

Mountain & Movement Retreat

Sierra de Bernía, Spain | 2-6 October

The Mountain & Movement Retreat is a **5-day vitality experience** in Sierra de Bernía, Spain. You will delve into (somatic-) **movement training, yoga, breathwork, mountain meditations** and explore Sierra de Bernía during various hiking trails.

The afternoons are filled with **restorative practices, local and ayurvedic food, connection and relaxation** at a rural country house in the Valley.





The Mountain & Movement Retreat Experience

For those who crave the **thrill of movement, exploration** and the **power of nature**, this retreat is tailor-made for you.

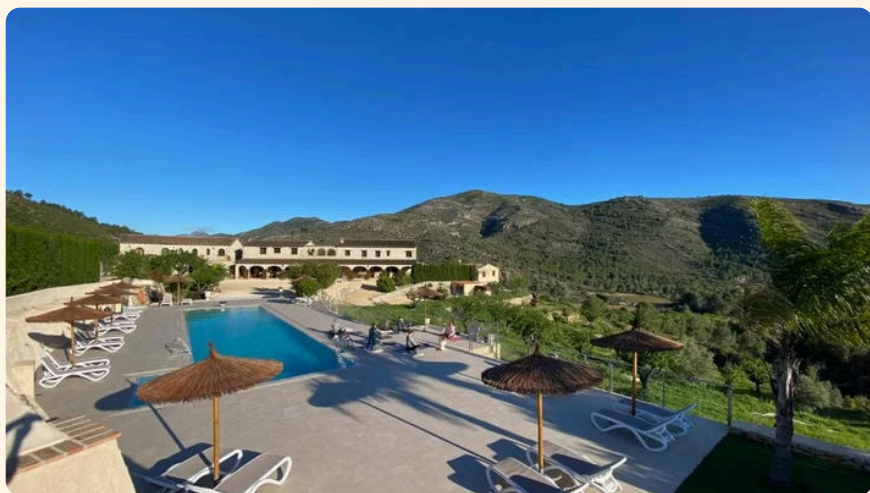
Whether you are a keen hiker, a nature enthusiast or seeking a detox from everyday life, The Mountain & Movement Retreat offers an opportunity to (re)connect with nature and yourself on a deeper level and discover the Spanish **mountains**.

Led by heart-centered guides and surrounded by like-minded adventurers, you'll **hike various trails in the mountains and along the coast**. As this is a vitality journey, we will explore diverse movement practices, meditation and breathing exercises to recharge your energy with fresh mountain air and nature. From **sunrise hikes** to **sunset yoga & meditation sessions**, each day will be filled with opportunities to connect with yourself and fellow explorers, challenge your physique and mind and find moments of stillness and relaxation. During the retreat, all meals are prepared by our **Ayurvedic chef**, ensuring you're well-fed with nutritious and delicious food options.

Next to our program, there is plenty of **down time** to relax or explore the area at your own pace. Whether you're interested in visiting the beach, wandering through small Spanish villages or relax at the house, the choice is yours to make the most of your downtime.

A Boutique Country House Stay

Our Boutique Country House offers a quiet home in the midst of nature. It's located in a spacious valley, surrounded by green, rolling hills, offering a view we felt in love with the first time we visited the place. The accommodation provides large rooms, terraces, indoor and outdoor movement spaces, a pool and loads of nature. Basically all you need for your 5-day journey of movement, exploration and relaxation.



Activities & Nourishment

1 Slow Hikes

You will connect with the outdoors with our mindful and unhurried hiking experiences. The hikes offer a chance to (re)connect with nature and tune into the rhythm of your body and self. Movement = medicine. Combined with mountains, we believe it is a powerful way to connect with your essence.

2 Movement & Meditation

On this retreat, there will be guided movement, yoga and meditation sessions designed to nurture, center and focus yourself. From morning flows, to gentle stretches, restorative practices and moments of inner reflection, the sessions offer a sense of stillness and restoration on all holistic levels.

3 Ayurvedic Menu

We believe that nourishing the body with wholesome and delicious food is an integral part of the holistic experience. We are collaborating with an ayurvedic chef who specializes in creating delightful vegetarian meals. Drawing from locally sourced ingredients, all meals are thoughtfully crafted to balance, fuel and restore.

