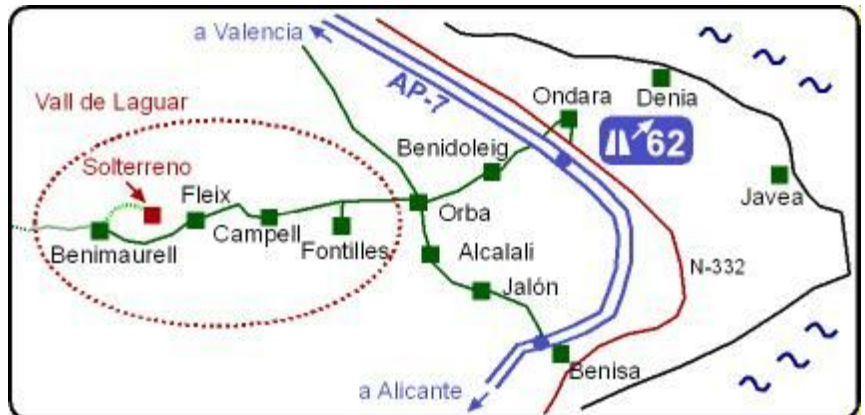




Mindful Academy

2016 Essential Information

Retreat Centre address –
Solterreno Retreat Centre
Benimaurell
La Vall de Laguar
03791 Alicante
Spain
Tel (+34) 660 44 78 40 (Bodhin)
email: bodhin@solterreno.com



Solterreno is a family run

Retreat centre located about

1km from the typical Spanish village of Benimaurell (La Vall de Laguar) It is perched on terraced land surrounded by cherry and almond trees with amazing views to the sea some 20km away making it the perfect location to immerse yourself in your Training Retreat, while at the same time taking time out to re-tune to your own body, mind and spirit. <http://solterreno.com/directions>

La Vall de Laguar -

Means "place of many springs" and refers to the region made up of three villages; Campell (Poble de Baix), Fleix (Poble d'Enmig) and Benimaurell (Poble de Dalt) as well as including the Sanatorio San Antonio de Borja de Fontilles.

The area lies within Marina Alta in the north of the province of Alicante and is some 500m above sea level. It sits between two sierras; on one side we have the "Barranco del Infierno" gorge formed by the passing of the river Girona and on the other, like a huge green sleeping horse is the "Sierra del Cavall Verd and the Sierra del Penyó (800 m)

It is essentially a small agricultural community dedicated to cultivating almonds, olives, figs, algarrobos, oranges and above all cherries. Due to the different harvest time enables these products to support the population of around 1,000 throughout the year.

Solterreno is just 25kms inland from the coastal town of Denía (20min by car) and approximately 116km from Alicante airport and 129km from Valencia airport. It has a typical Mediterranean climate with mild winters and hot summers, softened by the influence of the sea, on clear days you can see all the way to Ibiza. Although close to the coast it is a long way from the noise and crowds, closer to nature and peace and quiet.

Your Training Retreat starts with a Welcome Dinner and Opening Ceremony on the arrival day so please be at Solterreno Retreat Centre by 18.00hrs.



2016 Essential Information

Transfers from the Alicante and Valencia Airports –

Alicante Airport, travel and city Information –

We can recommend that you take advantage of Beniconnect www.beniconnect.com one of the shuttle services serving Alicante airport. You can book and pay approximately 25€ for a direct link from Alicante airport to **The Citrus Bar in Orba**. Your booking includes a shared pick up from **The Citrus Bar in Orba** to Solterreno at either 15.00hr or 17.00hrs on the Training Retreat arrival day.

Beniconnect Info -

On arrival to the new terminal in Alicante, "El Altet" airport, please make your way out to the main arrival hall and walk straight ahead where you will see on either side of you a lift, to the left there is also an escalator and to the right a staircase all of which will take you down to level – 2 (minus 2). Once down on level -2 you will clearly see the Beni Connect Transfers sign at the reception desk

which will be manned by our representatives. Please do not make your way out into the parking bays without first checking in with the representative. They will direct you to the vehicle which will transfer you into resort.

