

Islands of Menorca & Mallorca, Spain, 2013/14
info@mindfulnessretreat.com



“Alfurinet” Farmhouse with 500 acres of private land



The Mindfulness Retreat is a Mindfulness course based on the 8 week MBSR and MBCT program and hosted in some of the most beautiful farmhouses in the Mediterranean. The 6 day taught MBSR/CT course consists of daily morning & afternoon meditation sessions of 2hrs and 1.30hrs respectively. During these sessions you will be guided through various meditation practices & have the opportunity to share your thoughts about your experiences with the group & the professional practitioner. The 6 day retreat covers all the content of the “8 week Mindfulness Course (MBSR)” as taught by Kabat-Zin & others.

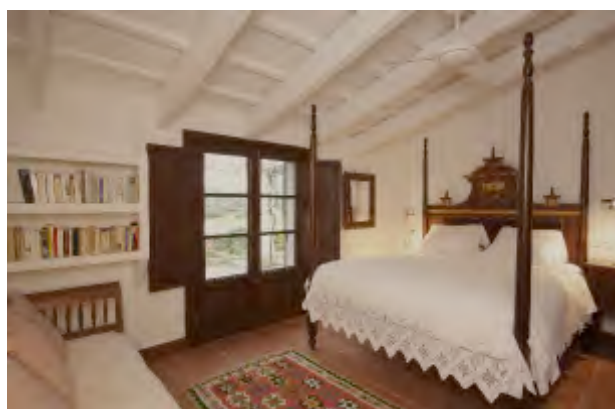
We aim to provide a calm & compassionate environment where guests have the chance of learning the practice of meditation in a place that is free from the stresses & hassles of everyday life. This constant daily practice over a 6 day period can be beneficial for helping guests to develop a stronger personal practice right from the start of their Mindfulness experience. As such, this can increase the chances of continuing with your practice once you return to your life at home. The retreat, however, is not a “strict” regime. The day is planned so that guests can also spend time exploring some of the beautiful beaches of Menorca, enjoy time by the pool and dedicate time towards deepening Mindfulness practice at one’s own pace.

Who is the MBSR/CT Introduction course for?

Everyone. Mindfulness Meditation has known to benefit people with a variety of health problems such as stress, anxiety, proneness to depression, and chronic pain. However, Mindfulness can also be helpful for people who have no obvious health concern and simply wish to explore a new way of relating to one's thoughts and emotions and the interaction between the two. We all go through times in our life when certain events place a great stress on our body & mind. These times may have been caused by specific demands or because of a new illness that we find hard to cope with. Mindfulness Meditation cannot remove the stressors or may not cure ones illness. However, it can help one to develop a new way of dealing & coping with pain or stress on a cognitive and experiential level, thus perhaps making it feel much easier to cope with our stressor.



Private Cove (30 mins walk)



Four-poster bedroom

Sample Timetable:

08:00 - 09:00 Personal Meditation or Sunrise Yoga

09:00 - 10:00 Buffet Breakfast

10:30 - 12:30 Mindfulness Session

13:30 - 14:30 Lunch

15:00 - 16:30 Free Time or Beach Trip

17:30 - 19:15 Mindfulness Session

20:00 - 21:00 Dinner

The retreat includes:

- Morning & Afternoon Mindfulness training with experienced Mindfulness practitioner
- Delicious Buffet Breakfast, Mediterranean Lunch & 5 Dinners
- Access to a Private Pool & private estate
- Guided walks & picnics to nearby beaches
- Quality accommodation in beautiful farm with four-poster beds
- Mindfulness Theory Hand-outs and Reference Sheet
- 15 minute private sessions with the teacher
- Optional Horse-riding & Kayaking trips

Comments From Previous Guests:

"What a special place. I left filled with kindness and compassion. Everything about this retreat is great; food, walks, beaches, the teachings!"

A.Fowler (May,2012)

"A stunning place. I was looked after with delicacy and compassion, and the food was out of this world!"

F. Trillick (Oct, 2012)

"The Mindfulness Retreat in Menorca is ideal. It provides peace, kindness & plenty of space."

M.Bloomfield (May, 2009)

"Prior to our arrival I wasn't sure what to expect but any apprehension on this count were quickly dispelled by the warmth of the welcome, the exceptional quality of the environment & the wonderful skill of the teacher. Don't miss the opportunity to come here!"

(May, 2009)

"thank you for a great week, what a beautiful house in a fantastic setting, it just felt so warm and friendly, and the food was excellent and everyone so welcoming and the added bonus of visiting different beaches, picnicking and painting and the meal in town, the weather it was all so fantastic I could go on and on..!"

(September, 2009)

"The mindfulness course was excellent and.....I feel fantastic now! A grand place to mindfully wander in the sunshine amongst the mountains, fields and animals. I loved it. If you run any more courses, on anything, please keep me posted".

(Kerry, September 2008)

"Thank you so much for an amazing week in Menorca and thank you for showing me around and making my stay the best ever!"

(Rebekka, September 2008)

Frequently Asked Questions:

1) What does "Mindfulness" mean?

To be mindful is to develop the skill of attention and moment-to-moment awareness. You learn to transform stressful situations by going through them in a skilful way, in order to get beyond them. This is accomplished by using awareness of one's breath and body as an "anchor" and to help you achieve the skills of relaxed observing and clarity. This sounds straightforward, but because the mind is used to doing what it wants most of the time, developing this stillness is a great challenge for most of us. Attending one of our retreats is a great way of learning the foundations of Mindfulness practice.

2) How can Mindfulness help me?

Over time, Mindfulness practice creates an ability to respond, rather than react, to troubling thoughts and feelings in any environment. The process of Mindfulness allows individuals to develop a new & powerful way of living their life as well as providing the opportunity of developing a better relationship with oneself. This can help people who suffer from depressive periods, or are prone to stress or anxiety.

