



WILD WOMEN SUMMER SOLSTICE RETREAT

5 Nights Woman Only
Cabo de Gata National Park, Spain
June 20th - 25th 2026

Are you ready to howl at the moon, stomp your feet into the earth, and laugh from the depths of your heart? To move your body wildly at sunrise, then let it melt into deep rest at the end of the day?

Do you long to celebrate the full glory of womanhood—her softness, her chaos, her compassion, her strength, and her boundless love? Are you eager to join a circle of wild women, embracing our shared stories and learning from our differences?

If so, this retreat is for you.

I cannot wait to return to Mill Space for the third time — a truly magical place nestled in the mountains of Cabo de Gata Natural Park. This old mill, lovingly restored by Pamela and Rob, has been transformed into a beautiful retreat center, with every corner infused with the love and care of its creation. The wild yet welcoming nature surrounding us offers space to breathe deeply, with vast, bright skies above. And of course, the sweet, cheeky, free-spirited dogs add their own special charm to the experience.

Here's what your days at the retreat will look like — blending movement, rest, and the freedom to explore at your own pace:



- **7:30 AM** – Morning Practice — 2 hours of somatic yoga, dancing, shaking, journaling, and meditation
- **9:30 AM** – Smoothie/Juice
- **10:30 AM** – Brunch — eggs, bread, chia puddings, fresh fruit, delicious vegetables, and more
- **11:30 AM** – Free time for rest, massages, walks, swimming, reading, or simply doing nothing at all
- **3:30 PM** – Tapas — a light afternoon snack
- **5:00 PM** – Evening Practice — Restorative Yoga, Yin Yoga, Somatic Yoga, Yoga Nidra, or Breathwork
- **7:00 PM** – Dinner
- **9:00 PM** – Night swimming, stargazing, or quiet rest

What is included

- **Two nourishing yoga practices each day** – blending somatic movement, restorative yoga, yin, breathwork, and meditation
- **Opening & Closing Circles** – heartfelt moments to connect, share, and set intentions
- **Summer Solstice Fire Ritual** – a magical evening to honor the turning of the season
- **One deeply healing treatment per person** – a unique blend of Reiki and massage from the *School of the Essence of Touch*
- **Beach Day** – time to bask in the sun, swim in the sea, and enjoy the wild beauty of the coast
- **Three freshly prepared vegetarian meals daily** – colorful, wholesome, and made with love
- **Five nights' stay** – in the lovingly restored Mill Space, surrounded by mountains and bright, open skies
- **All yoga equipment provided** – mats, props, and everything you need to feel supported
- **Coffee, herbal teas, fresh fruit & muesli** – available throughout the day for whenever you need a little nourishment



What is not included:

- **Flights to Spain** – you are responsible for arranging your travel
- **Airport transfers** – transportation to and from the retreat centre
- **Additional massages or treatments** – beyond the one included in your package
- **Travel insurance** – we recommend arranging your own coverage

THE ROOMS AND PRICES



MOSAIC ROOM

Shared bathroom
2 single beds

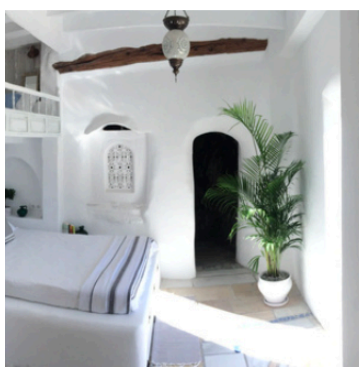


Mosaic ROOM

2 single beds with shared bathroom

£915 per person

Beautiful & cosy room, a stone's throw from the pool,



STUDIO

En-suite
bathroom
Double bed +
single bed



STUDIO

1 double bed & 1 single bed with En-suite bathroom

£1150 per person

This is the biggest room of the retreat, with its own secluded entrance and little terrace.



CASETA

En-suite
bathroom
2 single beds
(Can make into
a double)



CASETA

2 single beds with En-suite.

£1085 per person

The Caseta has its little terrace and is right next to the stunning outside bathroom



BLUE ROOM

Shared bathroom
3 single beds



BLUE ROOM

3 single beds, with shared bathroom

£835 per person

located right next to the most beautiful bathroom
which is shared with mosaic room

Booking

Please email me with the room you'd like to book. To secure your place, you'll need to agree to the terms and conditions and pay a **non-refundable deposit of £250**.

Payment Plan

If you'd like to spread the cost, please reach out — I'm more than happy to create a payment plan that works for you so you can join us.

Travel

The easiest way to reach the retreat centre is to fly into **Almería Airport**. EasyJet has a direct flight on the 20th and 25th of June, currently around £245 (return).

If you have any questions at all, please don't hesitate to get in touch.

Lots of love,

Sandra ❤️

