

Retreat
Mi PAISAJE
Within & Beyond

4. – 7.3.2027

with Claudia Linnemann Lovell
OLOTE CreAcción Colectiva, Cimmeria Geo-Tours

Cuevas de la Luz
(Bácor–Olivar, Granada Geopark)

BEAUTIFUL SOUL

Where is your inner compass pointing?

How do you perceive the natural rhythms and cycles in your day-to-day life?

How do the environmental changes happening around us make you feel?

Do you see the landscape as a stage, a source of energy... or as a threat?

What would you like to care for, restore or bring back to life in the place where you live?

What might change if we saw our own wellbeing as connected to the wellbeing of the land?



Fancy striking up a conversation with the landscape around you - and with the one within?

OUR PROPOSAL

Location Cuevas de la Luz, Bácor-Olivar
(Geoparque de Granada, Andalucía)

Dates Thursday 4th to Sunday 7th of March 2027
Choose a 2-night or 3-night stay.
Ask for an extra night if you have more time.

Organised by

Claudia (*Munasiri*) Linnemann Lovell
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Included

Shared cave accommodation, full board vegetarian meals and all activities in the programme:
Yoga, *Temazcal* Sweat Lodge and sound experience, meditation, hiking, a film connected to the local area, landscape based practices, swimming in lake Negratin, a planetary geology workshop, circle dance, talks and group discussions.

The order of activities may change depending on the weather and the needs of the group.

OUR DESTINATION

The Granada Geopark

Northern Granada is a land of high plateaus and wide-open, semi-arid landscapes shaped over millions of years.

Badlands, ravines and desert-like plateaus sit alongside unexpected green oases, giving the area a character all of its own.

One of its most distinctive features is the tradition of **CAVE living**. For generations, people here have made homes in the earth itself.

Since 2020, the Granada Geopark has been part of the UNESCO **GEOPARKS** network. Many visitors compare the landscapes to the surroundings of the Grand Canyon (*Colorado*).

Here, geology is not just something to look at. You can walk through it, touch it and see how it has shaped the way people live.

Come and discover a landscape shaped over millions of years by rock, climate and, above all, **WATER**.





THE TEAM of the RETREAT

Claudia Linnemann Lovell (Munasiri)

Master's degree in Regional Development,
in Love with Landscapes and Caves,
Integral Yoga & Meditation Instructor,
Kundalini Dance Therapy Practitioner,
Tour Guide, Leisure and Recreation Manager,
Interpreter of Word, Landscape and Nature



THE TEAM of our RETREAT

Úrsula Tutosaus Caballé



Multidisciplinary artist,
Bachelor's degree in Fine Arts,
Her current research at the University of Granada looks at "Landscapes in transit: geopoetics of care. Art, situated knowledge and sensitive cartographies for the regeneration of territories and body-territories."

Héctor Ibarra (Xiuhtezcatl)



Disciple of the Red Path and ancestral wisdom, Musician and facilitator of sound experiences. Creator and guide of musical landscapes.

Ursula & Hector are Co-founders of **OLOTE CreAcción Colectiva**

THE TEAM

Javier Carmona (Cimmeria)



Geologist, geoconservation, Consultant and traveller with the curiosity for the stories landscapes can tell.

Workshops on planetary Geology and geological interpretation in Geoparks



Lurdes & Artur,

together with their family, will be our hosts at Cuevas de la Luz.

They welcome us warmly, share the stories of the caves and prepare delicious vegetarian meals using fresh, local ingredients whenever possible.

PROGRAMA

Day	Activities	Place
THU 4.3.	16-17h Arrival & **Welcome** 18'30h **LANDSCAPE** as a conversation partner 22'00h **free DANCE & BODY movement** "Explore your inner self"	Cuevas de la Luz
FRI 5.3.	8'30h Excursion with ***sensitive CARTOGRAPHIES*** Hike to the Pajarillo Mountain (12-15 km) with picnic 17h **Meditation** with Art-expression 21h **Film** screening and discussion	Bácor Cuevas de la Luz
SAT 6.3.	8h Integral **YOGA** 9'30h Nature as an artist: space, landscape and the human being in the **Labyrinth** 11'30h **TEMAZCAL** sweat lodge: the Four Elements, Time & healing **Sounds** 17h Mindful eating through the **SENSES** *	Cuevas de la Luz
SUN 7.3.	8'30h **YOGA** & **Spiral Circle Dance** "Communicating through bodies and space" 11'30h **Planetary GEOLOGY** Workshop 13'30h Round table discussion: "Landscapes" 16'30h **Excursion** to the Negratín reservoir lake* *Opcional time for: Siesta, free time, massage, swimming or canoeing	Cuevas de la Luz Negratín

