22 February
Being Here
An ideal introduction to Cortijo Romero or renewal for regular guests
Maggie (Star) Whiteley
These popular events are ideal for people who just want to relax and enjoy a variety of sessions that best meet their interests – all in beautiful surroundings, a highly supportive atmosphere and good company. Sessions include yoga, expressive dance and an excursion in spectacular mountain scenery.
Maggie offers aspects of personal development, arranged in consultation with participants, and other contribute a different focus. Optional extras include individual massage, Thai yoga, shiatsu, life coaching or an evening performance of Spanish songs. Visits to the fabulous city of Granada are possible. All of the centre’s arts materials, books, musical instruments, CDs of music and DVDs of Spanish culture are freely available for use.
Surroundings, a highly supportive atmosphere and good company.

22-29 February
Live! Love! Laugh!
“May your hope be as large as your cry.” (Meroe Tepme)
BarbF Caine
A beautiful holiday for warm-heartedness and compassionate sharing.
From a spontaneous cacophony of poetry, writing, movement, dance, playing, story, laughter, yoga, meditation and ritual, we will create a space where all are welcome, with plenty of room to expand, express yourself fully, relax deeply, and re-discover the funny side of life.
In these tumultuous times and with our own personal wounds and sorrows, it can sometimes be hard to find a humorous response. Learn how to access your inner chuckle muscle and keep it active no matter what, responding with great kindness to yourself and others. Have loads of fun in the process, so that you may return to your own life with open-hearted curiosity, steeped in joy.

7-14 March
Chill Out, Stretch Out, Stride Out!
Trevor Tudor
The programme will be made up of about four hours of yoga, four hours of a few easy going group sessions, three walking excursions in the mountains and some evening music and song. Participants are also welcome to offer their own contributions in an optional session for other guests: stories, readings, games, dances, favourite music or whatever. A calming, refreshing and invigorating break.

21-28 March
Private Booking
Detox International
www.detoxinternational.com
0845 1000 247
retreats@detoxinternational.com

Earlybird Prices
£690 (booked before 07/09/19)

£720 (booked before 14/12/19)

£750

£750

£720 (booked before 07/09/19)

£750

£720 (booked before 14/12/19)

£750

£720 (booked before 22/11/19)

£710 (booked before 22/11/19)

£710 (booked before 29/11/19)

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£710 (booked before 15/11/19)

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28 March-4 April  
How To Fall In Love
A journey to the heart
Katherine Baldwin & Maggie (Star) Whiteley

Self-love, self-esteem and a good relationship with ourselves are the keys to forming healthy relationships with others. We’ll:

- Explore how to deepen our connection to ourselves, prioritise self-care, build our self-worth and confidence and tune into our intuition;
- Identify any unhelpful patterns that might be standing in the way of a loving partnership and understand how to change them;
- Explore how we can let go of lost loves, unhelpful beliefs and other blocks, and we’ll practise setting healthy boundaries with ourselves and others;
- Finally, we’ll create an exciting vision for our lives so that we leave filled with hope and ready to create the life and relationship we deserve.

Ideal for men and women who would like to understand their relationship patterns in order to find love, as well as for those who want to improve and deepen their current relationships and grow in self-esteem.

Katherine is a transformational coach and author of How to Fall in Love. She will lead the course, with contributions from Maggie, a vastly experienced coach, group facilitator and therapist.

28 March-4 April  
Untangling Your Life
Explore and resolve personal, family and vocational issues with the powerful Constellations approach
Liz Sleeper

In a safely supportive environment, Systemic Constellations offer a profound methodology that enables us to find the healing movement or resolution to complex or sometimes seemingly intractable personal issues. These issues may arise from family, relationships, career or existential and spiritual difficulties. We will work together to:

- Support our wellbeing in the various groups (or ‘systems’) to which we belong;
- Explore the forces that underpin healthy, loving connection – looking at how key events and traumas in previous generations may be affecting our lives and relationships today;
- Restore peaceful purpose and gentle life-loving connections.

Mindfulness is cultivating the quality of being awake, present and accepting of each moment’s experience – which can transform how we are with ourselves, with others and how we respond to stressful, difficult and challenging situations. The course is delivered in a friendly, supportive manner, exploring the key concepts covered on the popular Mindfulness-based courses available today and helping you develop practical skills and strategies that you can use on a daily basis to support your experience of life.

April

4-11 April  
Yoga & Meditation
For health and harmony
Andrea Newman

Would you like to:
- move more fluidly;
- be comfortably upright;
- let go of held areas of your body;
- improve your posture;
- be more relaxed and less stressed;
- learn ways to realise all these and more?

Let the enjoyment of body movement and the quiet stillness of meditation bring flow and balance into your life. Come on a journey to explore how you inhabit and experience your body. Develop a more relaxed awareness of your body’s movements using yoga postures. Find more grace, poise and good health. Breathing and waking are the most frequently repeated movements we make. They make a big impact on body structures and postures, so there will be practice in doing both in a way that suits your uniqueness. Breathing will also be used as an aid to meditation.