Local Bus Service –

If you prefer the local bus you need to travel via Benidorm or Alicante city. This is useful if you have time and want to spend time exploring the area. Check out www.alicante-spain.com for information on the airport bus and transport links, or www.alsa.es/en The Benidorm bus departs from Alicante Airport outside the departure area in Level 2 of the terminal building, the signpost actually says “Benidorm Bus” It runs 13 times per day and the journey is approximately 45 – 60 minutes, you need to get off at the Estacion de Autobuses (bus station) in Benidorm. The cost is currently around 9.45 euros for a one way ticket and 18 euros for a round-trip and you can buy the ticket directly with the driver at Alicante airport. Please check the Alsa website for upto date prices and times.

Once in Benidorm bus station you need to catch another bus to Ondara which costs 6 euros for a one way ticket and 12 euros for a round-trip, the journey is between 2 and 3 hours. Please check the Alsa website for upto date prices and times.

From Ondara to Orba or Solterreno you will then need to take a taxi. For details of taxis, see information below. Your booking includes a shared pick up from **The Citrus Bar in Orba** to Solterreno at either 15.00hr or 17.00hrs on the Training Retreat arrival day.

IMPORTANT - If you miss the shared transfer or you arrive earlier and want to make your own way to Solterreno you will need to take a taxi (at your own cost) For details, see information below.

For those who need overnight accommodation in Alicante or Benidorm, visit www.booking.com



2016 Essential Information

Benidorm is a very busy Holiday Resort with lots of different types of accommodation. Additional nights' accommodation is also possibly available at Solterreno. Ask Bodhin bodhin@solterreno.com

Valencia Airport, travel and city Information –

Check out the website www.valencia-cityguide.com for information on the airport and transport links. We recommend that you can take the Bus line 150 from departures into Valencia Central Bus Station (Av. Menendez Pidal 13, it's the first stop) which costs just over a euro. Or hop in a taxi (approximately 15 euros) At the Central Bus station you need to buy a ticket to Ondara, the journey will take approximately 1.40 hrs and costs just over 10 euros one way, or 19 euros return. Please check the Alsa website for upto date prices and times.

From Ondara to Orba or Solterreno you will then need to take a taxi. For details of taxis, see information below. Your booking includes a shared pick up from **The Citrus Bar in Orba** to Solterreno at either 15.00hr or 17.00hrs on the Training Retreat arrival day.

IMPORTANT - If you miss the shared transfer or you arrive earlier and want to make your own way to Solterreno you will need to take a taxi (at your own cost) For details of taxis, see information below.

For those who need overnight accommodation in Valencia, the Ibis Valencia Aeropuerto is located next to the airport. Visit www.ibishotel.com. Additional nights' accommodation is also possibly available at Solterreno. Ask Bodhin bodhin@solterreno.com

Departure Transfers from Solterreno –

Check out time from Solterreno is at 10.00 am and your booking includes a shared departure transfer to the Bar Citrus in Orba. If you have a booking with Beniconnect they will arrange your shuttle to get you to the airport 2 hours before your flight. So the day before the end of the course we will ring their office and they give us a time for your pickup in Orba. If your Beniconnect pick up, bus to Alicante or Valencia is very early and before the shared departure transfer, then we can order you a taxi from Solterreno to Orba (about 15min and about 25€) There may be others in your position in which case you share the taxi. For those using public transport to Valencia we can also organise a taxi from Orba down to Ondara or Denia.

Making your own way to Solterreno - Taxis and cars:

From Ondara, as you get off the bus you will see some taxis. If no one is there ring the 24hr taxi service on 96 5766899 or Ruben on 690 680 088 and get them to take you to Vall de Laguar (which is the area) and Benimaurell (which is the specific village) It is about a 25 minute trip and expect to pay about 25 euros. **Solterreno** is about 1km from the village of Benimaurell. As you come into the village turn right and go for about 50m till the road forks in two, with the bar L'Hedra on the left. Take the right fork which drops down steeply with a yellow house on the right. Stay on this track



2016 Essential Information

for about 1km until you see a sign for Solterreno. Turn right and the house is about 200m down the track.

Weather -

You can check out the latest weather here - <http://en.eltiempo.es/la-vall-de-laguar.html>

Electricity supply –

220v two pin plugs (round pin)

Banks currency –

The currency is the Euro.

Notes are €5, €10, €20, €50, €100, €200 and €500

Coins are 0.01, 0.02, 0.05, 0.10, 0.20, 0.50, €1, €2

Credit cards are accepted in most shops, restaurants etc when accompanied by photo ID

There is a cash machine in the village of Campell (about a 40min walk away) so best to bring some cash with you.

