

one day workshops

Tara's Retreat

De-stress and unwind at Tara's Retreat

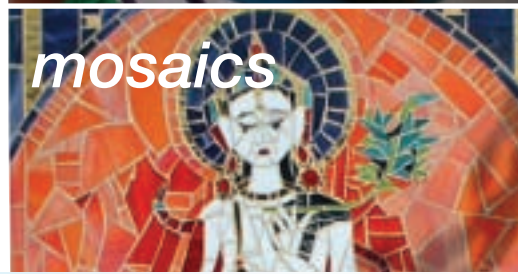
Three special workshops are being run every month, aimed at relaxing and gently conditioning the body and learning a new skill...



pilates



meditation



mosaics

More information from
www.tarasretreat.com/Workshops.htm
email viv@tarasretreat.com,
phone 968 163 529 / 693 506 395

Tara's Retreat
49 La Magdalena
Cartagena 30397
Murcia
Spain

one day residential or daily workshops from 20 euros every 3rd week in each month

Tara's Retreat

Pilates workshop 10.00 to 4.00

A day's introduction to this gentle method of body conditioning, which builds strength without adding bulk, improves posture and flexibility and relieves unwanted stress and tension. The workshop will include a relaxation session and use of the beautiful swimming pool and jacuzzi.

The tutor, Vivienne Wharton, is a qualified Body control Pilates teacher as well as a Dance and aerobics instructor and meditation specialist. A workshop is recommended before taking regular classes.

Mosaics Workshop 10.00 to 4.00

Mosaicist Dan Rust offers one of the most popular workshops in Tara's Retreat, giving participants the chance to not only create a unique piece of art to take home, but also the skills to be able to start a satisfying new hobby. A simple lunch and soft drinks are included in the price, as well as a relaxing swim at the end of the day. All materials are provided.

Dan Rust is a talented local artist who offers a full range of courses and undertakes a wide variety of individual commissions. For more info see www.mosaicosrusticos.com or call 968 163 529 / 686 741 155.

Meditation Workshop 10.00 to 4.00

A day dedicated to complete relaxation and self-indulgence, including a healthy lunch, tranquil meditation workshop and aromatherapy, as well as unlimited use of the beautiful swimming pool and jacuzzi.

Various readings are also available, such as Tarot, graphology and numerology. Or enjoy one of our range of massages; hands free, reflexology, Indian head massage, full body massage (readings and massages not included in workshop cost).

email viv@tarasretreat.com phone 968 163 529 / 693 506 395