Retreat Itinerary

Day 1: Welcome

Arrive and settle into your accommodations. Join us for a **welcome dinner** to kick off the retreat.

1

2

Day 2: Movement & Bodywork

Start the day with a **slow hike and mountain meditation** in the valley and continued by **Yoga and breathwork**. Enjoy a **movement workshop and restorative practice in the afternoon** gently warming up your muscles for the hikes ahead.

3

Days 3: Sunrise Hike & Organic Farm Visit

On day 3, we start with a **Sunrise Ocean hike** followed by **Yoga & Somatic Movement practices**. In the afternoon you can optionally visit an organic winery and enjoy a late **local lunch**. At the end of the day you get to know more about **Fascia Release Practices** and **meditation**.

4

Day 4: Hike Sierra de Bernía & Restore

On Day 4 we rise up early to hike the stunning **9km trail** of Sierra de Bernía, then unwind with a **restorative practice in the afternoon**, enjoying dinner and a **music gathering**.

5

Day 5: Integration

Wake-up easy, have a **morning integration practice** and enjoy **breakfast** together.

**All meals at the Retreat centre (daily breakfast, lunch and dinner) are included in the retreat.*

Why Mountains & Movement?



Physical Vitality

Daily physical movement in fresh mountain air will strengthen your body, increase overall vitality and help to integrate conscious movement habits into daily life.



Connection to Nature

Nature is powerful and unconditionally loving. Connecting with her influences our state of being, imparting grounding, clarity, and renewed (creative) energy.