Yoga practices will be complemented with aspects of the (much newer) body re-education approach called Rolfing, after its pioneer, Dr Ida Rolf.

Earlybird Prices
- £700 (booked before 04/10/19)
- £730 (booked before 04/01/20)

Standard Price
- £760

Earlybird Prices
- £700 (booked before 04/10/19)
- £730 (booked before 04/01/20)

Standard Price
- £760

April

Let body movement & meditation bring flow & balance to your life

View Course Leaders: Pages 27-29
20 April
Tai Chi Essence
How to move with ease and restore your vitality


Tai chi and qigong moves and exercises to keep you active, fit and healthy


£760
£700 (booked before 11/10/19)
Earlybird Prices


20 April
Unleash Your Voice, Unleash Yourself!


For those who wish, some individual attention to the approach could be offered.


£760
£700 (booked before 11/01/20)
Earlybird Prices


20 April
Mindful Photography


£760
£730 (booked before 18/01/20)
Earlybird Prices


20 April
Holistic Practices For Everyday Life


£760
£760
Standard Price


20 April
Mindful Practices For Authentic Living


£760
£700 (booked before 25/10/19)
Earlybird Prices


20 April
Unleash Your Voice, Unleash Yourself!


£760
£730 (booked before 25/01/20)
Earlybird Prices


25 April-2 May
Mindful Photograph


£760
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Standard Price


25 April-2 May
Mindful Practices For Authentic Living


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Mindful Practices For Authentic Living


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Standard Price
Course Leaders cont.

Kathy Bannister Carr is a successful painter, graphic designer, illustrator and print maker. She has exhibited in galleries in London, Bristol, Cardiff and Wales, with paintings in public, private and corporate collections. (Page 30)

Bethan Evans is an established artist, based in Glasgow and exhibiting internationally. She teaches groups and individual sessions. (Page 38)

Judy Greenman trained with the originators of CFR, has a private practice in Florida and teaches at the Julien Institute in California. (Page 94)

Leanne Jackson has been teaching ‘The 5Rhythms’ work of Gabrielle Roth for over 20 years, travelling across Europe to share this healing process. (Page 158)

Jon Conway has been directing, coaching and singing in prize-winning Harmony groups for some sessions. (Page 30)

Jason & Waisum Chan are a healer, meditation teacher and author of ‘The Alchemist’s Way’. They have lived in the area for many years and share their love of it with an ever-widening circle through their Bootlace Holidays. They have a deep knowledge of the mountains. (Se habla español.) (Pages 15, 19, 24, 32)

Charles Lambrou is a performer, theatre director, life coach and author of ‘Kindertransport’. He lives in India, teaches privately and delivers Tango journeys. They are committed to sharing the benefits of Tango. (Page 31)

Amor Flamenco is a professional Flamenco dancer who has performed worldwide, and now runs a smaller programme in London. (Page 32)

David & Marion Thomas are a healer, meditation teacher and author of ‘The Alchemist’s Way’. They have lived in the area for many years and share their love of it with an ever-widening circle through their Bootlace Holidays. They have a deep knowledge of the mountains. (Se habla español.) (Pages 15, 19, 24, 32)

Silvia Jastram is an expressive art therapist, breathwork specialist and teacher of meditation. She has exhibited in galleries in London, Bristol, Cardiff and St Ives, with paintings in public, private and corporate collections. (Page 32)

Sandrine Miesch was a teacher trainer in her native France. Since embracing NFMT she has offered workshops, trainings, masterclasses and retreats all over the world. (Page 17)

Francisco Gracia is a professional Flamenco dancer who has performed worldwide. (Page 34)

Sandy Grossman is a survivor of a Concentration Camp, the originator of a Spiritual Companionship, and now chairs a charity, Open-Up Music, that empowers young disabled musicians to build inclusive youth orchestras. (Page 30)

Gaynor Kavanagh is a healer, meditation teacher and author of the transformational book ‘Amor Flamenco’. She performs in London through the use of gestures which delights young and old alike. (Page 40)

Kate Daniels is a singer and psychotherapist, has been both performing and helping people find their own voice for their all. (Page 44)

Jon Conway has been directing, coaching and singing in prize-winning Harmony groups for some sessions. (Page 30)

Kathy Ramsay Carr is an art therapist and group analyst, working as a supervisor and consultant for the NHS and other organisations. (Page 27)

Andrea Hackett is a qualified as a Spiritual Companion. She is trained by Gaye Donaldson and others at the Centre For Systemic Constellations. She has worked closely with Judith Hemming, who is probably the most experienced Constellations practitioner in the UK. (Page 22)

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May
The sheer joy of being creative

2-9 May Spontaneously Creative
Free your imagination
Gwynn Savory
This is all about the sheer joy of being creative. It’s a week for thoughtful, immersive play, centred on being completely in the moment, trusting your instincts and drawing on yourself and your surroundings.

