

## Prices

This year we have **REDUCED PROGRAMME PRICES by an average of 10%** to reflect the strong pound against the Euro, and the impact of that on our costs. We are delighted to pass that saving on to our guests. Also, every programme is now the same price:-

**per person:** Standard Room **£270** (shared) **£355** (single), Deluxe Room **£310** (shared) **£435** (single)

Prices are given **per person** for **Standard** and **Deluxe** Rooms shared and single occupancy, and all include **programme cost & full board**.

Each of the three **Standard Rooms** has its own character with calming décor, beautiful bed linen and tasteful artwork. Standard features include essential **toiletries, hairdryer, electric fans** to keep cool in summer, **bath** and **poolside towels**, free access to the **wifi**, chilled **drinking water** in the Gallery area, bedside and mood lighting and a single armchair and access to a **shared house bathroom** with dual purpose **bath/shower**. *The three Deluxe Rooms* additionally include **en-suite shower room, air-conditioning, seating area, and patio doors**. Photographs of each room can be found on the website, and you can request specific rooms if they available.

The price includes:-

- *Four nights full board accommodation, including Continental Breakfast, Mediterranean Lunch and Evening Spanish Cuisine*
- *Free hot drinks and cooled mineral water available at all times and full free use of all house facilities*
- *Programme costs for the leaders travel, preparation and presentation costs and session materials*

**Airport transfer** on arrival and to return to Alicante is optional, priced at **£35 per room**

*For travel convenience, 1 or 2 Extra 'Bookend days' (full board) can be added (if available) at discounted rates.*

**per person:** Standard Room **£40** (shared) **£55** (single), Deluxe Room **£50** (shared) **£75** (single).

*If you want to extend by more than 2 you can still add (if available) TimeOut days (half board)*

**per person:** Standard Room **£55** (shared) **£70** (single), Deluxe Room **£65** (shared) **£90** (single).

*Note that TimeOut breaks that you design yourself are available on dates when the house is open and when there are no programmes.*

To book a place, download a booking form from the website and email to [booking@palmeral.es](mailto:booking@palmeral.es).

**2016**

**Programme & Leader**

**Retreat Description**

Mon Mar 14  
to  
Fri Mar 18

**Given for Life**

***Andy Raine***

'It's not what you do, but the underlying WHY that you do it that betrays who you are.' **Andy Raine**, from the **Northumbria Community**, and author/editor of **Celtic Daily Prayer**, helps you to unpack this and discover the gift that was always there. Many have been helped to relax into who they really are through working through this material. Andy maps out the spiritual background for his approach, outlined in his book, very different from personality indicator schemes such as Myers-Briggs. Andy is joined by his wife **Anna Raine**, singer and songwriter and keeper of the Raine household up on **Holy Island**.

Thu Mar 24  
to  
Mon Mar 28

**Easter Meditation**

***Mike Jowett***

Easter weekend, from Maundy Thursday through to Easter Sunday, narrates the **Story of the Passion**. Within arguably the greatest story ever told we find themes of suffering, redemption, incarnation, obedience and resurrection. A journey of **guided meditation** takes place over the weekend, along with visits to local celebrations. Most local villages have their own festivities, celebrations and reflections, and we accompany the locals through the developing story of the Easter weekend.

Mon Apr 25  
to  
Fri Apr 29

**Adventures with God**

***Spiritual practice for everyday life***

***Amy Boucher Pye***

Experience the adventure of **exploring spiritual practices** with **Amy Boucher Pye**, including praying with the Bible, receiving at the cross of Christ, finding God in creation (with a beach outing!). Amy will share the best of tried and tested ancient practices of **listening prayer** and **practising God's presence**. We'll have plenty of time for both discussion and experience. Amy is a writer, speaker, editor, and reviewer, with her first book published in October 2015, "*Finding Myself in Britain: Our Search for Faith, Home & True Identity*". She runs the **Woman Alive Book Club** and writes regularly for other publications, including devotionals.

Mon May 9  
to  
Fri May 13

**Telling the Story**

***Bob Hartman***

Bob Hartman has been working for over fifteen years as a **performance storyteller**. He uses his dynamic and interactive style to entertain audiences on both sides of the Atlantic - from the Pittsburgh Children's Museum to schools, bookshops and major festivals throughout the UK, including **Spring Harvest** and **Greenbelt**.

Bob's programme combines **traditional folk tales** from around the world, retold in his fresh, inimitable style, with his own stories. He loves to help **people create their own stories** on the spot. He runs practical workshops for adults who want to improve their storytelling skills. Whatever the occasion, Bob's storytelling sessions are always **exciting, engaging** and, above all, **interactive!**

Mon Jun 27  
To

## Mindfulness of God and personal transformation

Fri Jul 1

*Shaun Lambert*

Shaun Lambert has been researching **Mindfulness** since 2006, looking particularly at Christian and psychological perspectives. He suggests an approach to Christian spirituality that finds **grace and peace in the ordinary** - indwelling our grace-given embodied awareness.

Shaun has written and spoken extensively on how the church should engage with its application to mental health, work, education and relationships. *"A Book of Sparks: A Study in Christian Mindfulness"* was published in 2014.

