



abrazando
todas tus mujeres



**Nuria Diez
Arenas y Jane
Zimmerman**

Yoga

Ecstatic dance

Power animal

Cacao ceremony

Sound bath

Sweat lodge

Güejar Sierra Granada 19 - 23 April 2024

TO HONOUR AND CELEBRATE YOUR UNIQUE GIFT

Are you longing to live a more **heart-centered life**? Does the powerful presence of the mountains and a stunning blue sky awaken your spirit? Are you ready to delve into your own **unique creativity** and be inspired by other women doing the same? Then join us on this five day, four night **transformational spring retreat** in Sierra Nevada, Andalusia, to gain clarity and confidence whilst having a ball and nourishing your body.

A creative, inspiring
and healing retreat for women.



You are sitting on the infinity platform listening to the birds and watching the leaves of the majestic chestnut trees moving gently in the early spring breeze. It's as if you were **on top of the world**.

You've just finished a Yin yoga session focused on unblocking your creative juices, and the **delicious silence** is filled with inspiration and ideas. What a peaceful paradise!

The magic of the mountains and the varied activities make you feel **tension free**. Lighter and looser.

Little by little we make our way down through mountain paths laden with medicinal plants, past ancient oak trees, the scent of rosemary and thyme in the air, back to the magnificent Cortijo Argumosa, our home away from home.



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Welcome to the magic of 'Embracing all your Women'.

What are you going to experience
here?

A journey full of pleasures and spaciousness carefully crafted to enable you to connect with your heart's desires.

Powerful visualisations to help you acknowledge your unique potential.

Awareness of your limiting beliefs, gratitude in their role in protecting you up until now, and the creation of new beliefs to support you in making subtle (or not so subtle) changes in your life.

The integration of your personal strengths and vulnerabilities so that you can feel more confident in yourself your life and the world around you.

Enriching encounters, plenty of time to just be and a whole lot of fun.



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The venue: La Argumosa

Your home away from home.



As you pass through the entrance gates of Cortijo Argumosa , you'll immerse yourself in a breath-taking landscape in the midst of the Sierra Nevada Natural Park; abundant gardens, apple, pear, plum and sharon fruit trees, ancient olive trees, and natural spring water fountains. This delightful country house originally built in the 17th century, will be our home for this unforgettable journey.



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The stone house welcomes us with its ten double rooms, four rooms with two single beds each and one exquisite suite for up to four people, all with their own bathrooms and high quality bedding to ensure **a marvellous night's rest.**

Chill out in one of the many relaxation areas; the spacious upper terrace, the **stunning pool area** or one of the gorgeous shady spots in the garden.

Each sunset brings a different array of colours and at night fall the breath-taking starry sky awaits you, unspoilt by light pollution and accompanied by an almost full moon.



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Nourish yourself

The food is vegetarian, plentiful, varied and **delicious**.

You are **full of energy** thanks to the local, organic and seasonal produce used for the breakfasts, lunches and dinners. Enjoy savouring some local dishes and some **mouthwatering creations**, filled with vibrant colours, goodness and flavour, prepared with love by us and our lovely chef [@virtudes.cocinanatural](https://www.instagram.com/virtudes.cocinanatural/).

Serve yourself spring water or herb tea anytime you fancy.

We are happy to cater for any food allergies or dietary needs, do let us know in advance.



Your adventure 'Embracing all your Women' begins now...

Friday (day 1)

Welcome

19h Presentation, circle and yoga practice;
'The four elements within me'

21h Dinner followed by sharing stories under
the star laden sky.

Saturday (day 2)

Earth

8h Meditation: 'I am rooted'

9h Delicious breakfast.

Gently paced hike up the mountains to
the infinity platform 'The Weasel'.

Yoga practice: 'Who do I support/who
supports me?'

14.30h Shared exotic picnic lunch 'On
top of the world'.

Gathering medicinal plants on the way,
we go leisurely back down to our home
Cortijo Argumosa, to lounge about,
reflect and digest. Perhaps the swimming
pool appeals...

21h Flavoursome dinner followed by a new
moon circle where we will make herb sticks to
use in the sweat lodge.



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Sunday (day 3)

Water

- 8h Practice: 'In the flow'
- 9h Delicious breakfast
- 11-13h Practice: 'Limiting beliefs v new beliefs'
- 13-14h Sound bath
- 14.30h Luscious lunch
- 17.30h Power animal (guided meditation)
- 21h Dinner, integrating insights

Monday (day 4)

Fire

- 8h Dynamic meditation
- 9h Delicious breakfast
- 11h Practice: 'Passion'
- 13h Practice: Partner Yoga
- 14.30h Luscious lunch
- 18h Temazcal (sweat lodge)
Burning our limiting beliefs
in the transformational fire
- 21h Light dinner



Tuesday (day 5)

Air

- 8h Light breakfast.
- 9h Practice: 'Open heart.'
- 11h Cacao ceremony.
- 12h Ecstatic Dance with @moboxdj. -
- 13.30h Closing circle, our journey together comes to an end (for now) .
- 14.30h Last scrumptious lunch together.
- 17h On our way, filled with inspiration, a warm heart and joy.



