



Castanea Craft
Retreats 2017



Alexander Technique

with **Linda Wyman**

Dates: **Saturday 10th to Friday 16th June 2017**

Accommodation: **6 nights bed & breakfast at the Hotel Neptuno (lunch also included daily at the studios)**

8 half day Alexander Technique sessions

Prices: **£890 per person**

Deposit: **£100**



Please call
01527 69100
our Head Office
to book and
find out more

Discover a new way of thinking
that can change your life and bring
more freedom and ease of movement
into everything you do.

This holiday course will be suitable both as an introduction to those who are coming to the Alexander Technique for the first time and as an opportunity for those who have some experience to deepen their understanding.

We will explore the principles of Alexander's work in a very practical way with discussion, hands on work and practical application to our own movement.

We will have 8 x 3 hour sessions throughout our week alongside time and space to relax and enjoy the delights of the area.

Many come to find a solution to their pain.

"I came to the Alexander Technique with severe nerve pain running from my neck into my arms and from my low back into my right leg. My lessons with Linda have been enormously beneficial and it makes so much sense!".

Jenny S. Artist

Many come to find an easier way of living.

"...this work allows me a calm, powerful space in which I can choose my own way of being"

Ethel S. Physiotherapist

To find out more about our beautiful location visit
www.castaneacraftcourses.com

And for more detailed information about the course
visit www.lindawyman.co.uk
01620 842 678

Programme

Saturday June 10th You will be met at Alicante airport and taken to the Neptune Hotel by the sea where you will have time to settle in and relax, and have something to eat before meeting your tutor Linda at 7.30 for an introduction to our week over a glass of something sparkling!

Sunday: You will be driven to the villa by Jane or Andrew at 9.30. We will work together in the morning, have a delicious tapas lunch by the pool and work again until 5.30 when you will return to your hotel to enjoy a leisurely evening.

Monday: At 9.30 you will be driven to the local, colourful market, then taken to the villa for lunch and an Alexander session in the afternoon until 5.30 when you will return to your hotel.

Tuesday : As Sunday

Wednesday : We will work together in the morning, have lunch, then an excursion to Cartagena where we can explore, shop, relax , dine out and return to our hotel around 8.00.

Thursday: As Sunday

As this will be our last night, we will have a trip to La Zenia, where we can sightsee and shop. Then have a celebratory traditional meal together.

Friday 16th June You will be picked up from your hotel and taken to Alicante airport for your return flight.

Prices include:

- 8 half days Alexander Teaching with Linda Wyman
- 6 nights' accommodation at family run Hotel Neptuno on B&B basis
- No single supplements
- Delicious home cooked lunches (catering for dietary restrictions)
- All transport while in Spain as described in the itinerary
- Excursions to Cartagena, La Zenia and local market

