



EDUCATION • ARTS  
CAFÉ • RETREATS



24-27 June 2021 in Catalunya, Spain

# INTO THE WILD

AN INSPIRING NATURE RETREAT WITH A  
24H WILDERNESS SOLO AT IT'S HEART

**INTO THE WILD** is a deeply inspiring three-day retreat, set in the foothills of the Spanish Pyrenees. The carefully facilitated programme creates a safe space to step out of everyday busyness in order to slow-down, to reflect on your life's journey and to discover the joy and completeness of our natural state. At the heart of the experience is a 24-hour wilderness solo - time alone in nature - an ancient, potent and auspicious tool for growth, healing and transformation. For most people the solo feels like a great adventure, a big step into the unknown.

Come, explore and receive the Valley's gifts. You will leave recharged, inspired and with new insights and perspectives. The retreat is based at our centre for nature-based learning in the magical Sant Aniol valley, 1 hour north of Girona. Into the Wild is skilfully facilitated and hosted with love and great care.

The programme is designed for anyone, young or old, who seeks inspiration, needs a break from the roller coaster, or is at a point of transition, healing or growth in their lives.

A scenic landscape of a valley with mountains in the background and two people sitting in a field of tall grass in the foreground. The scene is bathed in the warm, golden light of a sunset or sunrise, with the sun low on the horizon to the left. The mountains are rugged and layered, with some peaks appearing hazy due to atmospheric perspective. The foreground is dominated by tall, dry grasses that catch the light, creating a textured and vibrant appearance. Two people are sitting on the grass, their silhouettes softened by the ambient light, looking towards the mountains. The overall mood is peaceful and contemplative.

The valley invites us to play and adventure, to sunbathe and swim. It's silence, beauty and harmony is contagious. It draws you in and reminds you of your own true nature. It is a powerful being and a great teacher. Come, explore, laugh and listen!

# PROGRAMME

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- We will begin on Thursday the 24th of June at 16.00 at our beautiful mountain house with an orientation and artful arrival session followed by a light welcome dinner.

- Friday is about 'arriving' in the valley, in our selves and in the group. We'll explore the valley on stunning walks, through canyons, forest areas and adventure trails. Throughout the day we will make space to deepen the inquiry into our life's journey and bring into awareness the different aspects of human nature. In the afternoon we will introduce tools that can support our solo and help us make best use of this sacred experience. Also we will give time to practicalities like packing our backpacks for the solo.

- Saturday we will start with a guided meditation and deep relaxation. Before heading out we will

explore how to work with emotions and look at other safety aspects related to your solo. After a ceremonial pre-solo brunch we will leave for solos. You will be supported with setting up tent and settling into your solo spot where needed. No previous experience of wild camping or outdoor adventures is necessary.

- On Sunday we return from our solos with a celebratory lunch awaiting us. After lunch we make space for an amazing day, reviewing the solo and sharing insight, ideas, and stories. We will help you with bringing the gifts you received into your daily life. We will close the programme at 17.00 allowing time for you to travel home in the evening or on Monday morning. An extra night, at the end of the programme is included in the price.

# BOOKING & INFORMATION

Our home will be the magical Masia Pont de Valenti in the heart of the Sant Aniol Nature Reserve right next to a beautiful mountain creek. The house is our home during the days, at night participants sleep in comfortable tents equipped with a mattress right next to the house.



## BOOKING & INFORMATION

### Venue

The course is based at the Easy Day Center for nature-based learning right in the heart of the Sant Aniol Valley nature reserve. The place is situated right at the banks of the mountain creek and is surrounded by colourful limestone cliffs. The modern stone-house offers a magical atmosphere and diverse facilities that make it an ideal home for this retreat.

Participants sleep in comfortable tents, offering single cabins with a mattress. You are asked to bring their own sleeping bag and bedsheet.

We will enjoy a healthy and delicious vegetarian diet prepared with love.

### Travel

The location is reached easily by rail, road or plane. There are good flight connections to Girona airport ([www.ryanair.com](http://www.ryanair.com)), or Barcelona airport. Getting to Girona by train is also very convenient.

We provide transfers from Girona airport or train station against a small fee. More information on getting here will be provide in the welcome pack.

### Cost

360,- Euro per person. VAT, meals and accommodation are all included. Also included is an extra night at the house, which you may wish to take after the official programme closure.