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Facilitators Nuria Diez Arenas y Jane Zimmerman

I'm Jane and I'm delighted to accompany you on this **amazing journey** with yoga practices, massage, art therapy, traditional Chinese Medicine and body work. With much love and **loads of fun**.

After a rather stormy youth, I have spent many years working on myself to be able to **celebrate life** and my own place in it. Along the way I have had the pleasure of working with women in Spain, Chile, Scotland and Thailand. **Something truly magical happens** when women get together to honour our creativity and our **unique radiance**. And this includes our most hidden aspects, our ugly expressions and our shrill and unpleasant voices , as well as our more attractive parts.

If you're ready to look at yourself lovingly, share your wisdom and your doubts and make your own eyes shine as the creator of your own experience, then this five day / four night retreat is for you.



My name is Nuria and I will never forget my first **women's circle** as it made me aware of my own sacred feminine energy. Wow! I began studying to prepare myself to be able to accompany women in their life's processes and **rites of passage**.

I have always been drawn to the caring professions and I studied and practiced nursing, as well as becoming a menstrual therapist. I trained to be a medicine woman and am a guardian of the rite of the uterus.

I was blessed to come across shamanism in South America along with the power of ceremony, ritual and ancestral healing techniques.

I am **passionate** about sharing, containing and accompanying people along their life's path.



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Your investment

Choose your room:

**Double room with two single beds
and en-suite bathroom.**

For two people:

649€ per person

(599€ before 1st March)

**Double room with one double
bed and en-suite bathroom.**

For one person:

799€

(749€ before 1st March)

For two people (sharing one
double bed)

599€ per person

(549€ before 1st March)

Do feel free to consult us for other options.
All rooms have breath-taking views.



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Your investment

Choose your room:

Suite with one king size bed, one double bed, one single bed, two bathrooms, lounge and balcony.

For four people:

699€ per person

(649€ before 1st March)

For three people:

799€ per person

(749€ before 1st March)

For two people:

899€ per person

(849€ before 1st March)

Do feel free to consult us for other options.

All rooms have breath-taking views.



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What's included?

- A marvellous home away from home for four nights on private grounds surrounded by natural beauty.
- Four delicious breakfasts, four luscious lunches and four delightful dinners. Spring water, herb teas and coffee available any time.
- Five days of guided experiences.
- An unusual and useful gift pack to take home with you.
- A one hour post-trip group practice to support integration on Zoom ,date and time to be decided.



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What's not included?

- Your round trip airfare from home
- Transport to and from your house or from the airport that you arrive at
- Travel insurance, personal insurance
- Massages or individual therapy sessions
(Please consult for details)
- Laundry



This retreat is perfect for you if...

- You are longing for a deeper connection to yourself and your loved ones.
- You want to feel more self confidence in some areas of life.
- Sometimes you feel like something is missing.
- You are open to looking at yourself with curiosity.
- You are happy to grow and be inspired by other women.
- You'd like to give more of yourself on your own terms
- The idea of participating makes you feel excited and even a little nervous.



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This retreat is not for you if...

- You have complete clarity in your life.
- You're not interested in being more in tune with your inner wisdom.
- You're not into adventures and don't like prancing bare-footed on the grass.
- You're not aware of your unique creative spark.
- You would not benefit from being more relaxed and joyful.



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What will you take home with you?

- A deeper sense of peace and calm.
- Greater clarity and the confidence that life is supporting you to shine.
- A deep connection with your inner guide.
- A re-kindled spark and excitement for your life.
- A relaxed and rejuvenated body, mind and spirit.
- Deep connections with a group of wonderful and diverse women.
- The knowledge that you are enough exactly as you are.



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To reserve your place:

Please make a deposit of 250€

- **Via bank tranfer to:**

Jane Anne Zimmerman

ES91 0073 0100 5007 7090 9136

Swift/BIC: OPENESMM

Reference: Your name

- **Via Bizum to:**

Nuria Isabel Diez Arenas

622 497 662

Reference: Your name

- **Via Paypal to:**

jazimzam99@gmail.com

Reference: Your name

**The remainder of your payment
due by Monday 18th March.**



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To reserve your place:

Please send a message to
+34 722 305 005 (Jane)
clicking here: 
with the following information:

- **Your full name**
- **Your DNI or NIE or passport number**
- **Any food allergies or dietary requirements**

You're welcome to schedule a call
if you would like more information,
or just want to ensure that this
journey is what you are looking for.



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Cancellation policy

Many people are involved in making our retreat an unforgettable, inspiring, relaxing and safe experience.

If you cancel before 15th February, we will **refund 50% of your payment**.

If you cancel after the 15th February we will **not** refund your payment.

If, for reasons out of our control, we have to cancel the retreat, we will **refund 100% of your payment**.



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How to get to Cortijo Argumosa

By plane:

The nearest airport is Granada,
which is 40 km or 50 minutes away.

There are more frequent and cheaper flights
to Malaga airport, which is 160 km or 2 hours
away.

From either airports, you can take a taxi,
bus or we can organise a transfer.



Cortijo Argumosa
Camino de Quéntar
a Güejar Sierra s/n
Güejar Sierra
18160

España

www.cortijoargumosa.com

Information about the
village: www.guejarsierra.es



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For more information and testimonials
www.yamala.es



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