You will explore **how to retreat, despite the stress and distraction** that invades your attempts to pray. He will share tips on learning to hold the experience, notice it, intimately feel it, and then let it go – coming back to the choice of the focus of our attention – especially a sense of the presence of God. In this way, we learn to calm the mind.

Mon Sep 5

## Prophetic Art

To

*Julia Powell*

Fri Sep 9

The first time we have offered this exciting retreat, this is for **artists, creative worship leaders**, anybody who is looking for new and innovative ideas in **visual arts and worship spaces**. Julia's heart is to see people worship GOD exuberantly with fun, vigour and creativity. Through empowering people through workshops and encouraging individuals, Julia pursues her vision and mission in and through art.

Julia is regularly commissioned for **paintings** and **spiritual portraits**, personally hand painted **prophetic art** on full colour acrylic on various sizes of canvas. They are one off, unique and personal. We know this will be a special week, so come along and enjoy participating knowing that you have **gifts, talents** and **individual qualities** that no other individual on the face of the planet has.

Mon Sep 26

## Psalms and Hymns and Spiritual Songs

To

*Noel & Tricia Richards*

Fri Sep 30

After years of playing guitar and performing, few people know more about writing, playing and presenting great songs than Noel & Tricia Richards. They have written many songs that are used in churches worldwide, including *"All Heaven Declares"* & *"You laid aside Your majesty"*. Noel and Tricia realise that the world of 2015 is different from the world of 1995, and we now need a **new approach**. Music is a wonderful way of conveying **eternal values**, but the connection with people at a spiritual level cannot be nostalgic, it needs to be **authentic and prophetic**. This is a unique chance to learn from them, whatever your level. The retreat will focus on **guitar, songwriting, performance** and you will be a VIP at a couple of local gigs that Noel & Tricia will be leading! For non-musical partners - this is a perfect opportunity to relax and renew, so do sign up as couples, the weather is usually fantastic in September.

Mon Oct 3

## Working from a place of rest

To

*Tony Horsfall*

Fri Oct 7

Tiredness, exhaustion, burnout . . . many of us know the reality of these in our overcrowded lives. In striving to do our best for God, we can easily forget that sometimes Jesus himself was willing to rest, to **sit by the well and be refreshed**. Here we are invited to learn from Jesus how to sustain ourselves by working from a place of rest.

Tony is an experienced retreat leader based in Yorkshire. He is passionate about helping people to grow in intimacy with God and to care for their **inner life**. This retreat will be a mixture of reflective worship, Bible teaching, and personal accompaniment if desired. He is the author of several books including *'Working from a place of rest'*, *'Rhythms of Grace'* and *'Servant Ministry'*.

Sun Oct 23  
To  
Thu Oct 27

**Seeing beyond seeing**  
*The Spirituality of Photography*  
**Brad Berglund**

This retreat will focus beyond technique, choosing instead to emphasize the artistic, the **gift of seeing life** in new and surprising ways. Photography is a powerful tool to assist us in practicing ways of seeing with heart and soul. **Brad Berglund** will help you find new and creative ways to look through the lens.

An author, spiritual director and retreat director, Brad, based in **Colorado USA**, has a degree in theology (Eastern Theological Seminary) and music (classical guitar - Conservatory of Music, UMKC and the Royal Conservatory, Madrid). He is Director of **Illuminated Journeys**, an organization devoted to the spiritual deepening of individuals and churches, and Director of **Reinventing Sunday**, an ecumenical ministry that offers worship consulting, worship renewal seminars, and workshops on Taizé-style worship.

Mon Nov 21  
To  
Fri Nov 25

**Movie Retreat**  
**Mike Jowett**

Films (or Movies as our friends from the USA would say) become **companions on our spiritual journey**. Films make us laugh, cry, think, reflect, perhaps even pray sometimes. We are often **challenged** in our lives through the reflections from the big screen. This is a week to **explore themes** through quite literally a lens. But what do we **see**? What is there to **learn**? Is there a hidden spirituality we can **discover**?

Mike Jowett leads us through the week, using our large screen HD projection screen in the El Palmeral lounge. There will be time to reflect, discuss, consider and journal our findings.

Mon Dec 5  
To  
Fri Dec 9

**Advent Reflections**  
**Adrian & Bridget Plass**

An unforgettable opportunity to spend time with Adrian & Bridget Plass. They are widely in demand at all kinds of events, not least because they have discovered that **laughter, love and authenticity** are key elements in any kind of Christian ministry. Married for more than forty years, with four grown-up children, they use a blend of **story, poetry, drama and humour** to express the love and the challenge of God.

Adrian has at present written **36 books** including three with Bridget and two with Jeff Lucas. He is perhaps proudest of his book of collected poems, *'Silences and Nonsenses'* but he has a special affection for *'Looking Good Being Bad'* which he says still makes him laugh! His favourite book is usually the one he is writing at the time.

Advent, the period during which **we prepare ourselves** for the coming of Christ at Christmas, is one of our favourite times in the liturgical calendar. We will also visit local events and activities as the Spanish prepare for **'Navidad'**.