ACCOMMODATION IN THE CUEVAS DE LA LUZ

We fell in love with this place the first time we visited. Cuevas de la Luz are surrounded by nature, just one kilometre from lake Negratín and close to the badlands of the Granada Geopark, the Gorafe Desert and the Sierra de Baza. Accommodation is shared and set within traditional cave spaces. Sleeping areas are open-plan, with a mix of double beds, single beds and sofa-beds. Bathrooms are separated from the sleeping area by a curtain and include a shower. Different accommodation spaces are available in the Caves Rio, Suite, Romero, Señor G, Aggelos, Alquimista, Joan Melé and Pinos.



The complex also has a large hall for yoga, meditation, dance and group sessions, along with a spacious dining room and kitchen. Outside there is a small stream, trees and a large garden - plenty of space to sit, rest or simply enjoy the quiet.



Retreat
Mis PAISAJES
2027





FOOD & DRINK

Lurdes prepares our meals at Cuevas de la Luz:
simple, generous Mediterranean vegetarian food that is both healthy and full of flavour.
She uses local or organic ingredients whenever she can.

Breakfast is served at the table and may include bread, tomatoes, olive oil, fruit, cheese, eggs, coffee, juices. herbal teas - and usually something sweet.
Water and herbal teas are available throughout the day.



Ham or a meat dish can also be arranged if you prefer.

Please let us know in advance if you have any allergies or food intolerances.

If you follow a specific diet, please bring any specialist products you may need.

The nearest large supermarket is about 25-minute away by car, although there is a bakery and a few small shops in the neighbouring village.



WATER IN THE DESERT

We will spend time with the waters of the mountains and rivers, paying attention to their movement, rhythm and the way they shape both land and landscape.

WATER is life, creativity, fertility, nourishment, movement and renewal. In this region, water is one of the main forces behind the landscape we see today.

As we walk, we will also pay attention to our own sense of flow and to the water around us.
On the way, we'll stop at a viewpoint over Lake Negratín. Set among ravines and badlands, the reservoir feels almost like an inland sea in the middle of this dry, open landscape.

TEMAZCAL & SOUND EXPERIENCE



A **TEMAZCAL** is an ancestral ceremony of purification and healing in a traditional sweat-lodge. It is a type of natural sauna that takes place inside a hand-built tent (inipi) heated with stones from a fire. A temazcal has been created in the garden at Cuevas de la Luz.

Darkness, **heat**, **silence**, **rhythm** and **voice**... all form part of the experience. You need to be there, it is difficult to explain in words. It is an intense and beautiful way of exploring our relationship with the wisdom of our ancestors, creating time to connect with the **ELEMENTS**, the **HEART** of the earth and with the energy that dwells in the natural surrounding of the inipi.

The universe flows and creates through sound vibrations. Sound envelops us, brings us into balance and transports us beyond the mind, to our **ESSENCE**, awakening the ancestral memory of the body and spirit.
The first instrument we work with is **OUR OWN VOICE**.



TEMAZCAL

Our Guide will be Héctor *Xiuhtezcatl* who has extensive experience in ceremonial sweat lodges held both in Mexico and Spain.

SENSITIVE CARTOGRAPHIES

Inner landscape – outer landscape

Landscape is more than physical space or scenery.

> A territory is a **complex organism** that **breathes**, **remembers** and **transforms** itself.

Sensitive cartography is a way of getting to know a territory through more than sight alone - through listening, movement, observation, memory and sensation. It includes **tension**, just like every individual and every community.

Learning processes are generated that do not arise from conventional methodologies.

When we slow down and pay attention, other layers of a landscape begin to appear: its ecology, its stories, the feelings it evokes and the way we relate to it.

We will explore this through:

- sensory perception exercises
- mindful walking
- intuitive drawing
- creative and poetic writing
- collecting materials that catch our attention
- small physical or performative actions
- grounding and meditation exercises

PLANETARY GEOLOGY

A Hands-on Workshop

We will look at the geological **processes** that shape bodies across the Solar System: how planets form, how impact craters develop, tectonics and the way planetary surfaces change over time.

By comparing Earth with Mars and Jupiter's icy moons, we can see how **the same physical laws operate here** and on distant worlds.

The Granada Geopark gives us an ideal natural laboratory. Its gullies, badlands and sedimentary formations offer striking parallels with parts of the Martian landscape because some of the same geomorphological processes are at work.

Using observation and practical activities, we will look at craters and extraterrestrial landscapes and get a feel for geological time on a planetary scale.

