

# *escape to Spain*

a unique retreat dedicated to  
**your health & wellness**

*wellness retreats*

Retreats  
designed for  
your personal  
pathway to  
better health

Wellness retreats help  
rejuvenate the mind,  
body, and spirit, giving  
you time to reflect on  
your health challenges  
and reshape your  
health.

Join my team and I in  
Busot, Spain for a  
**5 Night**  
immersive and  
rejuvenative retreat  
focused on your health  
and wellness.

# Wellness re-imaged

# Escape to Spain

If you're feeling tired and in need of a lifestyle renovation then this Spanish escape is designed with you in mind.

My retreat in Busot, Spain offers the perfect disconnect from life's stresses. With luxury accommodation, healthy meals, and a range of health and wellness activities, my wellness retreat will have you feeling renewed and energised.

Tired, depleted & feeling burnt-out

Low energy

Deminished life quality

You want to start feeling better but lack motivation

You've reached a tipping point

Journey to wellness

## Life reset

Places are limited.

WhatsApp +61 478 154 965

[info@jmhealing.com](mailto:info@jmhealing.com)

[jmhealing.com/retreats](https://jmhealing.com/retreats)

# Location

Busot, on the sunny Costa Blanca, Alicante.

# When

Check my website '**Retreats**' page for the latest retreat dates and pricing.

# Retreat inclusions

- 2 healthful Mediterranean meals (lunch & dinner).
- 4 nights/5 days luxury accommodation at a private villa (maximum of 6 occupants)
- Twice daily yoga and meditation classes in the mountains and at the beach
- Daily transport to and from beautiful Costa Blanca beaches and El Campello town where you can explore north or south along the picturesque Costa Blanca coastline by tram.

✦ Optional additional cost activities & private sessions: Access to highly skilled professionals in exercise science and counselling, horse therapy, clinical hypnosis, Psych-K, massage, Reiki and yoga, personal fitness planning, excursions to Murcia Thermal Springs, Altea and Alicante, hillwalking and famous caves Caves De Canelobre (minimum 2 people).

Excludes: Flights, travel insurance, one-on-one therapy sessions.



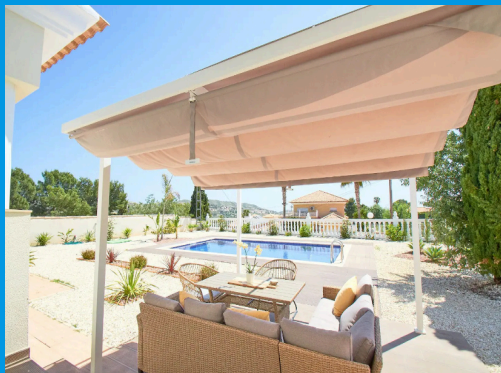




## The Venue

With amazing mountain views the Villa in Busot, Spain, is the perfect place to recharge.

Busot is home to many popular tourist attractions including the world famous Caves of Canelobre, Altea town, Guadalest Blue Lake, Thermal waters of Murcia, and historic Alicante city and harbour.



## Your Host



Expertly facilitated by Jane McCann, BEd (Hons)(Phys Ed) Post grad counselling, Certified hypnotherapist, psychotherapist, kinesiologist, yoga teacher, horse-assisted learning specialist, and breast cancer survivor. She understands the importance of self-care and will have you feeling invigorated and relaxed in no time.



## Price & Accommodation Options

All prices are per person.

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Two accommodation options to suit your budget

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Twin share ensuite	£1149.00
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Single room shared bathroom	£949.00
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### BOOK NOW

Places are limited so early payment will secure your preferred accommodation option.

Deposit of €100 is required to secure your place.  
Costs are non-refundable 6 weeks prior to your retreat start date.  
Price excludes flights, visas, travel insurance, one-on-one therapies.

My retreat is highly personalised and supportive.

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## The Personal Stuff

# Wellness Retreat registration Form

First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_ Suburb: \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_ Mobile(sms): \_\_\_\_\_ Email: \_\_\_\_\_

### Emergency contact

Name \_\_\_\_\_ Mobile (sms) \_\_\_\_\_

**Health status** - Please indicate any health or medical conditions that may be relevant to your safe participation and that you are fully vaccinated for Covid:

\_\_\_\_\_

Dietary needs and anything else you feel we need to know?

\_\_\_\_\_

\_\_\_\_\_

## Final refund date

A full refund is available 6 weeks prior to the event start date. After this date, any costs associated with your attendance at the retreat are non-refundable.

## Payment Method

Secure payment can be made via my website [jmhealing.com/retreats](http://jmhealing.com/retreats)

### Pay Pal

Reference = Your surname

### Preferred accommodation option

- ☐ Single room - shared bathroom  
☐ Twin share - ensuite

DECLARATION & WAIVER: I hereby declare that I have read and understand the above information and all information provided by me here is true & correct. I agree to waive, release and discharge JM Healing Directors, staff and contractors from any personal injury, loss of property or damages arising from my participation in this yoga retreat and all services received.

## Sign & Date

# The Fine Print

## Terms & Conditions

### Cancellation Policy

No general refunds 6 weeks prior to your selected retreat start date.

Deposit of €100 with full payment required 6 weeks prior to your retreat is required to secure your place.

The facilitator reserves the right to cancel this event due to lack of numbers. No refunds provided due to adverse weather during the event. We've gone to great lengths to ensure your experience will be positive and enriching, however, there are some things beyond our control for which we cannot be liable for. including weather, pandemics, travel plans, excursions, other resort guests, and more. We will always place your safety, satisfaction and security as our primary consideration in everything we do.

## Places are limited

Don't miss this unique experience to redesign your health and wellbeing in a highly supportive environment.

## Your participation

By signing the registration form and attending this event you agree to assume full responsibility for your health, actions, and person property. You accept that JM Healing, their Directors, staff, and contractors, are not liable in any way for the physical, emotional, or spiritual impact of attending this event, nor are they liable for your personal property while attending this event.

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## Get in Touch

We welcome your comments and feedback. Our wellness retreats are inspired by customer generated experiences. This co-creative ideology ensures we provide the highest quality customised experience. Contact us to book your place and experience the amazing physical and mental benefits of this immersive wellness retreat.

W [www.jmhealing.com](http://www.jmhealing.com) E [info@jmhealing.com](mailto:info@jmhealing.com)  
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# Make *'living well'* your intention.