

You look after everyone else. *Who looks after you?*

For parents, therapists, leaders - and anyone who knows what it's like to be the one holding everything together.

Four days to put down what you carry, let yourself be held, and make space for what is wild, tender and alive in you.

"To wake at dawn with a winged heart."
- Kahlil Gibran

1-4 OCTOBER 2026 / MAS FARRERES / CATALONIA

Hosted by Louis Weinstock

Psychotherapist, award-winning author, and founder of *The Heart of Being Human*



RESERVE BY EMAIL



a place to exhale

WHAT YOU'LL RECEIVE

The shape of the days

A gentle rhythm, not a strict schedule, held with care, and lots of space for yourself.

HELD FOR YOU

- Daily circles with Louis, drawing on meditation, movement, ritual, honest conversation and playfulness
- Morning yoga and meditation with Krystal Nash, founder of Yoga Haven
- Shared, nourishing meals from a relaxed table by SJ Weston

YOURS ALONE

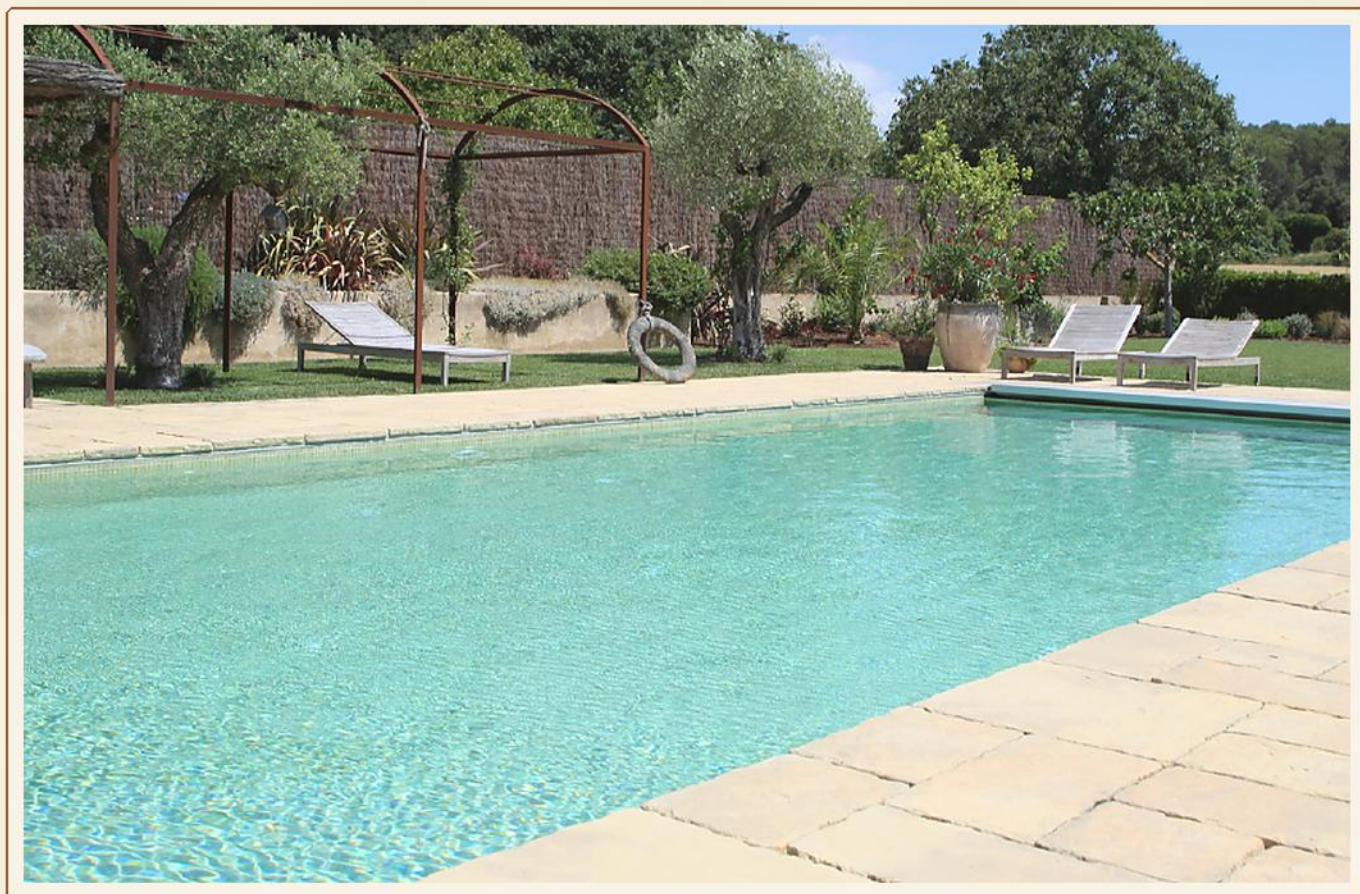
- Swim, walk, read, sleep, talk late into the evening under the stars, or do nothing at all

A carefully designed structure, with no pressure to be vulnerable, transformed, insightful, or good at retreating. Just an invitation to rest and be human.

THE PLACE

Mas Farreres, Catalonia

A restored 17th-century stone masia tucked away in the cultural heart of the Emporda.



QUIET

Set beside a small 16th-century farming hamlet, with birdsong, crickets and the occasional tractor.

SPACE

Gardens, terraces, a swimming pool and shaded places to sit, eat, read and do very little.

NEARBY

Girona is close by, with historic villages and beautiful beaches around 30 minutes by car.

The practical things

WHEN

Thursday 1 October - Sunday 4 October 2026

The retreat will close at 11am on Sunday.

LOCATION

Between Flaçà and Foixà, 30 minutes from Girona and five minutes from Flaçà train station.

ARRIVAL

Arrive anytime from 11am on Thursday. We will begin gently, with time to settle before a welcome dinner that evening.

GETTING THERE

Barcelona El Prat is around 1.5 hours by train and car. Girona-Costa Brava is around 30 minutes by car. Shared transfers can be organised nearer the time.



WHAT'S INCLUDED

- Three nights accommodation
- Daily morning yoga and meditation
- Daily circles hosted by Louis
- All breakfasts, lunches and dinners
- Tea, coffee and snacks
- Use of the swimming pool and grounds
- Plenty of time to rest, walk, read and simply be

ROOM OPTIONS

Classic

Generously sized, elegantly styled rooms with ensuite
£1300 per person (sole occupancy)

Cosy

Stylish and comfortable double with ensuite
£1100 per person (sole occupancy)

Twins

Stylish twin rooms with ensuite
£750 per person (sharing)

Double occupancy rates can be provided on request. Twin rooms can also be configured as doubles if preferred.



RESERVE YOUR PLACE

Ready to join us?

To reserve your place, please email hello@louisweinstock.com.

There are currently 3 spaces left. The group is intentionally small, so places will be offered thoughtfully, in the order emails are received and when it feels like the right fit.

EMAIL LOUIS

RESERVE BY EMAIL

ABOUT LOUIS



Louis Weinstock

Transpersonal psychotherapist, author, social entrepreneur, and founder of The Heart of Being Human.

Louis creates spaces where people can stop pretending, drop the mask and come home to themselves, bringing together psychological depth, embodiment, ritual and play.

He is co-founder of Apart of Me, a multi-award-winning charity for bereaved young people, and author of the award-winning *How the World Is Making Our Children Mad* (Penguin). His work has featured on the BBC and ITV, and in the Guardian and Telegraph.

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