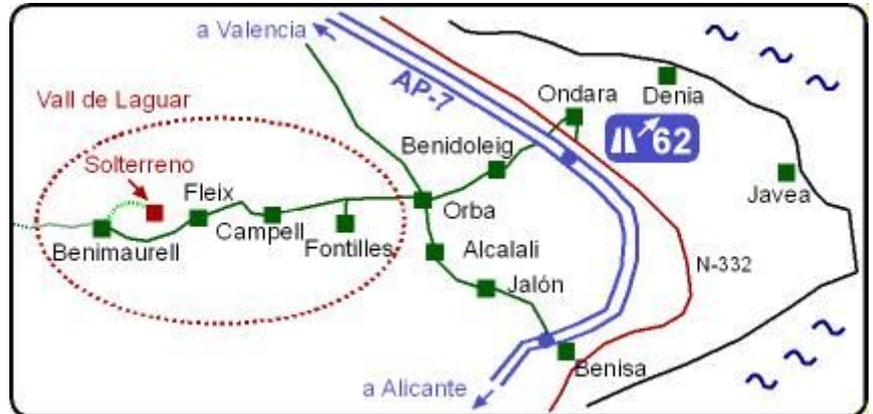




Mindful Academy Solterreno

Essential Information 2019

Retreat Centre address –
Solterreno Retreat Centre
Benimaurell
La Vall de Laguar
03791 Alicante
Spain
Tel (+34) 660 44 78 40 (Bodhin)
email: bodhin@solterreno.com



Solterreno is a family run Retreat centre located about 1km from the typical Spanish village of Benimaurell (La Vall de Laguar) It is perched on terraced land surrounded by cherry and almond trees with amazing views to the sea some 20km away making it the perfect location to immerse yourself in your Training Retreat, while at the same time taking time out to re-tune to your own body, mind and spirit. <https://solterreno.com/directions>

La Vall de Laguar -

Means "place of many springs" and refers to the region made up of three villages; Campell (Poble de Baix), Fleix (Poble d'Enmig) and Benimaurell (Poble de Dalt) as well as including the Sanatorio San Antonio de Borja de Fontilles.

The area lies within Marina Alta in the north of the province of Alicante and is some 500m above sea level. It sits between two sierras; on one side we have the "Barranco del Infierno" gorge formed by the passing of the river Girona and on the other, like a huge green sleeping horse is the "Sierra del Cavall Verd and the Sierra del Penyó (800 m)

It is essentially a small agricultural community dedicated to cultivating almonds, olives, figs, algarrobos, oranges and above all cherries. Due to the different harvest time enables these products to support the population of around 1,000 throughout the year.

Solterreno is just 25kms inland from the coastal town of Denia (35min by car) and approximately 116km from Alicante airport and 129km from Valencia airport. It has a typical Mediterranean climate with mild winters and hot summers, softened by the influence of the sea, on clear days you can see all the way to Ibiza. Although close to the coast it is a long way from the noise and crowds, closer to nature and peace and quiet.

Our Retreats starts with a Welcome Dinner and Opening Ceremony on the arrival day so please be at Solterreno Retreat Centre well before 18.00hrs.

Transfers from the Alicante and Valencia Airports

(If you plan on driving please ask for another info sheet) –

We are located midway between the airports of Alicante and Valencia, so both are convenient.

Alicante Airport to Solterreno

- 1. Taxi from Alicante Airport to Solterreno**
- 2. Bus to Benidorm then a pick up or taxi to Solterreno**
- 3. Hire a car**
- 4. Other ways**

1. Taxi from Alicante Airport to Solterreno

Taxi share will cost you 120-140€, pre-book with our friendly taxi drivers

Taxis Parcent (+34 677 21 66 39 and WhatsApp)

Taxi Ruben (+34 690 68 00 88 and WhatsApp)

Also at times Alex our manager can do it for 100€, pre-booked.

Alex (+34 689 36 33 10 and WhatsApp)

2. Bus to Benidorm Bus Station then a pick up or taxi to Solterreno

Alsa run a convenient bus service from the Airport to Benidorm Bus Station, duration 50 mins,

price 10€. The Benidorm bus departs from Alicante Airport outside the departure area in Level 2 of the terminal building, the signpost actually says “Benidorm Bus” It runs 13 times per day and the journey is approximately 50 minutes, you need to get off in Benidorm at the “Estación de Autobuses”. The cost is around 10 euros for a one way ticket and 20 euros for a round-trip and you can buy the ticket directly with the driver at Alicante airport. www.alsa.es/en

Then on the arrival day of a TTR we offer ONE pick up from Benidorm Bus Station to Solterreno, at 16.00, duration 1h, price 20€/person.