There is no delineation here of what ‘creative practice’ might mean. Participants engage with drawing, painting, dancing, writing, moulding clay and collage, sometimes mixing them up in exciting ways. You can get mucky, move about a lot, sit still in silence, carefully listen, then share and support... and, importantly, deeply observe. It can be really funny, oddly noisy, blissfully quiet and totally engaging. The week is structured around a sequence of themes, such as movement or sight, and there is a build up in set of options for some of the challenges each day.

Earlybird Prices
£710 (booked before 02/11/19)
£740 (booked before 02/02/20)
Standard Price
£770

2-9 May Movement In The Light
Radiant body, awakened mind
Josie Cloten & Waisum Chan
Who does not want an uncluttered, intelligent mind and a bright, strong, flexible and sickness-free body as we go through life? Medical evidence shows that how we age is mostly determined by our lifestyle choices, rather than heredity. Modifying factors such as diet and exercise give us a chance to change the course of ageing and disease. But there is so much more!

Explore the power of the ‘Three Treasures of Life’ and how to increase them to nourish and enhance our daily existence, increase the levels of happiness and fulfil our purpose.

Jing: Physical essence, the foundation of vibrant and balanced health.
Chi: The universal life force, that keeps every living thing ‘alive’.
Shen: The spirit or spark of the will, enabling us to sharpen the focus and concentration of the will and expand our consciousness.

Earlybird Prices
£710 (booked before 02/11/19)
£740 (booked before 02/02/20)
Standard Price
£770

9-16 May Biodanza: Dancing Life
Rediscovering the joy of living
Antoinette Lorraine
Our busy lives take us away from our natural rhythms, causing all kinds of illness and stresses. In this beautiful setting we can regain our vitality, affection, creativity, fullness and harmony. Expressing an emotion with its ‘right movement’ stimulates the integration of what we feel, wish for and do. We learn to connect and listen to ourselves, to others, the universe and life itself.

There are no steps to learn and everyone will benefit from this experience of entering into the pleasure of the moment. You will leave feeling inspired, empowered and rejuvenated into life again.

Earlybird Prices
£710 (booked before 09/11/19)
£740 (booked before 09/02/20)
Standard Price
£770

9-16 May The Garden Of The Heart
Restoring communion with nature and resting in our natural presence
Beverley A’Court
The rich and complex metaphor of the garden provides a shared basis from which to develop presence, sensitivity, openness and creative responsiveness.

We begin by recalling gardens we have loved or imagined from childhood, art and stories. From there, we explore nature however we meet it in the Cortijo Romero gardens and in our own deep, creative being. Finding connection through earthly, sensory, meditative, playful and poetic practices. Afterwards, we make mixed-media, expressive art in response to our meditative walls in the grounds, paying attention to the bodily experiences, creativity and inner wisdom they evoke in us.

The interplay between these elements fosters a recognition and awareness of ourselves as part of nature. Feelings of becoming and belonging, gratitude and inspiration may spontaneously flow, supporting us to be attentive, compassionate and more responsive to our real needs and the gifts we have for the world, and more compassionate to others and life in general. The experience becomes a co-creative adventure for the group, which can provide warm support for individual’s artistic-therapeutic journeys.

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£740 (booked before 09/02/20)
Standard Price
£770

16-23 May Private Booking
Sue Machell Associates
Book two consecutive weeks in 2020 get £150 off!
23-30 May
Pura Yoga
Gentle practice, self discovery, healing, transformation

Lonnie Enslip
Enjoy traditional hatha yoga, balancing our energies using gentle and powerful movement, posture and breath work; stimulating, soothing, opening, lengthening and restoring balance.

Then add yoga as taught by Swami Purushottama, the living master of several styles of yoga. Through broad and thorough research, he has developed a style which has powerful effects while being fairly simple to perform, suitable for all ages and abilities from beginner to experienced.

Asanas (posture) and pranayama (breathing) practices draw our attention deeply inside, clearing energy pathways and enabling space for dharana (concentration), dhyana (meditation) and samadhi (enlightenment) to unfold naturally.

Within the perfect stillness at the heart of the Andalucian countryside, enjoy the opportunity to journey deeply into yourself, beyond body and mind. Practice developing physical, mental and emotional strength, stamina and peace.

June
Let go of preconceptions of how we feel things should be

Paul Prinavolos of Vinos Prinavolo
As summer arrives, we go higher into the beautiful Sierra Nevada mountains, enjoying cooler air and the peace of high meadows and pastures. It’s a great time for early summer flowers, with the new leaves of pine and other shade and freshness to walks. We may also go above the tree line to enjoy spectacular views over the Mediterranean towards North Africa. The air is scented with local varieties of bamboo and mountain herbs. We see shepherds on their way to summer grazing and paths of ewes and lambs, nanny goats and kids.

Graded MODERATE, more demanding than our other walking weeks, our routes take us up into the National Park as well as the pretty whitewashed hill villages. Trails are NOT flat, so expect a reasonable amount of ascent and descent. Paths can be stoney and gradients steep, so proper preparation with ankle support is recommended. The hill walking experience is helpful but not necessary: confidence in hilly conditions, good health and reasonable fitness are.

