

4 días de tu elección
Retiro en silencio en solitario
en La Alpujarra

4 days of your choice
Solo Silent Retreat
in the Alpujarra



Finca Verde Proyecto
Regen Agroalimentario Permacultural
Las Lomas, Lanjarón
Granada, España
aimee@ecohackerfarm.org / 613124530

Silent Solo retreat

This secluded retreat is a sanctuary for those seeking to get away from the hustle and bustle of daily life and find time for self-reflection, rejuvenation and personal growth.

It is a place where one can disconnect from the outside world and reconnect with oneself in an environment of unparalleled peace and serenity.



What is a solo silent retreat?

A solo silent retreat is an opportunity to be alone with your thoughts in silence. During the retreat you will break the silence only during meals.

You may choose to meditate the rest of the day or engage in quiet activities such as solitary hiking, swimming or reading. If you feel you need guidance for your retreat, we can provide you with reflection questions.

We encourage you to journal or draw to express your emotions.

Meals will be served on the terrace or near the pool in the shade and we use this time to reconnect with you.

A solo retreat is a retreat that you do on your own, we only accept individual reservations and we place other participants who can come at the same time in different parts of the farm so as not to hinder your time alone in silence.

You can choose to eat with others or alone.

What can you tell us about the location?

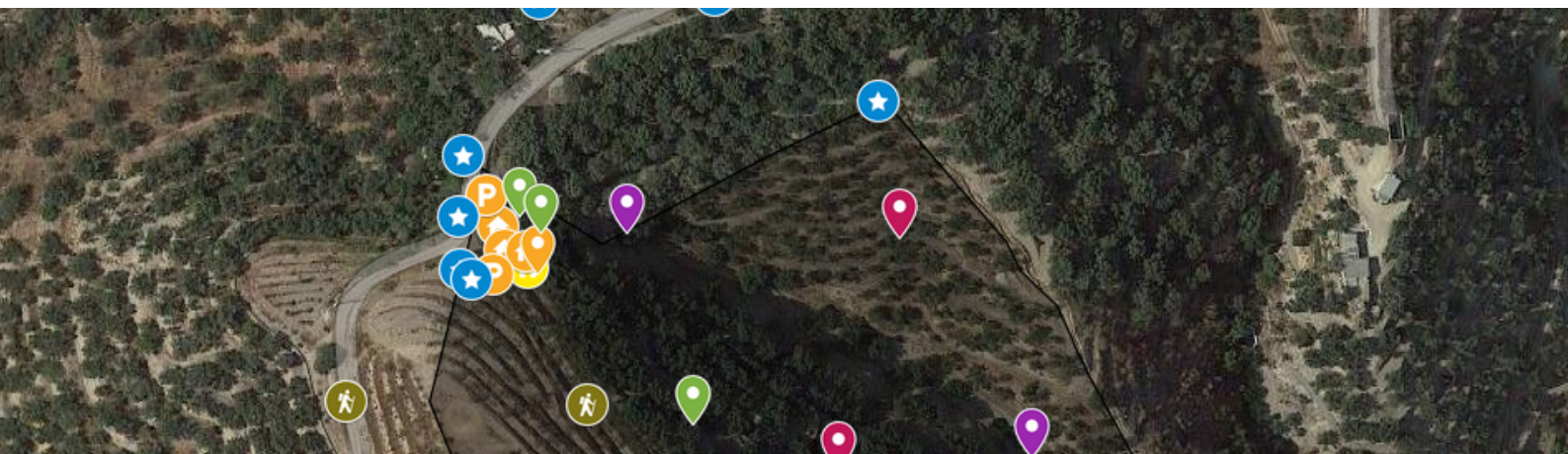
Finca Verde is a project of Eco Hacker Farm. It is about 4 ha of olive, almond and orange trees. The almond plantation is unirrigated, which means that it is not irrigated. The rest of the land is irrigated for about 6 months of the year.

