

# Solo in Wild Nature

relax, reconnect and recharge

Dates: 22.-24 June | 14.-16 Sept | 2.-14 Oct

Solo in Wild Nature is about making space to slow down, reflect and reenergise away from everyday life. The programme consists of a three to four day journey in the beautiful Spanish Pyrenees. Here we combine time in nature, space for reflection, adventures as a group and then time to just relax. At the heart of the programme is the 'solo' – a period of up to 24 hours spent alone in the wild. The solo is followed by a celebratory return to base, a facilitated review session and a close before some down time. Solo in Wild Nature is a magical and potentially transformative experience - something people often choose to do again and again. It is facilitated expertly with care and dedication by our very experienced team. The fee covers everything from local transfers and accommodation to all hosting, guiding and activities and all home cooked meals made with love.

## What to expect

- An unforgettable reflective experience in the wild
- Reconnection with self, with others and with nature
- A way to experience the beautiful St Aniol valley through a range of activities from yoga to hiking to adventure activities (all within your ability)
- A connection with the Active Earth community