30 May–6 June
Private Booking

Ingrid-Maria Nordgren
www.rosenmethod.co.uk

13-20 June
Drawing & Painting

Sandy Grant

Enjoy the relaxing and almost meditative effect of letting go of preconceptions of how we feel things should be, by developing and improving skill in observing and drawing things in the way they actually appear. We'll create fairly large drawings based on our surroundings – nature, buildings and people, including a life model – before producing paintings using good quality chalk pastels or watercolours.

There will be group tuition and guidance at the start of each session, one-to-one assistance during the sessions themselves and a coming-together at the end of each to reflect on our work. Tuition will follow each person’s direction, with no pressure to work in any way other than at your own pace.

The peaceful atmosphere is the perfect setting to explore the inner landscape of the mind. The approach can be of value to people of all ages and abilities who wish to explore their inner world and express it through the medium of art.

One of the most meaningful aspects of the approach is the sense of calm and peace enjoyed by participants. It provides an oasis in life’s busyness, fitting perfectly with the atmosphere and ethos beloved of visitors to Cortijo Romero.

Earlybird Prices
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£740 (booked before 23/02/20)
£770

Start of each session, one-to-one assistance during the sessions themselves and a coming-together at the end of each to reflect on our work. Tuition will follow each person’s direction, with no pressure to work in any way other than at your own pace.

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View Course Leaders: Pages 27-29

32 www.cortijo-romero.co.uk + (0)1494 765775

33 www.cortijo-romero.co.uk + (0)1494 765775
**Movement For Life**


_Judy Greenman_

Begin to re-learn the ease and fluidity you knew as a child but lost as your life and body movements became more repetitive and restricted. Explore how to re-awaken your body’s capacity for self-healing to:

- release chronic pain & stress;
- restore mobility & ease of movement;
- increase vitality;
- take lasting care of your neck, shoulders & back;
- improve overall emotional & physical wellbeing.

Techniques used – appropriate for all ages and conditions – are based on The Feldenkrais Method®, Cortical Field Re-Education® (CFR) and Integrated Awareness®. These re-educate your brain-muscle-emotion connections to create new and healthier patterns of moving, thinking and feeling.

**Six Keys To Wellbeing**

Core practices to enrich your life.

_Jaggi Virk_ & _Maggie (Star) Whiteley_

There are many ancient practices that modern science confirms can help us to develop happier, more meaningful lives. We’ll be exploring:

- Gratitude
- Mindfulness
- Connection
- Forgiveness
- Kindness
- Awe/Wonder

More importantly we’ll be discovering our own unique ways to embed these habits in our daily lives back home.

Enjoy this process as we gently surface the wisdom of the group, trusting and expressing our creativity through movement, poetry, artwork and delicious heart-opening conversations. Expect this soul-fest to be sprinkled with a liberal seasoning of irreverent humour and plenty of time to chill out and relax.

**Calatonia, Touch For Inner Peace**

Anita Ribeiro Blanchard

“...a distance of ten, twenty, thirty years or a whole lifetime”

(Carl Jung).

This path can only be walked through experiencing the heart’s truth, and the shortest way to one’s heart is just a kind touch away.

Using a sequence of subtle touches, Calatonia promotes a therapeutic experience that creates the right atmosphere for inner contemplation, knowledge of self and others, as well as feelings of well-being and peacefulness. You will experience the coming together of many aspects of living: body, emotions, thoughts, dreams, symbols and soul, and will learn how to do the same for others.

**Singing In Harmony**

Find your voice and discover the joys of singing with others.

_Jon Conway_

Have you ever wanted to learn to sing? Want to join a choir but just not confident enough? Were you ever told you couldn’t sing or to just mime in the school choir?

You’re not alone, so many people were discouraged at any early age, only to find out much later in life that they can actually sing and that it’s a very rewarding experience.

Where better to come and learn the basics, in a safe environment, in a beautiful setting, with no judgement. We will learn about posture, breathing, support, vowels and articulation, resonance, freeing up the voice. Before long you will be singing in harmony and filling the valley with song.

This could be a life changing experience for you.

*No previous singing experience is needed.*

*If you are already a singer and want a more challenging experience then you may like to check out the course Jon & Ruth White are running the week following this one.*

**Earlybird Prices**

- £710 (booked before 20/12/19)
- £740 (booked before 20/03/20)
- £770 (Standard Price)

**Book two consecutive weeks in 2020 and get £150 off!**

**27 June-4 July**

*Calatonia, Touch For Inner Peace*

_Jaggi Virk & Anita Ribeiro Blanchard_

*There is an extraordinary distance from the head to the heart, a distance of ten, twenty, thirty years or a whole lifetime (‘Can Jung’).*

This path can only be walked through experiencing the heart’s truth, and the shortest way to one’s heart is just a kind touch away.

This workshop is deep but light, quieting but vibrant, lifting but grounding.

Using a sequence of subtle touches, Calatonia promotes a therapeutic experience that creates the right atmosphere for inner contemplation, knowledge of self and others, as well as feelings of well-being and peacefulness. You will experience the coming together of many aspects of living: body, emotions, thoughts, dreams, symbols and soul, and will learn how to do the same for others. This is the complete basic training, whether for therapy or personal growth.