A chance to look at the ground beneath our feet from a **cosmic perspective** - and to see our landscape as part of a much bigger story.

ABHYANGA Massage

Optional **extra** with Sada Sukh

ABHYANGA massage is a technique used in **Ayurvedic medicine**. Within this system, massage is considered an essential complement to good health.

As well as producing relaxation and a sense of well-being, massage has a therapeutic function, helping to regulate physical, mental and emotional imbalances. It maintains the beauty and health of the skin, whilst also helping to release energy concentrated within the body, eliminate toxins, stimulate circulation and tone organs and muscles.
It improves eyesight, lubricates muscles and joints, strengthens and rejuvenates tissues, and reverses the ageing process.



In Ayurveda – and for us too – massage should be part of people's daily lives. As we focus on self-care, it's the perfect complement to our retreat. Massage has loads of benefits and makes you feel great! It activates and elevates you to a state of **consciousness** that awakens the body's **self-healing** system.

THE PROPOSAL

OPTION 1
3 nights, from Thursday 4th to Sunday 7th of March

OPTION 2
2 nights, from Friday 5th to Sunday 7th of March
2 nights, from Thursday 4th to Saturday 6th of March

OPCION 3
1-2 extra nights including breakfast available at the end of the retreat, activities and prices on request

Included in option 1 & 2

Accommodation. The price includes accommodation in shared caves with en-suite facilities, generally for 2 -4 people per cave.

Full board and **all activities** in the programme.
On Saturday, we recommend keeping food light before the Temazcal. Breakfast will still be available for anyone who would like it. Afterwards, we will share a varied nourishing meal together.

Extras (not included)

Single occupancy. If you would like more privacy, you can book a double room or cave for single occupancy, subject to availability. Additional charge: 40,-€ per night.

ABHYANGA **Massage** (Ayurveda) with Sada Sukh 60,-€

Canoeing 20,-€

BOOKING

CONTACT

For information and bookings:

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PRICES

660,- € / p.p. (4 days, 3 nights),
520,- € / p.p. (3 days, 2 nights)

15% discount *for 2 - if you book together with a friend or partner* ***or*** *as an "early bird" offer if you book before the 30th of November*

BOOKING DEPOSIT

Cuevas de la Luz will be reserved exclusively for our group during the retreat. A **65,-€** deposit is required to secure your place.

Account holder:	**Artur Alarcón**
Account address:	Cueva del Secretario Bácor Olivar (Granada)
IBAN	**ES67 0081 1573 1 80001028306**
or by **BIZUM** to the nº	**+34 606 995 268**
Concept:	**Retreat PAISAJES 2027**
Group size:	**8-17**

WHAT TO BRING

Most importantly YOURSELF ♥♥♥
and a little time and willingness to step out of your usual routine...

A few recommendations:

- comfortable clothing, a light fleece and warm jacket
- a scarf, sarong, dress or loose-fitting skirt
- a yoga mat* and small blanket* for relaxation
- a cushion, zafu, small stool or seat block*
- sunglasses, hat and sunscreen
- good trainers with good grip (hiking or sports trainers), flip-flops or sandals



- Swimsuit and bath towel* in case the weather is warm enough for a swim in Lake Negratín

**if you are flying and cannot bring these items, let us know and we can organize some of them for you.*

HOW TO GET THERE

Travelling by car is the simplest option as our cave accommodation is in a rural setting away from the main towns..

If you do not drive, or would rather use public transport, we can arrange a pick-up from Baza or Guadix bus station, or from Guadix railway station. Please enquire about availability and fares.
You can travel to Granada by AVE high speed train and continue from there to Guadix or Baza by bus or to Guadix by regional train.
The nearest airport is Federico García Lorca Granada-Jaén.
Almería, Murcia, Alicante and Málaga airports are also practical alternatives. From any of these, hiring a car is usually the easiest option, although buses and *Blablacar* may also be useful.

The Cuevas de la Luz are situated in Bácor-Olivar, a small town in the Granada Highlands, around 100 km from Granada city.
If you are travelling on the A92 (north), take exit 25. At km 10, as the road climbs, Lake Negratín suddenly comes into view.
At km 13, you will pass through the village of Bácor. Keep going and ignore the turn for *Olivar* on your left. From km 14 onwards, slow down and look for a wooden sign on the left-hand side.
A narrow path leads down to the Cuevas de la Luz, running beside a meadow and crossing a shallow stream. Let us know if you're coming from inland (Jaén) and we will send you the best route.

♥ See you in March♥





Photo Gallery

PREVIOUS RETREAT EXPERIENCES










We look forward
to welcoming you
here - and to sharing
theses landscapes,
within and beyond.