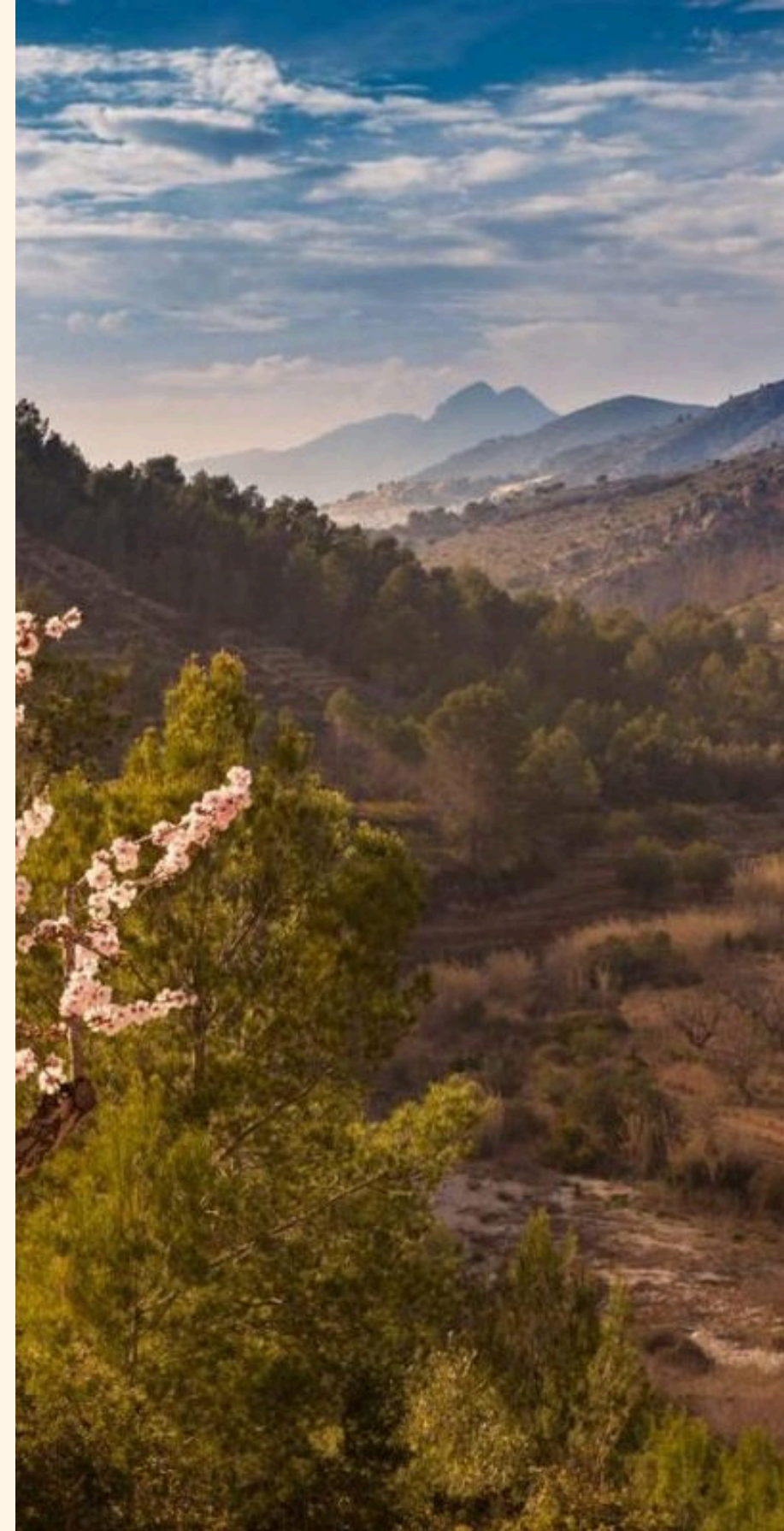
Mental Clarity

Up in the mountains there is not much energetic disturbance, which helps to connect with yourself on a deeper level, gaining mental clarity of who you are outside of the roles you play in society.



Ease & connect

Restoring, releasing and connecting becomes easier when we look at the simple things in life: enjoying sunlight, the sky, mother nature, our food and the presence of a group of people. This retreat is all about that.



Choose your Accommodation

Standard Room

Comfortable and well-appointed rooms with or without terrace, perfect for solo travelers or couples.

Junior Suite

Spacious suites with balcony seating, ideal for those seeking more room to unwind.

Tower Suite

Unique suite located in the tower, offering a wide panoramic view over the mountains.

Early bird pricing

Standard Room (private room)	€1200,-
Standard Room with terrace (private room)	€1225,-
Junior Suite (private suite)	€1275,-
Tower Suite with panorama mountain view (private suite)	€1295,-

Prices include meals at the Retreat Location, activities, and accommodation.

Joining together?

Room usage and prices are based on private use. When you prefer to join this retreat together with a friend, family-member, partner or fellow-retreat participant, you can stay in a double (shared) room if there is availability. Please reach out to us to discuss all possibilities, we are here to help.



What to organize yourself?

- *Flights/transport/transfers.* If you come by plane we suggest you fly to Alicante or Valencia.

You will receive information about flights and transfers, a pack-list and other useful information before the retreat starts. If you have questions or need advice, please feel free to reach out to us :-)

Our Team

The Hike & Movement retreat is guided by Babette Kind (certified professional coach, body-work specialist and experienced yoga teacher), Bram Kling, (vinologist, keen traveler, surfer and founder of the Surfing Sommelier), Stephanie van der Wiel (travelling-photographer, videographer and public speaker) and Mirthe Bouw (visionary creative and co-founder of Moceanblue)

Heart-centered guides | Crazy in love with Nature, Movement & Connection



Babette Kind is intrigued by the wisdom of the body, self-awareness and holism and organizes and facilitates retreats where movement, deep work and connection come together. She has a deep love for organizing experiences that go beyond all created layers by society - involving nature, simplicity, awareness and connection.



Bram Kling has a love for surfing, deep traveling, wine and movement. He educates wine-lovers into conscious drinking, organic products and a fair production processes. And... knows a lot about good surf spots, physical movement, vitality and amazing wines :-)



Stephanie van der Wiel changed her life around after finishing law-school, which led her to travel the world together with Jimmy Nelson, renowned for his work with Indigenous cultures. They visited extremely remote locations where Stephanie worked on filming, photography, interviewing and global production. During the retreat she shares about her travel experiences, career changes and the valuable lessons from the Indigenous communities.



Mirthe Bouw is involved in conscious projects, driven by her love for nature and people, aiming to create positive change in our fast-paced world. She helps (starting) entrepreneurs to tell their story and finds joy in the simple things in life, like traveling in her campervan, nature and connection.

During the retreat, you will be hosted by Babette, Bram, Mirthe, Stephanie and Ayurvedic Chef Zorohaima who will prepare organic and nutritious meals during your stay.

Move with us.

Do you feel this is your trip? We are happy to host you!

Reservations & Questions

You can book your stay via Babette (babette@kind-moment.com or +316 481 47 147).

If you have any questions, feel free to reach out.

Reserve my spot