The vision is to

- transform a conventional olive and almond farm into a regenerative permaculture organic farm
- offer a space for learning and reconnecting with nature
- participate in the local economy
- support and participate in aligned local community projects
- provide regenerative services

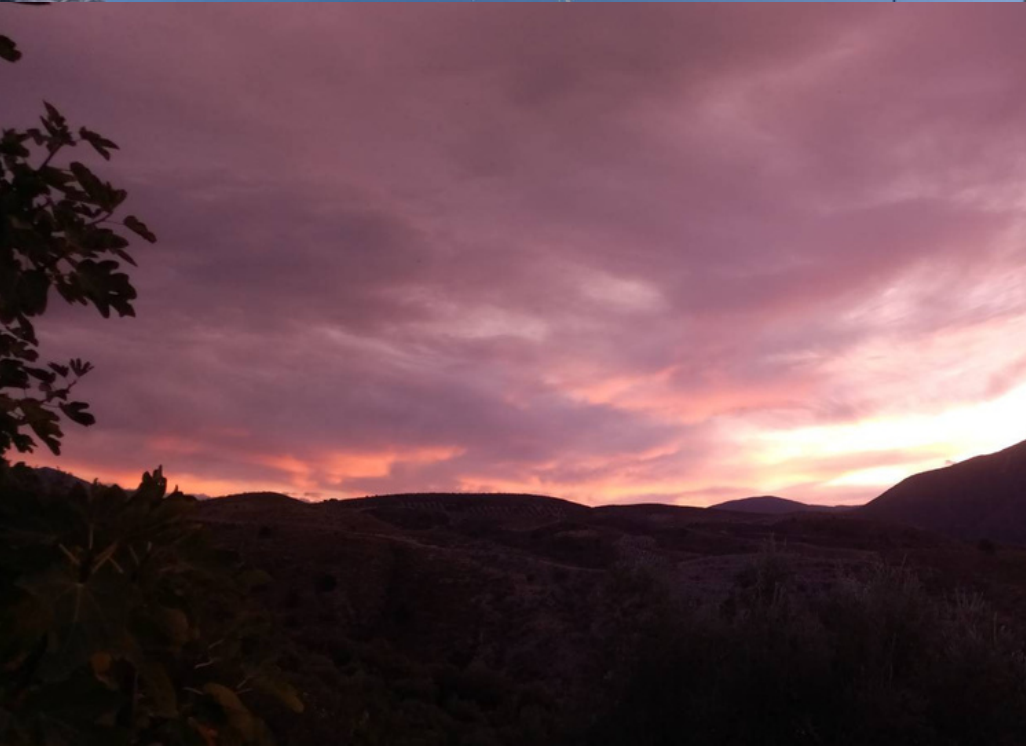
Quiet solitary retreats on terraces among centuries-old olive trees, with the sound of birds and immersed in nature we hope to offer a peaceful and regenerative rest to people in need.

<https://goo.gl/maps/it3Xt6QZZUSQ62NE7>



más información sobre Eco Hacker Farm y Finca Verde aquí: wiki.ecohackerfarm.org





Farm Rules

It is not allowed to light flames, smoke or make bonfires anywhere on the property. We are in a high fire risk area. You can bring your own prepared food or book it with us for 10€ per day for healthy vegan or vegetarian food.



We ask that all participants do not consume alcohol or any other intoxicants/drugs anywhere on the property. We offer the opportunity to enjoy the space and relationships with others without mind-altering substances.



We love animals however this is an opportunity for your deep rest. Please leave your pets with someone who loves them at home.



What are we going to eat?



Delicious meals prepared daily with love and fresh local seasonal ingredients. Vegan or vegetarian.

Every day you can enjoy breakfast, lunch and dinner on the terrace. Please inform us if you have any food allergies or intolerances before your arrival.

Where will we sleep?

Under the stars in your tent or in your hammock, if you don't have a tent we may be able to help you. Let us know.



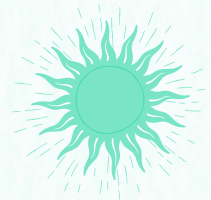
You can also bring your caravan if you have one. Please note that we do not provide electricity and water connection.



What should I bring?



Protection from the sun.



Swimming suit, we have a pool for bathing.

Your best grippy hiking shoes, we've got steep terrain here.



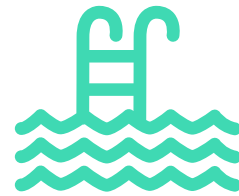
Your notebook to write or draw during your periods of reflection.



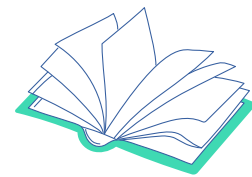
If you want to eat something special, such as chocolate or other snacks that are not considered healthy, remember to bring them with you.

What else...

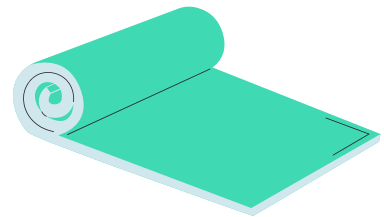
You can swim in the non-chlorinated pool, which is also home to about 50 goldfish.