If you arrive at other times then pre-book with our friendly taxi drivers 50€

Taxis Parcent (+34 677 21 66 39 and WhatsApp)

Also sometimes our manager Alex is available and he charges 50€, please just ask

Alex (+34 689 36 33 10 and WhatsApp)

3. Hire a car

There are sometimes very good deals on car hire. Consult at the time of booking your airline ticket.

To find Solterreno just put Solterreno in Google Maps and it should work well, or put the local village Benimaurell which is just 1.5km away.



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4. Other ways

A. Bus to Benissa then taxi to Solterreno

Alsa run a bus service from the Airport to Benissa, (via Benidorm) duration 1.45 mins, price 14€

www.alsa.es/en

Taxi will cost you 40€, pre-booked

Taxis Parcent (+34 677 21 66 39 and WhatsApp)

Also sometimes our manager Alex is available and he charges 40€, please just ask

Alex (+34 689 36 33 10 and WhatsApp)

Departure Alicante Airport	Arrival Benissa
10.00	11.45
11.00	12.50
13.00	14.45
15.00	16.45
17.00	18.45
19.00	20.45
www.alsa.es/en	

B. Bus to Ondara then a taxi to Solterreno

Alsa run a bus service from the Airport or Alicante City to Ondara, (via Benidorm) the journey is between 2 and 3 hours. www.alsa.es/en

From Ondara take a taxi up to the retreat center near Benimaurell. Taxi with Ruben will cost you 28€, pre-booked. Ruben (+34 690 68 00 88 and WhatsApp)

The area offers some fantastic Mediterranean destinations to extend your stay a few days. Denia is the nearest, nice beach town. To help you exploring the area, check out the website www.alicante-spain.com for information on all airport bus and transport links. For overnight accommodation visit www.booking.com We can recommend Alicante, Altea, Javea and Denia. Additional nights accommodation is also sometimes available at Solterreno.

Valencia Airport to Solterreno

Valencia Airport, travel and city Information –

Check out the website www.valencia-cityguide.com for information on the airport and transport links. Valencia is well worth visiting.

From the airport I recommend that you can take the Bus line 150 from departures into Valencia Central Bus Station (Av. Menendez Pidal 13, it's the first stop) which costs just over a euro. Or hop in a taxi (approximately 15 euros). There is also a metro.

At the Central Bus station you need to buy a ticket to Ondara, the journey will take approximately 1.40 hrs and costs just over 11 euros one way, or 20 euros return. www.alsa.es/en

From Ondara, Bar Chaflan to Solterreno (for those coming from Valencia or Benidorm or Alicante city, get off the bus by the Bar Chaflan in Ondara). From Ondara take a taxi up to Solterreno retreat center near the mountain village Benimaurell. In Ondara, as you get off the bus you will see some taxis. If no one is there ring the 24hr taxi service on 96 576 6899 or Taxi Ruben (+34 690 68 00 88 and WhatsApp) and get them to take you to Vall de Laguar (which is the area) and Benimaurell (which is the specific village) It is about a 25 minute trip Ondara-Solterreno and expect to pay about 26 euros.

Taxis from the airport -

You can, of course, hire a taxi from Valencia all the way to Solterreno. The price will be in the region of 140€. Taxi Ruben (+34 690 68 00 88 and WhatsApp)

Also sometimes our manager Alex is available and he charges just 100€, please just ask.

Alex (+34 689 36 33 10 and WhatsApp)

For those who need overnight accommodation in Valencia, visit www.booking.com

Additional nights' accommodation might also be available at Solterreno.

Departure Transfers from Solterreno –

Check out time from Solterreno is at 10.00 am on the final day and we will help coordinate Taxi shares and other transport needs in the final few days.

The training will take place in the context of a retreat.

We will have overnight and early morning silence. We invite you to tell your family and friends that you will not be in contact unless there is a family need or an emergency. The programme will be intensive, starting each day at 7.30am and ending around 8.00pm. There will be a mix of meditation practice, experiential and small group learning and didactic sessions.

It is advisable to dress in loose layered clothing that is comfortable for lying, sitting and movement, being particularly careful to ensure that you are not restricted at the waist area. The workroom floor is wooden and you might like to bring thick socks or slippers for indoor use. There will be a range of meditation equipment (mats, stools and cushions) available for you to use, but please bring your own if you prefer.