**4 June-7 July**

*Six Keys To Wellbeing*

_Maggie (Star) Whiteley_

Core practices to enrich your life.

There are many ancient practices that modern science confirms can help us to develop happier, more meaningful lives. We’ll be exploring:

- Gratitude
- Mindfulness
- Connection
- Forgiveness
- Kindness
- Awe/Wonder

More importantly we’ll be discovering our own unique ways to embed these habits in our daily lives back home.

Enjoy this process as we gently surface the wisdom of the group, trusting and expressing our creativity through movement, poetry, artwork and delicious heart-opening conversations. Expect this soul-fest to be sprinkled with a liberal seasoning of irreverent humour and plenty of time to chill out and relax.

**Earlybird Prices**

- £710 (booked before 20/12/19)
- £740 (booked before 20/03/20)
- £770 (Standard Price)

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**20-27 June**

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- £740 (booked before 27/03/20)
- £770 (Standard Price)
Flip To The Fun Side
The joys of improvisation for art and for life
Allow Gaffle
Want to be creative in specific ways like writing, performing or public speaking – or simply to enhance your confidence, spontaneity and social skills?
This course will give you exciting new tools, and motivate your mind and body. It’s designed to stimulate creativity by helping you to unlock the contents of your vast and fertile imagination (you have one, I promise).
The course uses a wide range of games and exercises and covers: brainstorming, storytelling, creating characters, status-play, comedy-business, how to fail happily and trusting yourself. You’ll be taught by one of the UK’s most experienced improvisation practitioners. Oh, and we’ll laugh and laugh with glee!

Earlybird Prices
£710 (booked before 18/01/20)
£740 (booked before 18/04/20)
Standard Price
£770

11-18 July
Yoga & Sound
A gentle retreat, suitable for all abilities
Leah Barnett & Fiona Agombar
Experience a week of peace, happiness and joy. Using gentle flowing movement, mantra and breath-work, classical hatha yoga releases knots and held patterns, creating space so that energy can move more effectively. In this way vitality, wellbeing and a deep sense of peace arise. This retreat will include an evening of chanting and also some laughter yoga. Leah is leading the course, with Fiona assisting.

Earlybird Prices
£710 (booked before 11/01/20)
£740 (booked before 11/04/20)
Standard Price
£770

11-18 July
The Stories We Tell
Releasing creativity, becoming more fully You.
Jamie & Sarah Jauncey
Thinking about changes you would like to make in your life? Want time out to take stock and refresh the way you see the world? Either way, the insights you can gain by exploring the stories you tell about who you are and where you come from will help you make deeper connections with:
+ yourself and your place in the world;
+ the people around you in your life;
+ your purpose and natural creativity.
We use writing and other imaginative exercises based around symbols and metaphors, along with visualisations, discussion and simple sharing of your own experiences. It’s thought-provoking and sometimes surprising, offering new and rewarding ways of seeing and being.
In a warm, safe and supportive environment for personal discovery, we want you to have fun and all the benefit of a relaxing week in the sun, in a beautiful place!

Earlybird Prices
£710 (booked before 11/01/20)
£740 (booked before 11/04/20)
Standard Price
£770

18-25 July
The Joy of Improvisation for Art and for Life
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Standard Price
£770

4-11 July
Private Booking
Jon Conway & Ruth White
jon.musicman@gmail.com

View Course Leaders: Pages 27-29
August

18-25 July
Pilates
For fitness, flexibility and body–mind balance – Penny Little
Pilates combines western and eastern ideas and traditions aimed at developing fitness, strength, posture, co-ordination, flexibility and body–mind balance. This wide-ranging approach works the whole body in a safe way through a series of mat exercises. Attention is given to alignment, correct breathing and integration of the core abdominal muscles into each movement. Suitable for those who just want to improve their core stability and have a good workout – but can also often be beneficial for a variety of physical problems, such as back pain, a shoulder injury or reduced mobility. The exercises can be adapted to suit each individual.

25 July-1 August
Being Here
A great introduction to Cortijo Romero – or renewal for regular guests – Trevor Teece & our resident practitioners
These popular events are ideal for people who just want to relax and enjoy a variety of short sessions that best meet their interests – all in beautiful surroundings, a highly supportive atmosphere and good company.
Sessions include yoga, tai chi, expressive dance, an evening folk band performance and an excursion in spectacular mountain scenery. Trevor offers tai chi and the Qigong, leads walks and arranges a variety of different sessions from other local contributors.
Optional extras include individual sessions of massage, Thai yoga, shiatsu and life coaching. Visits to the fabled city of Granada are possible. All of the centre’s art materials, books, musical instruments, CDs of music and DVDs of Spanish culture are freely available for use.
Experience yourself in a new way, connecting with your body, your heart, and the cosmos. A relaxing and enlivening week, leaving plenty of time to enjoy the beautiful surroundings.

