



# MOVE, PLAY & PAUSE RETREAT

Kate from London Retreat and Chloe from My Happy Body join forces with Coach Ant for a retreat with a twist in 2018. The retreat will energise you through a combination of daily walks, yoga, movement sessions and quiet time to leave you feeling fully refreshed. Held at the beautiful Cortijo Las Salinas in Spain the Move, Play & Pause retreat will challenge your body as well as your mind, bringing in awareness and growth .

**Early bird discount  
available until 19th Aug  
saving £50**

**Sun 21st - Thurs 25th  
October 2018**

Full board

3 healthy plant based meals  
per day

Daily walks, yoga, movement  
and meditation sessions

Individual and group  
energy healing sessions

Unlimited use of pool and  
jaccuzi to relax

Evening entertainment

For more info email:  
[coach.ant@outlook.com](mailto:coach.ant@outlook.com)

**PLACES LIMITED**



## Typical daily schedule

8.00-9.00am - Morning walk

9.00-9.45m - Light movement session

10.00-11.00 - Breakfast

10.00-1.00pm - Chill time (one-to-one treatments available)

1.00-1.45pm - Lunchtime circuit

2.00-3.00pm - Lunch

3.00-6.00pm - Chill time (one-to-one treatments available)

6.00-7.00pm - Yoga session

7.00-7.30pm - Meditation session

8.00-9.00pm - Dinner

9.00pm-late - Evening entertainment to include live music and full moon party on the last night

**Note: All sessions are optional**





## Meet the teachers



**Kate Wykes** works in the corporate world so understands the challenges and stresses of day to day city life. Kates down to earth approach incorporates various healing modalities. Using strong intuition and humour, Kate will work with guests 1-2-1 as well as working with the group energy throughout the week.

**Anthony Andrews** is personal trainer, teacher and rugby coach. He has 10 years experience working in the fitness industry and has a passion for helping others reach their goals. Influenced recently by movement expert Ido Portal, he will lead movement sessions to challenge the body in a fun and playful way.

**Chloe Watts Goddard** is a yoga teacher & Gong Master. She has the ability to light up a room, and her warmth is highly contagious! She a wonderful talented asana teacher, and also has a magical way of leading meditation sessions and glorious Gong Baths.



## Testimonials

***'As a newcomer to yoga / movement based fitness / meditation I arrived with a mix of excitement and trepidation... after a week of laughter, sweat, relaxing (and dancing!) I left very much a convert!' Ed, Private Equity CEO***

***'The Move, Play & Pause retreat was fantastic! I needed to reignite my motivation for fitness and to get some R&R and this provided that and so much more! An enriching and fun experience with a variety of activities to (voluntarily) participate in. Coach Ant, Chloe the Yogi and Kate the Healer are a great team, they have positive energy, are supportive and encouraging'.***

Marj, IT Manager

***'It has been a life-changing experience - and I'm not just saying that! It brought me deep emotional cleansing, a different physical feeling in my body and a newfound love of exercise which I never thought I would have (!), and friends for life'.*** Emily, English teacher

## Further retreat info

### What's included?

Accommodation at Las Salinas - Daily rustic hikes - daily movement / bodyweight training workshop - daily circuit class - daily Yoga class - daily meditation session - 1-2-1 healing session with Kate - quiet time by the pool and Jacuzzi - evening entertainment - 3 x organic plant-based meals per day - unlimited herbal tea, detox waters and fruit - recovery supplements

### What's not included?

Flights to Malaga or Granada - transfers to Las Salinas - additional 1-2-1 treatments available at Las Salinas (eg Massage, Reiki, art sessions) - honesty bar (Note: transfers can be arranged by us and we may get a minibus to pick up guests if the demand is there)

### Flight suggestions

- We advise taking an early flight on the Sunday from Gatwick (via BA or Easyjet) to Malaga as we will start the retreat on Sunday lunchtime.
- We advise taking an afternoon flight from Malaga on the Thursday as we will end the retreat after brunch on Thursday.

### Price information (Prices tiered based on rooms available)

Double room en suite: **£699 pp** (3 rooms available)

Double room shared bathroom: **£649 pp** (6 rooms available)

Twin room shared bathroom: **£599 pp** (4 rooms available)

**Note:** Discounts available of £50 pp if booking room as a couple

**Early bird offer available until 19th Aug (Save £50) if £200 deposit is received**

