

RANGER SOUL

When the mind grows silent

Ranger Retreat

Villaharta, Andalusia, Spain

Course Programme

The course starts Monday at 11:00 hours at the Hotel Aguas del Balneario in Villaharta.

Monday 11:00

Welcome & Introduction
Fundamentals on Soulful Leadership
Lunch
How to be a Ranger Soul – what does it imply?
Getting acquainted with the area using maps
Energy in nature exercise
Dinner

Tuesday 07:30

Morning – implementing meditative practice in the field
“Almuerzo”
Reflection time
Lunch
Tracking practice
Stalking with map in pairs
The sunset exercise (in group)
Dinner

Wednesday 07:30

Energy in nature
Almuerzo
Individual field practices
Lunch
The sunset exercise (individual)
Dinner

Thursday 07:30

The sunrise exercise (individual)
Almuerzo & check-out
Mini pilgrimage with donkey
Picnic lunch
18:00 Questions & Answers & Farewell

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Optional:

Stay longer and do a pilgrimage with donkey to get closure on mind and soul. Bookings are arranged with Maria from the finca Dyrelykkeland, next to the Hotel.

Additional information

Transportation

Norwegian Air flies from Copenhagen and Ryan Air from Billund to Malaga Airport. In Malaga Airport you can either rent a car and drive the 2,5 hour drive to Villaharta on good roads or catch a train to Córdoba, where pick-up can be arranged.

Accommodation

The Hotel Aguas del Balneario is a 4-star hotel, which primarily attracts people who come to recreate and enjoy the nature. You can book the spa and request massage therapy, which you pay for separately.

Food

We go by Spanish eating hours, which means that almuerzo (brunch) is around 10.00, lunch at 15:00 and dinner at 21:00. Light breakfast and morning coffee will be available before we start the day.

Physical limitations

Should you have any physical pains or impairments, please let us know in advance so that we can organize a program that will challenge you within your limits.

Waiver

The programme is tentative and subject to change - why? - we are in Spain ;-)