INTERNATIONAL WELL-BEING COMMUNITY
A PLACE TO LAND

Bloom

A Wellness Weekend

Surrounded by nature at the foot of Montseny Natural Park

SEON, CARDEDEU · 21 – 23 MAY 2027

FRIDAY 21 MAY

Arrive & Unwind

17:30	**Arrival & welcome** *Settle into your room, with herbal tea and a light snack*
18:15	**Opening circle** *Meet the group and set your intention for the weekend*
18:45	**Gentle yoga for all levels, with Lauren** *Let go of the week and arrive in your body*
19:30	**Sound bath for deep relaxation, with Clio**
20:30	**Dinner** *Home-cooked vegetarian, shared together*

SATURDAY 22 MAY

Nourish Your Roots

08:00	**Morning yoga, with Lauren** *A gentle flow to wake up body and mind*
09:00	**Breakfast**
10:30	**Bloom workshop: Nourish your roots, with Clio & Lauren** *Reflect on what grounds and supports you, through circle sharing, journaling and movement*
12:00	**Mindful nature walk** *A slow walk through the open countryside at the foot of Montseny*
13:30	**Lunch**
15:00	**Free time** *Enjoy the pool and the gardens*
17:30	**Voice workshop, with Clio** *Gentle voice work to help you find and trust your own voice. No singing experience needed*
18:45	**Freeing movement, with Lauren** *Move to music in your own way, at your own pace*
20:30	**Dinner**

SUNDAY 23 MAY

Let Yourself Blossom

08:00	**Morning yoga, with Lauren**
09:00	**Breakfast**
10:30	**Bloom workshop: Let yourself blossom, with Clio & Lauren** *Explore what you would like to grow in your life, and leave with a clear intention*
12:15	**Free time** *Enjoy the pool and the gardens*
13:15	**Lunch**
14:30	**Closing circle** *Share what you are taking home with you*
15:00	**Farewell & departures**

What's included

- 3 days of activities: yoga, sound baths, voice work, workshops and nature walks
- 2 nights' accommodation at Seon, Cardedeu
- All meals: home-cooked and vegetarian
- Tea, coffee and snacks throughout the day
- Use of the swimming pool and gardens

Every activity is optional: join in fully, rest when you need to, or follow what your body is asking for. Vegan, gluten-free and other dietary needs are happily catered for when shared in advance.

Transport to Seon is not included. If you're coming by train, we can arrange a transfer from Cardedeu train station to the retreat venue for €10 per person each way. Just let us know when you book.

INVESTMENT

Choose your room

	Early bird price	Standard price
Shared room *With one other participant*	**€450** *per person*	**€570** *per person*
Single room *Private en-suite bathroom*	**€650** *per person*	**€770** *per person*

*Book by **31 January 2027** to secure the early bird price.*

Deposit and cancellation policy

Places are reserved with a **non-refundable deposit of €300**. The remaining balance is due by **23 April 2027**, four weeks before the retreat.

- The €300 deposit is non-refundable.
- If you cancel more than four weeks before the retreat, you lose only your deposit.
- If you cancel within four weeks of the retreat, the full amount is non-refundable.
- If you cannot attend, you are welcome to pass your place to a friend at no extra cost.
- If we have to cancel the retreat for any reason, you will receive a full refund.

We recommend taking out travel insurance to cover any unexpected changes.

Reserve your place at wellbeing-community.com/community-retreats

With only 13 places, our community retreats fill quickly.