Read books from our permaculture library.



We can provide you with a yoga mat for you to use during your stay.





about your host

Aimee Fenech is a permaculture teacher and holds a Permaculture Design Certificate from the Permaculture Association UK, taught by Aranya and Klaudia Van Gool.

She has also received teacher training from Graham Bell and Rakesh Rootsman. She is currently about to complete her Diploma in Permaculture.

Aimee is also co-founder of Eco Hacker Farm, group process facilitator and project manager at Finca Verde, where permaculture principles are applied on a daily basis. She is also very active in the Permaculture movement on an international scale. An experienced teacher and public speaker, advocate and activist for open source, open knowledge and passionate about sharing her experience and knowledge with others.

aimeefenech.com

Fees



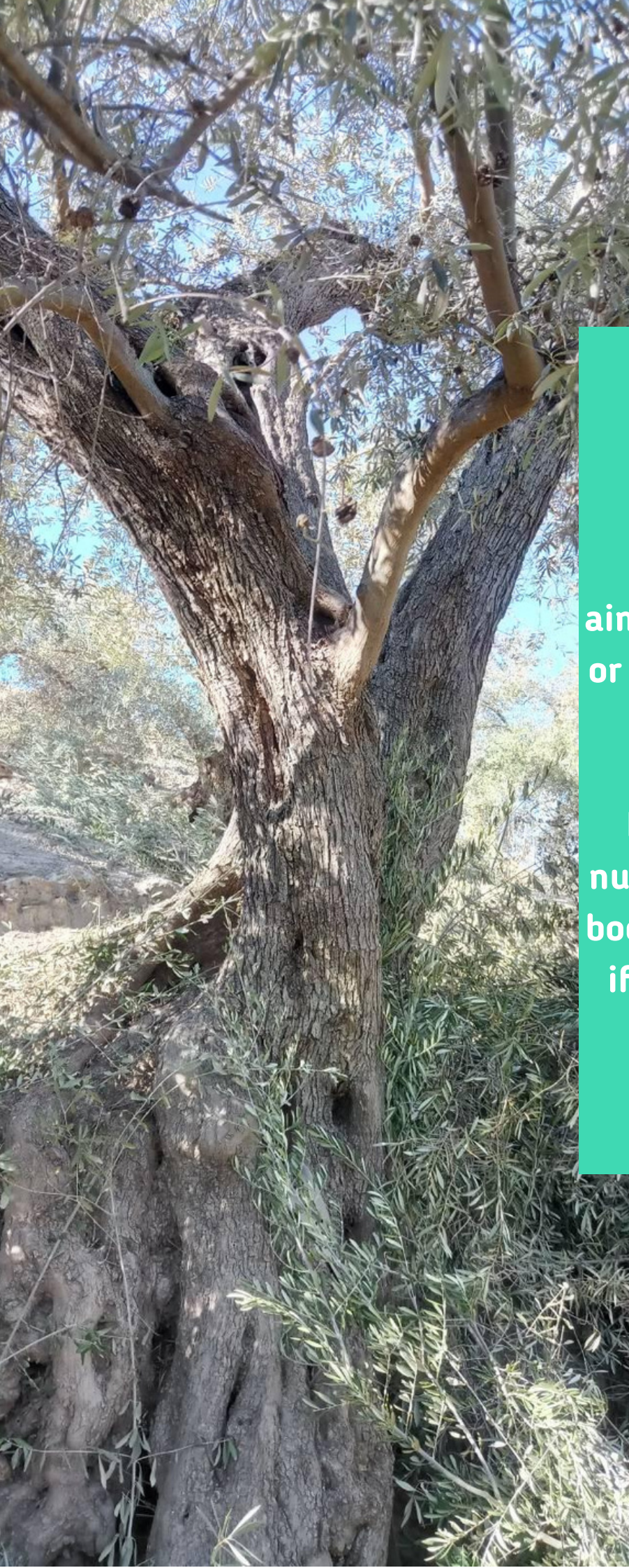
12€ per night
place for camping or
parking your caravan



10€ per night to rent
a tent with inflatable
mattress and sleeping
bag

10€ per day for all
meals

Included in the price, access to communal bathroom, shower, fresh water bath, drinking water, charging station for your phone on the terrace, tea making facilities in our shared kitchen.



Sign me up!
Reserve your place by
sending an email to
aimee@ecohackerfarm.org
or a message on whatsapp
+34613124530

Include name, contact
number, dates you wish to
book, dietary requirements
if you wish to book your
stay with meals.