1-8 August
De-Stress & Connect
Gentle, meditative and deeply healing – Charles Lambrou
This week is a catalyst for bringing greater health and joy into your life. You’ll do this by becoming more connected to and honouring your body, releasing stress and becoming restful with the Hara Health Exercises, increasing the flow of your energy system with qigong and opening to your heart in meditation.
The work is based on five tenets: movement, stillness, awareness, love and compassion. Some of the deepest shifts in our being happen in silence and restfulness. Experience yourself in a new way, connecting with your body, your heart, and the cosmos.

1-8 August
Colour Your Imagination
Discover what colours do to your soul – Kathy Ramsay Carr
Kathy’s gentle guidance to discover or unblock your creative energy. You may be very surprised what you discover about yourself!

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View Course Leaders: Pages 27-29
www.cortijo-romero.co.uk +44 (0)1494 765775
8-15 August

Head & Heart Communication

Practical NVC skills to improve relationships
Shona Cameron & Sandrine Miesch

Sometimes described as a spiritual practice disguised as a communication tool, Non Violent Communication (NVC) has a radical simplicity and the power to bring wholeness and integrity to our lives.

We will learn and unlearn, creating new ways of interacting that fulfill our longing for connection. There will be practices to explore and practical skills to take back to your family, community and workplaces.

The time we spend together will be supportive and safe for you to explore at your own pace, sustainably using your own examples. The methods are experiential and built around the needs of the group.

No previous experience in NVC is required.

8-15 August

Change Your Posture.
Change Your Life

The Alexander Technique
Richard Brennan

Poor posture is very common and can cause a multitude of health problems. Many people think it can improved by ‘sitting up straight’ or ‘pulling the shoulders back’, but nothing could be further from the truth, as this just makes things worse. Instead, the Alexander Technique releases unconscious muscular tension throughout your body that has accumulated over many years of stressful living, helping you re-discover the free and natural posture you had as a child.

You will learn new ways of moving while performing everyday tasks, discovering ways of sitting, standing and walking that put less strain on the bones, joints and muscles, thus making your body work more efficiently. Since our physical state also affects our mental one, the benefits can extend into many areas of life.

Earlybird Prices
Cross booked before 08/02/20
£710
Cross booked before 08/05/20
£740
Standard Price
£770

21-22 August

Yoga, The Full Experience
Food for the body, mind and soul
Jane Roberts

An 8-day round yoga practice connects us to the limitless nature of the true self...if that sounds a bit heavy, it is not! Outbursts of joy, smiling and lightheartedness are encouraged. We might even dance.

We’ll practice not only yoga postures for the physical body (asanas) but other aspects including breathing techniques (pranayama), different meditations, a sprinkling of wisdom from spiritual teachers from different backgrounds – and some surprises! Not least, we’ll explore techniques to ease stress and bring you to a quiet inner space. These are big subjects that we can touch on lightly. The week is suitable for anyone, whether you’ve never heard of a ‘chakra’ or already practice at intermediate level.

Come with an open mind, choose which practices resonate with you, and take them away to use in your everyday life. I hope to help you find a way to shine your light, both on and off the mat.

Earlybird Prices
Cross booked before 15/02/20
£710
Cross booked before 15/05/20
£740
Standard Price
£770

15-22 August

Creativity & Consciousness
A passage from longing to fulfilment
Silvia Jastram

An original journey that uses expressive arts, rebirthing, yoga and mindfulness to tap into our true source of inspiration: the inner self. ThisBreaking ineffective habits and enables the expression of our potential, life purpose and bliss.

Silence, meditation and breathwork open the heart and calm the mind. This intertwines with creative writing, ephemeral art, systemic choreography, voicing or authentic movement. Hiking in nature is also a compelling source of inspiration.

To round up the experience, we engage in sustainable activities, like planting endangered species or donating a collective work of art to the hosting community.

More than a conscious experience to boost creativity, this can be a life-changing event based on the power we have to navigate through uncertainty, define our priorities and materialize our dreams, while caring for the planet we share.

Earlybird Prices
Cross booked before 15/02/20
£710
Cross booked before 15/05/20
£740
Standard Price
£770
22-29 August
Tango Harmony
Have fun, connect and dance
David & Marion Thomas
The common view of tango is one of high drama and acrobatic moves. Whilst this is great for the stage, authentic tango is different - calm, social, and joyful. It is improvised and based on walking, making it suitable for all. By the end of the week you can expect to have:
• learnt the fundamental techniques and be tangoing;
• explored body and mind awareness techniques to maximise your progress;
• enriched your experience by learning about tango's history, music, and Spanish lyrics.
Tango strengthens skills such as body awareness, empathy, trust, patience, and connection with others. It is meditative and calming, absorbing and restorative. It is proven to stimulate, and create new neural pathways. What a fun way to achieve all of this!

Earlybird Prices
£710 (booked before 22/02/20)
£740 (booked before 22/05/20)
Standard Price
£770

Book two consecutive weeks in 2020 get £150 off!

