

# WILD ALCHEMY ELEMENTAL RETREATS

EASE INTO AUTUMN  
9 - 12 October 2026

YOGA . MEDITATION . QI GONG  
WALK . SWIM . FIVE ELEMENTS

Transformation for the Soul in the Wild Catalan Hills

For more details and booking:

[@circleandtideyoga](#) or [nomadaretreat.com](#)

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As the golden warmth of late summer softens into the crisp, reflective days of early autumn, you are invited to join Mae and Kat for a 3 day retreat, in the wild and beautiful Catalan mountains.

This retreat is centred around TRANSITIONS and TRANSFORMATION, and rooted in the wisdom of Five Element Theory from Traditional Chinese Medicine (TCM) and Scaravelli-inspired Yoga.

Weaving together mindful somatic movement, seasonal ritual, meridian practices, and reflective space to support the organs and energies associated with this seasonal gateway, we will honour the abundance of summer while consciously preparing for the inward draw of autumn and set intentions for the season ahead. As nature begins to shed what is no longer needed, we too are invited to release - physically, emotionally, and energetically - as we reflect on how the rhythms of nature mirror the cycles within our own bodies.

This is more than a yoga retreat; it is a seasonal attunement... A gentle recalibration. So that you can move into autumn feeling grounded, nourished and deeply connected to the rhythms within and around you.

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### 9 - 12 October 2026

#### WHAT TO EXPECT:

- 90 minute yoga practice each morning & evening, incorporating asana (posture), pranayama (breathwork), meditation and yoga nidra (relaxation).
- Workshop on the basics of the Five Element theory with focus on Late Summer (Earth) and Autumn (Metal).
- A guided walk through the beautiful mountains around the finca.
  - Delicious and nourishing meals and snacks each day.
  - 3 nights accommodation at the beautiful Nomada Eco Mountain Retreat in either a twin or triple room.
- Free time to swim in the pool, read, write, reflect, walk, connect.
  - Optional extras: Massage / Facial / 121 yoga

This retreat is suitable for all levels of yoga experience. You will be supported and offered adaptations to ensure that you remain connected with your own body and are practicing in a way that feels right for you.

Small group size - only 8 places available.

#### COST:

Concessions / Early Bird booking (by 1st May): £530

Standard Price: £620. Payment plans available.

\*\*Flights and transfer to the finca are not included in the price.

(But we can help you to arrange the transfer)