### Booking & Information

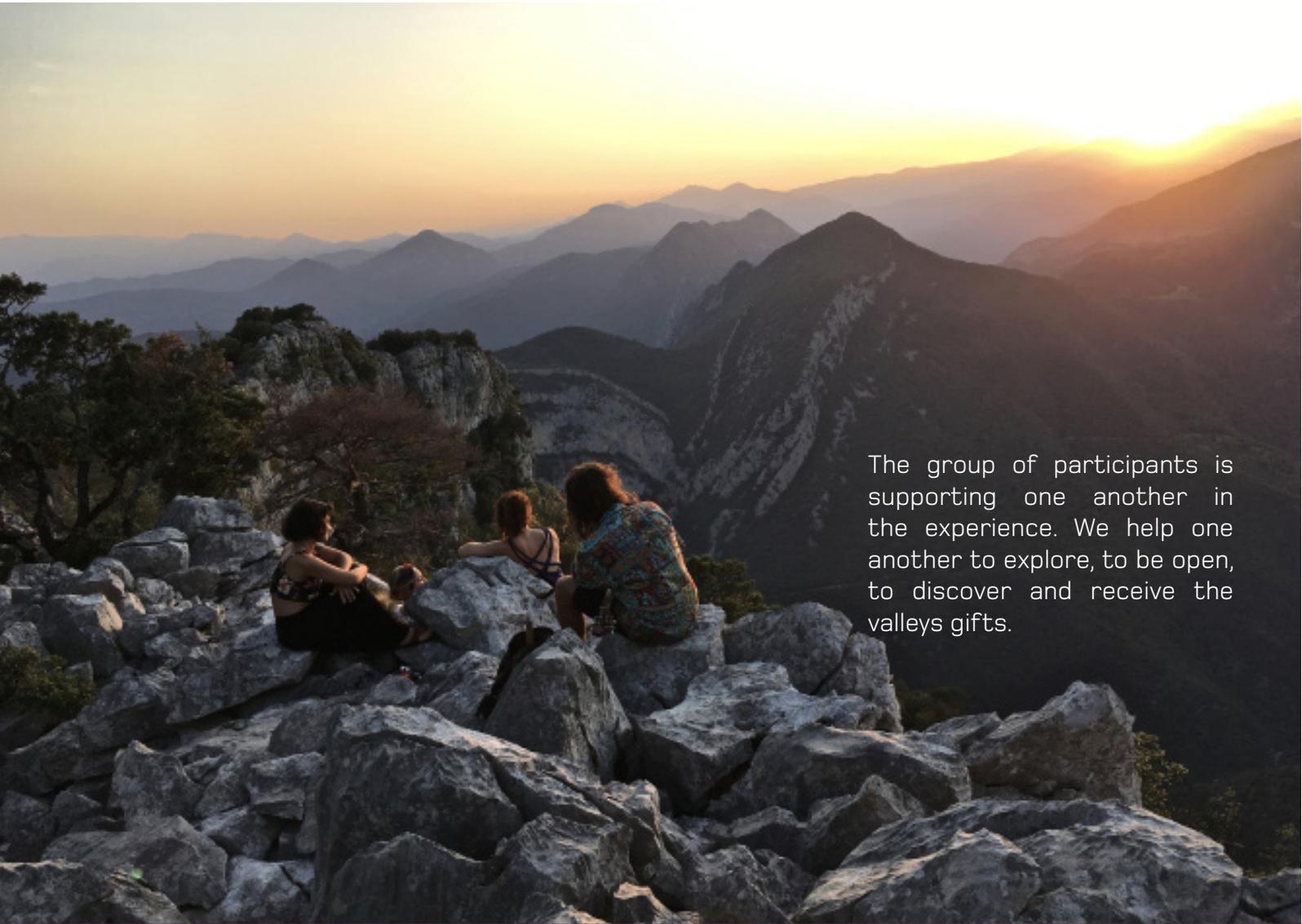
For questions and to book your place please email: [info@easy-day.com](mailto:info@easy-day.com)

or contact us via Whatsapp: +34.660 09 23 43

We will then send you an information and registration pack covering all further details. You can also visit our website at [www.easy-day.com](http://www.easy-day.com) for more general information on the place and Easy Day's activities.

### Safety

We employ a comprehensive safety and risk management (SRM) policy and are covered by a professional liability insurance. Our backbone are 24 years of mountain guiding and programme facilitation.



The group of participants is supporting one another in the experience. We help one another to explore, to be open, to discover and receive the valleys gifts.

## GUIDES & FACILITATORS

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### **Korbi Hort**



As qualified guide and group facilitator Korbi draws on over 20 years of experience and has safely led thousands of people through transformative learning adventures.

Korbi is passionate about creating atmospheres and spaces in which people feel at ease and inspired to explore what truly matters to their hearts. During Into the Wild both, the valley and the facilitated process, will support us to become inwardly silent, empty and open. Because it is here, that we begin to experience, understand and appreciate the completeness and contentment of our natural state of being.

Korbi is a director of Easy Day and the Pont de Valenti Center for nature-based learning and initiated the international School of Youth programme. He holds a Masters degree in Sustainability and Business Responsibility from Ashridge Business School and a BSc in Outdoor Education from Edinburgh University. Korbi lives in his cherished Sant Aniol valley in Catalunya, Spain.

## Anna Carceller i Roca



Anna loves how life's great beauty is often hidden in the smallest details. She too lives at Pont de Valenti and takes care of various roles related to hosting and facilitating both, educational and cultural programmes.

When working with groups she is always fascinated to see how people are deeply nourished when they meet each other in an authentic way. Anna has found that a caring and emotionally safe space are essential for people to express themselves openly. It is in such encounters, that she feels her spirit uplifted. Then it becomes easy to really listen to peoples diverse perspectives and to appreciate how this helps us outgrow narrow outlooks, bringing us into a more expansive field of being.

It is from this place of caring that Anna will prepare our meals during 'Into the Wild' and create an atmosphere in which we can all feel at home.

## Luciano Gutierrez



Three years ago Luciano arrived at Pont de Valenti, and feels at home in these mountains ever since. Here, all the experiences and skills acquired along the way of life have found their purpose: from studying performing arts at University, his love for curating music and dance events, facilitating educational programmes, to being a chef - following in the footsteps of a long family tradition of gastronomy and hospitality.

His artistic work both, as actor and dancer, was always related to body awareness and movement - learning how playful interaction with others allows us to flourish in dance and song naturally.

As a lover of this valley, its silence, stability and beauty, it seems like 'Into the Wild' is an ever present experience here. Luciano feels grateful to share and accompany this experience.

In the Tipi during the solo review,  
which is a simple yet profound and  
very important part of the process.



## CONTACT

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