View Course Leaders: Pages 27-29

September
Taking the necessary risks to make a positive change

22-29 August
Tango Harmony

29 August-5 September
Singing Your Socks Off, Playing For Pleasure
Kate Daniels
Whether or not you are a secret singer, have never sung before in your life, or sing all the time and in public, come and have a wonderful musical time performing songs from across the world, from the Pacific Islands to the Great American Songbook. On the way we will explore harmony, rhythm, phrasing and improvisation. The emphasis is on fun and enjoyment, not pressure, so you will find you will be able to:
• subdue the critical voices that make you self-conscious;
• indulge your love of music - be it folk, jazz, blues or beyond;
• notice your confidence building;
• gather together to create wonderful harmonies;
• overcome your nerves;
• uncover hidden talent and trust your voice.
Musicians are welcome to participate. Some guitars, plus chord charts and backing tracks, will be available.

Earlybird Prices
£710 (booked before 22/02/20)
£740 (booked before 22/05/20)
Standard Price
£770

5-12 September
Private Booking
Kathryn Penny & Angela Spence

9-16 September
Taking the necessary risks to make a positive change

29 August-5 September
Sing Life At Any Risk
Ari Badaines
People often get stuck – for example, with low self-esteem, inaccurate self-perception or in unsatisfactory relationships or work. Getting unstuck requires some discomfort so, instead of risking that, we often avoid the associated anxiety, or even sabotage our own best efforts.
In a safe and supportive group, learn how you get stuck, how you keep your self there and how it started. Then, you can try taking the necessary risks to do the things that would make a positive change. The content is whatever issues you bring to the group; the process is intensely practical and the choice to change is yours. It’s challenging but the benefits can be greatly enhanced awareness; emotional release; a change in perception of and richer connections with others; clarity and direction instead of ambivalence; increased self-esteem; a deeper sense of your own humanity.

Earlybird Prices
£710 (booked before 05/03/20)
£740 (booked before 05/06/20)
Standard Price
£770
26 September-3 October
Flamenco Dance: Power & Passion
José León
Improve your coordination, grace and strength and – through this majestic and powerful dance – find the freedom and confidence to be in harmony with your physical and emotional body. All human moods and feelings can be included and expressed in flamenco, which is both a way of celebrating yourself and being a highly enjoyable social activity.
Classes start with a technique section to warm up by learning various footwork exercises, building strength and stamina. They also cover posture, arm exercises, rhythm, choreography and improvisation. Particular attention is given to grasping the very special spirit of flamenco. There will be an optional extra visit to a local restaurant for an evening meal, where you can experience an authentic flamenco performance.

Earlybird Prices
£710 (booked before 26/03/20)
£740 (booked before 26/06/20)
Standard Price
£770

19-26 September
Private Booking
Detox International
www.detoxinternational.com
restrans@detoxinternational.com
0845 1000 247

26 September-3 October
Learn Flamenco Guitar
Solo, or accompanying dance and song
José León
The captivating sound of the flamenco guitar is unmistakable. Rhythmic, percussive, melodic, haunting and intensely passionate, it is a pivotal element of an art form renowned for its fire, mystery, spirit and drama. The course gives an authentic insight into the rhythms, accompaniment, techniques, forms and their origins. Troubled traditions and conventions are demystified in a relaxed and enjoyable atmosphere, imparting confidence and a deeper understanding.
Flamenco guitar is part of an oral tradition and José’s teaching follows a time-tested method relying more on the ear than any written medium. Learning is reinforced by demonstration, repetition, explanation and encouragement, which helps connect with the music and dancers in a more instinctive and intuitive way.

No prior knowledge of flamenco, academic musical training or reading needed but some basic knowledge of guitar is useful. Please bring nylon-stringed guitar. (A few others are available.)
Travel to Spain

There are several ways you can travel to CR, the most popular being fly to Malaga Airport and then use our transfer service.

By Plane
There are numerous flights from all over Europe to Malaga. You may like to check comparison websites such as Sky Scanner (www.skyscanner.net) and Trip Advisor (www.tripadvisor.co.uk). Malaga Airport website is also very useful (www.malagaairport.eu). Another option is to fly to Granada. There are fewer flights and no onward transfer service to our centre, but if you want to visit this ancient city, which is home to the Alhambra, one of the wonders of the world, it’s an easy bus or taxi journey from the city centre to CR.

By Train
High speed services to Malaga operate from Madrid and Barcelona, connecting with similar services from many European countries. For comprehensive information, see the website www.Seat61.com. The Spanish operator ‘Renfe’ (www.renfe.es/en) has more information in Spanish and English. To book, the website www.loco2.com links the UK, French and Spanish rail systems and finds the cheapest price for each leg of the journey.

By Taxi
For ferries to Santander, see Brittany Ferries (www.brittany-ferries.co.uk).

Travel to Spain

The journey time from Malaga airport is approximately 1 hour 30, either with our private transfer, or by taxi or hire car. From Granada we have no transfer service, but the journey will take about an hour by taxi or hire car, and up to 1.5 hours by public bus.

