

SomaFlow Retreat, Spain

25 April (eve) - 30 April 2018 (after breakfast)

With Jane Okondo + Jeanne Jensen

Join us for this embodiment retreat at this beautiful place in the mountains of Spain, the home of Cortijo Verde.

Jane and Jeanne have been teaching Continuum and somatic movement practices for over 20 years.

They are offering a retreat to enter within and find a deeper presence and embodiment to support your sense of flow through life. The retreat will be based in the practice of Continuum and may also draw from the work of Authentic Movement and Fascial Flow.

Cortijo Verde is a bio species retreat centre, which is a foundational concept of Continuum, where the animals who live here are a vital part of the experience of staying here.

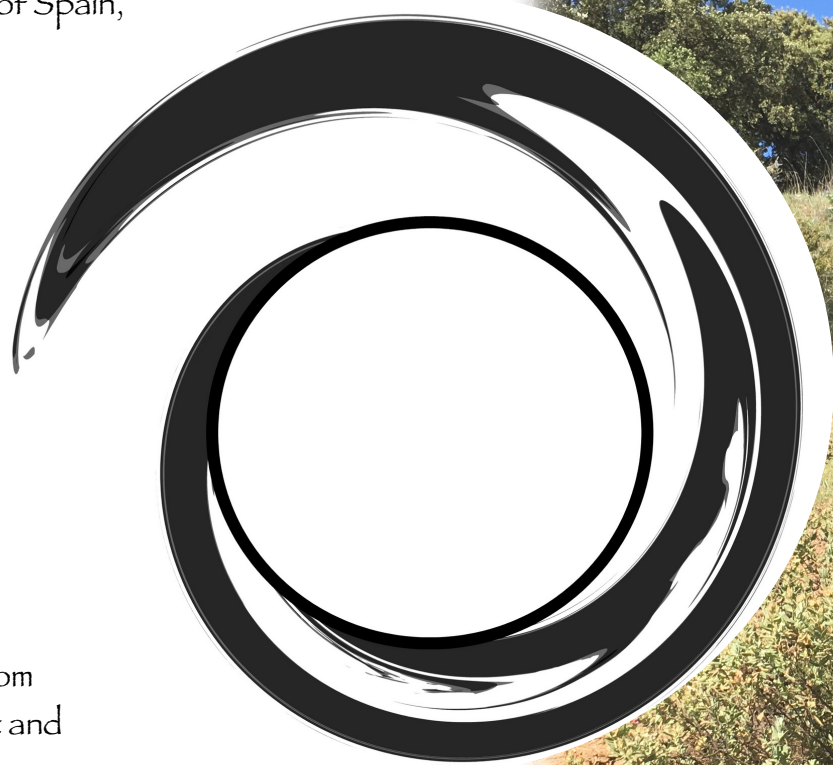
During the retreat, being surrounded by potent landscapes - rivers and caves we will venture out of the centre for somatic trips to allow ourselves to awaken our senses and to bring the experience back and continue to embody these through our practice back in the studio.

To book contact:

UK - Jane Okondo. jane@okwellbeing.com www.somaflow.co.uk

**Denmark - Jeanne Jensen jeannejensen@mail.dk
www.denlevendekrop.dk**

Booking policy. There is no refund but you are welcome to send another person in your place if you cannot attend.



Location: Cortijo Verde, Spain
www.elcortijoverde.com

Dates: 25th April 2018, 6.00pm until
Monday 30th April 2018, 10am.

Earlybird £750 up to 31st Jan 2018
£850 for payments from 1 Feb 2018
A £200 non-refundable deposit will
secure your place.

This cost includes food and accommodation in shared rooms. The cost of flights and transport is not included. Please note that the centre is alcohol and meat free.

Cortijo Verde is an hour from Malaga.

There is a maximum of 10 places, so you are recommended to book early.