



## Retreat Information Sheet

### Your "All You Need to Know Guide"

**Dates: 13<sup>th</sup> – 15<sup>th</sup> April 2018**

**Price:** £425 per person (includes daily refreshments plus dinner on Friday 13<sup>th</sup> as well as the 3 day event). Can be paid in instalments.

**Venue:**

3 days at the Huerto del Cura 4\* Spa Hotel, Carrera del Porta de la Morera, Elche, Spain.  
Telephone: +34 9666 10011, (<http://www.hotelhuertodelcura.com>)

**Outline for Each Day:**

- Morning: 09.30 for a 10am start, finish around 1pm
- Afternoon: Free for relaxation, reflection and exploration
- Evening: 18.00 – 20.00 (We will end each day around 20.00)

**Refreshments:** Mineral water will be provided in the meeting room along with tea/coffee/ biscuits at the mid-morning break. Lunch is not provided but there are restaurants and bars close by along with a supermarket for you to make your own arrangements.

**Comfort Recommendations:** We will do our very best to ensure the room is at a comfortable temperature for all throughout the day, but if you feel the cold a little more than others, please do bring an additional layer just in case. We may also (weather permitting) go for a walk during the Retreat so Maureen recommends that you bring comfortable footwear, warm clothing and an umbrella if possible

## **Travel Arrangements:**

### **Nearest Airport:**

Alicante airport (ALC) – multiple airlines fly into Alicante including (but not exclusively) British Airways, EasyJet, Flybe, Iberia and Ryan Air.

### **Transfers:**

Several companies offer transfers door to door from the airport to the venue (or where ever you elect to stay). The average cost of a saloon type car is £73 and can take up to 4 passengers, so costs can be minimised by making joint arrangements with other participants.

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

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

[www.alicanteairporttransfers.net](http://www.alicanteairporttransfers.net)

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

### **Accommodation:**

The venue hotel are offering a special rate of 90 Euros a night (room only) or 103 Euros per night B&B. To get this rate you will need to contact the venue directly stating that you are on the event with Maureen York.

To make a reservation you can either email the hotel ([reservas@huertodelcura.com](mailto:reservas@huertodelcura.com)) or telephone them directly on +34 96 661 20 50.

Information required:

- Mention it is Maureen York's event
- CODE NUMBER: 333
- Arrival and departure date.
- Full name and type of room.
- Date of arrival and departure.
- Contact phone number, and credit card with expiration date to guarantee the reservation and for payment 7 days before arrival.

Payment: Advance payment by credit card (7 days before arrival).

Cancellations less than 7 days in advance will have 100% cancellation fees and will not be refundable in case of total or partial cancellation of reservations

Alternatively, you may opt for alternative hotel/accommodation options which can be found using websites such as:

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

[www.trivago.co.uk](http://www.trivago.co.uk)

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

[www.ebookers.co.uk](http://www.ebookers.co.uk)

**Handy Information:** If you are travelling from the UK, please check your mobile data usage options with your service provider, prior to travel, in case you're unable to connect directly to Wi-Fi at any time during your visit. Currently the Fair Use Policy allows EU members to surf in other EU countries without additional costs (do check this with your service provider). Don't forget to bring your phone charge with you too. Also, don't forget that Spain is 1 hour ahead of UK time.

**Guidelines:** This Retreat is an opportunity for you to slow down, take a mental break and give yourself the gift of time to just be - it's like taking a mini-mental holiday! We encourage you to keep distractions like internet, social media, phone/computer time to a minimum, and instead take these 3 days to embrace the peace and quietness that's available to you, and enjoy the time with the group, deepening the connections you make with each other. We recommend you let your loved ones (and employers/clients) know before you travel that you're taking this time out for yourself, and will be out of contact for most of the time.

Elche is a lovely town and we encourage you to enjoy it, but not to make your time overly busy with working, drinking and partying till late! We encourage you to give yourself space and get an early night each evening so you are fresh for the next day. We would also encourage you to stay well hydrated during the retreat and look after yourself physically as we do the mental cleansing together. So you are aware, recreational drug use is strictly prohibited and any violation will mean exclusion from this and any future retreats without refund.

And finally, just to be really clear:

Included	Not Included
3 day retreat with The Calm Coach Retreat	Flights
1 x pre-coaching call with Maureen	Accommodation
Dinner at the venue on Friday 13 <sup>th</sup> April	Insurance
Morning Refreshments	Meals (except Friday night dinner)
Time to relax, reflect and explore	

We look forward welcoming you to the event in April

19/01/18