Malaga Airport Transfer Service
This needs to be booked in advance, and your flight must arrive by 12.15pm for the first transfer, or between 12.15pm and 3.15pm for the second. For the return transfer at the end of the week, flights should depart from 12 noon onwards. If you can’t get flights that meet the transfer times, please contact us on +44 (0)1494 765775.

Insurace
To get free medical care, you must have the European Health Insurance Card. For ambulances, hospital residence charges and all kinds of losses, you also need travel insurance, which is a condition of booking. We are required by law to advise you of the importance of this and can supply further details on request.

Hiring Cortijo Romero
For Your Own Events

For groups, workshops, courses, retreats or small conferences, Cortijo Romero is truly special, a highly supportive environment in every way.

- Accommodation for up to 30 participants
- A separate, self-contained area is sometimes also available for up to six staff members
- All meals, with high-quality vegetarian food
- Use of all facilities, materials and equipment
- An outstanding team of dedicated people to help you get the best from your stay.
- A day out to the mountains, Granada or the coast.

“We have been running detox retreats at Cortijo Romero since 2007 and can wholeheartedly recommend it as a perfect venue for courses and workshops. The mountain setting is visually stunning and provides a real contrast from the world outside. The staff take care of everything behind the scenes, which allows course leaders the freedom to concentrate fully on their clients’ needs. And it goes without saying that the food is wonderful.”
Midi Fairgrieve, Detox International.

Cortijo Romero
P.O. Box 5450
Brighton BN50 8LE

For further details and prices:
Tel: +44 (0)1494 765775
Email: cr@cortijo-romero.co.uk

Cortijo Romero, P.O. Box 5450, Brighton BN50 8LE

Time to Origiva, just 15 minutes from CR, where we can pick you up free of charge (please arrange in advance).

Travel

Travel


Travel

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Travel
We are delighted that you are looking to book a holiday with us and wish to make it a positive experience for you right from the start. To help with this, we offer a different kind of bookings process to most companies, so please follow the steps below.

Reserve You’ll need to check that there is a place available on the course of your choice, and whether we have the type of room you’d like (Single, Twin Share or Double.) You can do this either by email, phone or on our website. This requires no payment, but we’ll then hold your place for you, with no obligation, while you move to the next stage (if we need the place before we hear back from you, we’ll contact you first to check whether you still want to go ahead or not before we release the place).

Think Your place is safely held in order to give you time to check on any personal arrangements you may need to make, such as arranging time off work – but most important, before you commit to booking your holiday, please check flights are available that suit you. See page 47 for info on transfer times.

Call We are a small team and we’ve all been on a course at CR, so we know the process and we are happy to talk you through it. If you want to do things a bit differently – travel by train – for example, or stay on afterwards locally, we can help with that too. Our office hours are 9.5, Monday to Friday, or leave a message and we’ll call you back.

Book Once you’ve got your flights, you’ll need to pay £100 deposit to confirm your place. This can be done on our website, by card over the phone, with the form opposite, or by BACS: Account 10020842, Sort Code 16-21-22 (please use your name as a reference, and let us know when you’ve made a payment so we can check and confirm receipt). To pay in Euros please contact our bookings team. The full balance is due 6 weeks before departure.

N.B. If you prefer, you can book on our secure website www.cortijo-romero.co.uk/booking

CONTACT US
Phone: +44 (0)1494 765775
Email: cr@cortijo-romero.co.uk
Website: www.cortijo-romero.co.uk

INFORMATION
It is a condition of booking that you have travel insurance. We are required by law to advise you of its importance and can supply details on request.

Please telephone +44 (0)1494 765775 to check availability, then complete both sides in BLOCK CAPITALS and send to Cortijo Romero, P.O. Box 5450, Brighton BN3 8LE
Email: cr@cortijo-romero.co.uk
Your requirements

Please book me/us for:

- Dates:
- Course:
- Room: Twin □ Double □ Twin/Double let as Single □

I have chosen this course/workshop because:

Payment due – (amounts shown are per person)

Please book me/us for:

- Holiday price
- Single room supplement £118 p.w.
- Twin or Double let as Single £165 p.w.
- Transfers Malaga – Cortijo Romero £28
- Transfers Cortijo Romero – Malaga £28
- Special Diet (£22 per week)
- Earlybird discount (£30 or £60)
- Consecutive week discount, £150

Sub-total £

Payment details

Deposit/full amount of £

- by: Debit card □ Cheque □ Credit card □
- Card number:
- Valid from: Expiry:
- Issue No.:
- Security number: (last 3 digits on back of card) important

If you would also like us to take any balance from the card when due, please tick

Bank Transfer in £

- by: Debit card □ Cheque □ Credit card □
- Card number:
- Valid from: Expiry:
- Issue No.:

Travel to Spain

By air □ train □ car □

My/Our flights to Malaga are:

- Out from (airport):
- Date:
- Flight no:
- Departs:
- Due:

- Return from Malaga:
- Date:
- Flight no:
- Departs:
- Due:

Travel within Spain

By air □ train □ car □

We/We are travelling by other means, as follows:

Signed: Date:

Travel within Spain

By air □ train □ car □

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