3) What kinds of illness can Mindfulness Meditation be good for?

Mindfulness Meditation has shown to help with relieving bodily tension that occurs with chronic physical and/or emotional conditions. Research has also indicated that participation in Mindfulness Meditation course can help to reduce relapse rates in sufferers of depression (Williams et al., 2007), and assist in the coping of anxiety, panic states, and physical pain.

4) Are there any good books on Mindfulness?

A good introductory text which deals with how the practice of Mindfulness can help people to cope with stress and to develop a "stress response" rather than "stress reaction" is written by Kabat-Zinn and is titled: "Full catastrophe living: using the wisdom of your body and mind to face stress, pain and illness." (1990).

5) As someone who travels a lot, can I continue Mindfulness practice when I'm away from home?

Yes. Once the practice of Mindfulness is taught, meditation can be practiced in all environments. The CDs containing guided meditations (available from the different teachers) can be used anywhere/anytime.

6) Is all the food included in the price of the week retreat?

Yes. We offer three meals of delicious food a day. However, the retreat includes 5 dinners. The last night spent out in town. There is also a Tea & Coffee area where you can help yourself throughout the day.

7) Do you offer alcohol on your retreat?

Most guests enjoy a glass of wine on the first day and on the last day of the retreat. That is fine with us.

8) Where is the nearest airport?

The closest airport to the Mindfulness Retreat is Mahon airport. This is a 50 - 60 minute drive from the farmhouse. If you choose to take a taxi we will provide you with directions to a meeting point where one of the DANA team will come and collect you and take you to the farm.

9) Can we arrange a transfer with you?

Yes. We can organise a transfer all the way to the farm. The price is reduced if it is shared. For 1 guest it is 62 Euros, For 2 guests it is 31 Euros per person, for 3 guests 21 Euros and for 4 guests 16 Euros.

10) What exactly do you mean by "Retreat"?

Our retreats are also meant to be some form of "holiday" time. Ideally, we would like guests to relax and have a good time as well as become familiar with the main practices pertaining to the MBSR/CT program. We do not impose a strict regime at any time, however, regular participation in the Mindfulness sessions will enhance your experiential understanding of the practice and the chances of incorporating Mindfulness into your life.

We Look Forward to Welcoming you to one of our DANA Holidays.

The Mindfulness Retreat

Islands of Menorca & Mallorca, 2013/2014

NAME:

ADDRESS:

POST CODE:

EMAIL:

Name & Tel N° of Contact in an Emergency:

Relation to you:

Name & Date of Chosen Course:

How did you hear about us? (e.g. google, magazine, friend etc.):

Payment Choices:

- Credit Card Payment via Pay Pal (we will send you an invoice by email):
- Bank Transfers* to be made to:

IBAN (Int. Bank Account Number): ES08 2100 0047 7002 0036 3673

SWIFT (Bank Identifier): CAIXESBBXXX

The address of the bank is:

“La Caixa”

Oficina 0047

Soller

Pl. D' Espanya

07100, Soller

Spain

Tel: 971637900

Fax: 971638393

*Please remember to add a reference to the transfer e.g. “John Smith, MBSR Retreat”

Amount of 1st Payment:

Deposit:

Full payment:

Meditation Experience: *Absolute beginner* *Some experience* *Extended Experience*

Comments:

DO YOU HAVE A SPECIAL DIET AND/OR ALLERGIES OR SPECIFIC FOODS YOU CAN'T EAT BECAUSE OF HEALTH REASONS?: YES: NO:

Comments:

Would you be interested in taking part in morning Yoga classes?

YES: NO:

If **YES**: What is your **YOGA EXPERIENCE**:

Absolute beginner Some experience Extended Experience

Do any of the course participants have any disabilities or medical conditions (including diagnosed psychological difficulties) e.g. anxiety, or depression? **YES:** **NO:**

You should also indicate: Asthma, Diabetes, Epilepsy, Heart Conditions, and Allergies

If **Yes** please provide information:

(Any information will be strictly confidential, but the instructor will be informed)

WOULD YOU BE INTERESTED IN STAYING ON THE FARM FOR 1 DAY EXTRA IN ORDER TO UNWIND AND RELAX AFTER THE WEEKS TEACHINGS ? (*paid upon departure*)

1 night + (lunch & bfast): **YES:** **NO:**

A deposit of 40 % is required in order to secure your place on the Mindfulness Retreat. The remaining balance should be paid 55 days before the start of the retreat. If booking is made at any date within 55 days before retreat, full payment is due on booking. If you choose to cancel your retreat, you must notify us by email as soon as possible. The management reserves the right to cancel the retreat due to unforeseen circumstances. If this were to happen, a full refund of the money paid for the MBSR course will be provided.

CANCELLATION POLICY: *Deposits are non-refundable. For cancellations made up to 6 weeks before the retreat 50% of payment (excluding deposit) will be refunded. Cancellations made 5 weeks before the retreat will receive 25% of the balance. Any cancellations made less than 4 weeks before the start of the retreat will receive no refund.*

The Mindfulness Retreat Includes:

- Daily Mindfulness training sessions with trained professional
- Private or shared accommodation & mid-week cleaning service
- Buffet breakfast, lunch/picnic, & 5 dinners
- Use of the pool & living room areas & access to private estate

"I understand that I must be covered by my own travel & holiday cancellation insurance & I participate in all the activities (e.g. Yoga, Walks, Kayaking, Cycling, Swimming) during The Mindfulness Retreat at my own risk"

Name/s:

Date:

When you have completed this form, please send it to the email: info@danaholidays.com