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The Solterreno Retreat Centre is situated 1km (about a 10-minute walk) away from the small village of Benimaurell. The village does have 2 small shops but to ensure you have what you need, please bring everything with you. If stuck, someone from the Retreat Centre also goes out to a larger town every few days and can probably get you most things.

The climate is changeable, especially in Spring and Autumn. In winter it can be cold so bring a variety of loose, comfortable, casual, layered clothing suitable for sitting, walking and Mindful Movement.

What to bring –

We recommend that you bring outdoor walking shoes as well as slip-on shoes, hat and sunscreen. In the spring and autumn and in winter bring warm clothes and rain gear for outdoor walking and movement around the Retreat Centre.

We ask that to be respectful of some people's allergies and sensitivities, please leave behind any scented products (including “natural” scents).

There is a washing machine at the Retreat Centre (small charge)

We recommend you also bring the following items -

- Journal for Reflection, notebook and pens
- Torch for moving around between the cabins and house
- Water bottle
- Swimming costume and pool towel for Summer bookings or the brave
- Indoor footwear for yoga studio and house
- You may also want to bring a shawl
- It's a good idea to bring earplugs and eye-mask if you're sensitive to noise and light
- Camera, there are some stunning views locally

And for those attending a Teacher Training:

- Digital clock for timing the meditations (very important!) **Please note** - you cannot use mobiles

Accommodation -

Solterreno has rooms that sleep 2 and two that sleep 3 (same sex) located both in the main house, and in log cabins. Single rooms are not available. Rooms are allocated by the Retreat staff and we ask participants to take the accommodations assigned to them, and practice with whatever situation they find themselves in. Linen and towels are provided.

Weather -

You can check out the latest weather here - <http://en.eltiempo.es/la-vall-de-laguar.html>

Electricity supply –



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220v two-pin plugs (round pin)

Banks currency –

The currency is the Euro.

Credit cards are accepted in most shops, restaurants etc when accompanied by photo ID

There is a cash machine in the village of Campell (about a 40min walk away) so best to bring some cash with you. We also accept credit cards and PayPal in Solterreno.

WiFi –

The Solterreno Retreat Centre has limited wifi on site. However bear in mind that you will be in ideal retreat conditions undergoing an intense learning curve; so you might want to consider making the best possible advantage of this by maintaining your communication with your work, friends, family to a minimum, ie arriving with practical issues resolved and your nearest and dearest knowing they won't hear much from you during this time! **Please note** - there is no wifi from 22.00hrs - 08.00hrs

Doctors –

Private Doctors which can be expensive, so please bring your Holiday insurance paperwork with you. If eligible to use the Spanish National Health Service for emergencies you will need to bring your European Medical card.

Chemists (Farmacia) –

There is a chemist in Campell, about 10min in a car or 40min walking. Many things can be bought over the counter without the need for a Doctor's visit. However, as we are tucked away at the top of the mountain please bring what you need with you.

Food –

Nutritious, balanced vegetarian meals are served during the retreat. Since we cannot accommodate individual food preferences, we ask you to eat the meals that are served.

We are not able to cater for individual preferences or tastes, only for Essential dietary requirements. For those who have medical dietary restrictions and need to supplement our meals please bring your own supplies. If you have medical dietary restrictions, please let us know in advance and we will do our best to provide alternatives that suit your medical restricted diet. Please note as we only have a small kitchen we are unable to cook separate meals.

There will be some fruit, nuts and biscuits in the dining hall. If you'd like any specific snack food, you should bring it with you. We have limited storage space for dry goods and refrigerated items, so please be sensitive to others who need to use this space because of dietary restrictions. Tea and herb teas are available all day, coffee will be served with breakfast.



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A typical menu could include -

Breakfast –

Rice Milk, Oat milk, cow's milk, Tea, Infusions, Coffee.
Porridge or cereal
Toast, butter and jam
Yogurt and fruit

Lunch -

1st course - Salad and vegetarian pate
2nd course - Vegetable Paella
Dessert - Apple and pear compote with raisins
Tea, Infusions, Coffee, bread and fruit

Evening meal -

1st course - Cream of courgette soup
2nd course - Homemade Pizza
Tea, Infusions,, bread and fruit

We also have morning and afternoon breaks and Tea, Infusions, fruit, nuts and biscuits will be available.

Complementary Activities –

During the Training Retreat you have a 2 hour break at lunch time. So here is a list of complementary activities which might help you round off your stay with us. Payment is in cash.

Massage:

Therapeutic 40 €
Relaxing 40 €

Reiki:

1 treatment 30 €

We have tried to think of everything you need to know, however if you have any questions please do not hesitate to ask!

Looking forward to meeting you

Bodhin and team