WiFi –

The Solterreno Retreat Centre has limited wifi on site. However bear in mind that you will be in ideal retreat conditions undergoing an intense learning curve; so you might want to consider making the best possible advantage of this by maintaining your communication with your work, friends, family to a minimum, ie arriving with practical issues resolved and your nearest and dearest knowing they won't hear much from you during this time! **Please note** - there is no wifi from 22.00hrs - 08.00hrs

Doctors –

Private Doctors which can be expensive, so please bring your Holiday insurance paperwork with you. If eligible to use the Spanish National Health Service for emergencies you will need to bring your European Medical card.

Chemists (Farmacia) –

There is a chemist in Campell, about 10min in a car or 40min walking. Many things can be bought over the counter without the need for a Doctor's visit. However, as we are tucked away at the top of the mountain please bring what you need with you.



2016 Essential Information

What to bring –

The Solterreno Retreat Centre is situated 1km (about a 10 minute walk) away from the small village of Benimaurell. The village does have 2 small shops but to ensure you have what you need, please bring everything with you. If stuck, someone from the Retreat Centre also goes out to a larger town every few days and can probably get you most things.

The climate is changeable, especially in Spring and Autumn. In winter it can be cold so bring a variety of loose, comfortable, casual, layered clothing suitable for sitting, walking and Mindful Movement.

We recommend that you bring outdoor walking shoes as well as slip-on shoes, hat and sunscreen. In the spring and autumn and in winter bring warm clothes and rain gear for outdoor walking and movement around the Retreat Centre.

We ask that to be respectful of some people's allergies and sensitivities, please leave behind any scented products (including “natural” scents).

There is a washing machine at the Retreat Centre (small charge) however we are in the worst drought for 150 years so please try to bring what you need as water is in short supply.

We recommend you also bring the following items -

- Journal for Reflection, notebook and pens
- Digital clock for timing the meditations (very important!) **Please note** - you cannot use mobiles or tablets
- Torch for moving around between the cabins and house
- Water bottle
- Swimming costume and pool towel for Summer bookings or the brave
- Indoor footwear for yoga studio and house
- You may also want to bring a shawl
- It's a good idea to bring earplugs and eyemask if you're sensitive to noise and light
- Camera, there are some stunning views locally

Accommodation -

Solterreno has rooms that sleep 2 and two that sleep 3 (same sex) located both in the main house, and in log cabins. Single rooms are not available. Rooms are allocated by the Retreat staff and we ask participants to take the accommodations assigned to them, and practice with whatever situation they find themselves in. Linen and towels are provided.



2016 Essential Information

Food –

Nutritious, balanced vegetarian meals are served during the retreat. Since we cannot accommodate individual food preferences, we ask you to eat the meals that are served.

For those who have medical dietary restrictions and need to supplement our meals please bring your own supplies. If you have medical dietary restrictions, please let us know in advance and we will do our best to provide alternatives that suit your medical restricted diet. Please note as we only have a small kitchen we are unable to cook separate meals.

There will be some fruit, nuts and biscuits in the dining hall. If you'd like any specific snack food, you should bring it with you. We have limited storage space for dry goods and refrigerated items, so please be sensitive to others who need to use this space because of dietary restrictions. Tea and herb teas are available all day, coffee will be served with breakfast.

A typical menu could include -

Breakfast –

Rice Milk, Oat milk, Soya milk, cow's milk, Tea, Infusions, Coffee.
Porridge or cereal
Toast, butter and jam
Yogurt and fruit

Lunch -

1st course - Salad and vegetarian pate
2nd course - Vegetable Paella
Dessert - Apple and pear compote with raisins
Tea, Infusions, Coffee, bread and fruit

Evening meal -

1st course - Cream of courgette soup
2nd course - Homemade Pizza
Tea, Infusions, Coffee, bread and fruit

We also have a short morning and afternoon break where Tea, Infusions, fruit, nuts and biscuits will be available.



2016 Essential Information

Complementary Activities –

During the Training Retreat you have a 2 (sometimes a 3) hour break at lunch time. So here is a list of complementary activities which might help you round off your stay with us. Payment is in cash.

Massage:

Therapeutic 40 €

Relaxing 40 €

Reiki:

1 treatment 30 €

We have tried to think of everything you need to know, however if you have any questions please do not hesitate to ask!

Looking forward to meeting you

Kathy & Bodhin