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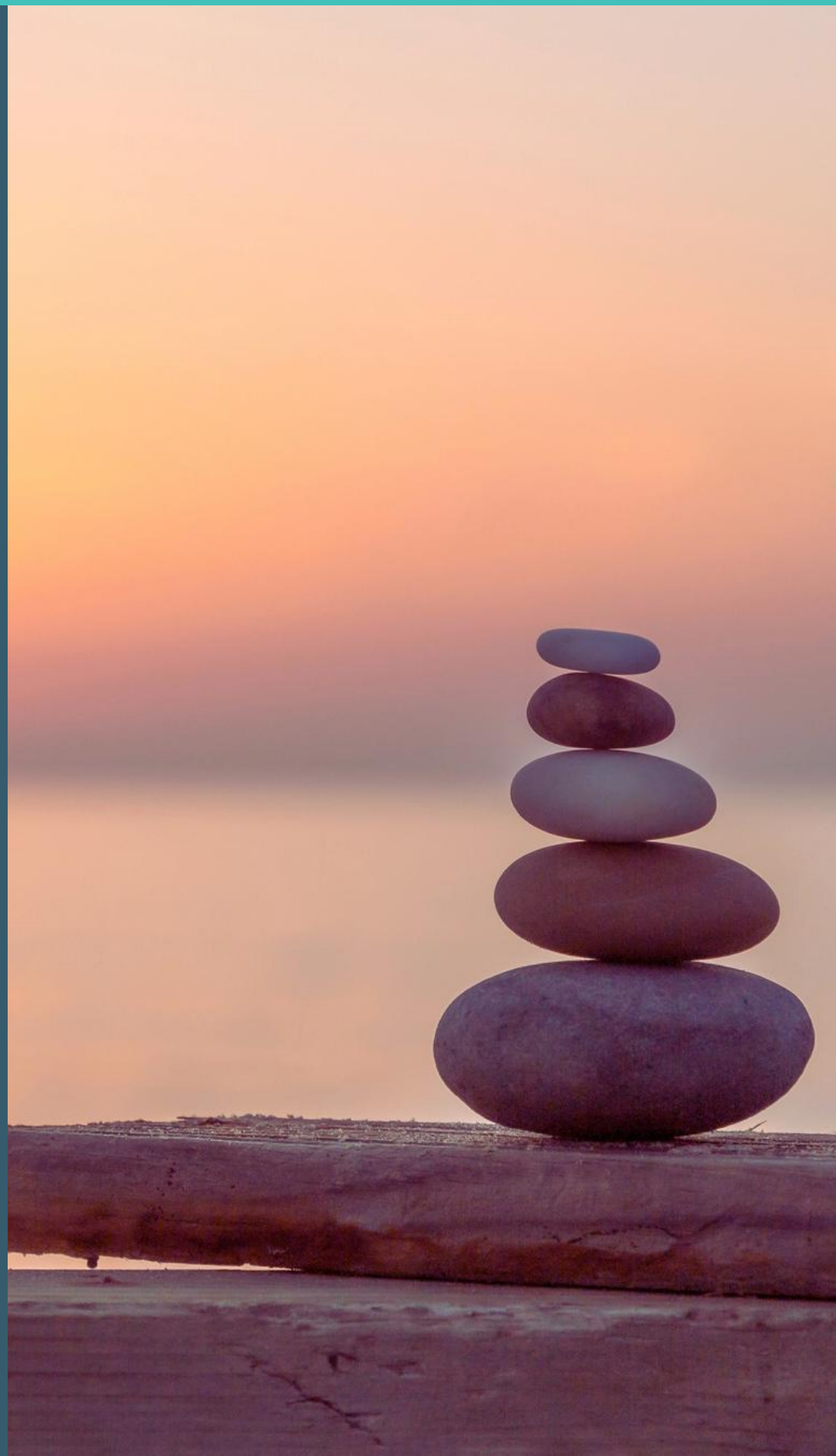
Retreats designed to help you reset, recharge, and reengage with your life

Granada, Spain  
November 9-14, 2025

[www.take-flight.org/retreats](http://www.take-flight.org/retreats)

Life does not get  
better by  
CHANCE

Life gets  
better by  
CHOICE



Welcome!

I'm so glad you're here.

If you're here, you're ready. You're aware of the power of the pause and the gifts of breath. But you crave more. You're seeking an opportunity to reconnect with yourself on a deeper level in a serene, idyllic landscape, away from the pressures and stressors of daily life. And honestly, who wouldn't want that? I started Take Flight Retreats for those ready to dive deep into themselves and discover new possibilities. I'm excited for you!

This guide will provide a little more information about next year's retreat to help you decide if it's right for you.

I'm so glad you're here. **Welcome.**

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welcome!

Travel isn't self-indulgence. It's **self-care.**



# Location

Nestled at the foot of the Sierra Nevada mountains, Granada, Spain offers a dynamic setting for our restorative retreat.

With its rich history, stunning architecture like the Alhambra, and tranquil gardens, the city provides a perfect blend of cultural immersion and natural beauty.

The mild climate, peaceful courtyards, and calming sounds of the flowing water in ancient fountains will support our relaxation and rejuvenation. Whether we're exploring the labyrinthine streets of the Albaicín or meditating in a secluded garden, Granada invites deep reflection and healing.



location

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not I, nor anyone else can travel that road for you.  
You must travel it by yourself.  
It is not far. **It is within reach.**  
Walt Whitman



# Fellow Travelers

You'll be a member of an intimate group of 6-8 fellow travelers who share a spirit of curiosity and a love of adventure. Like yourself, they seek an opportunity to reconnect with themselves and recharge their lives. They are open to new experiences and enjoy the outdoors, bold dining, and good company. Not to mention, a splendid glass of wine or refreshing juice at the end of the day!

community

keep some room in your heart for **the unimaginable**  
Mary Oliver



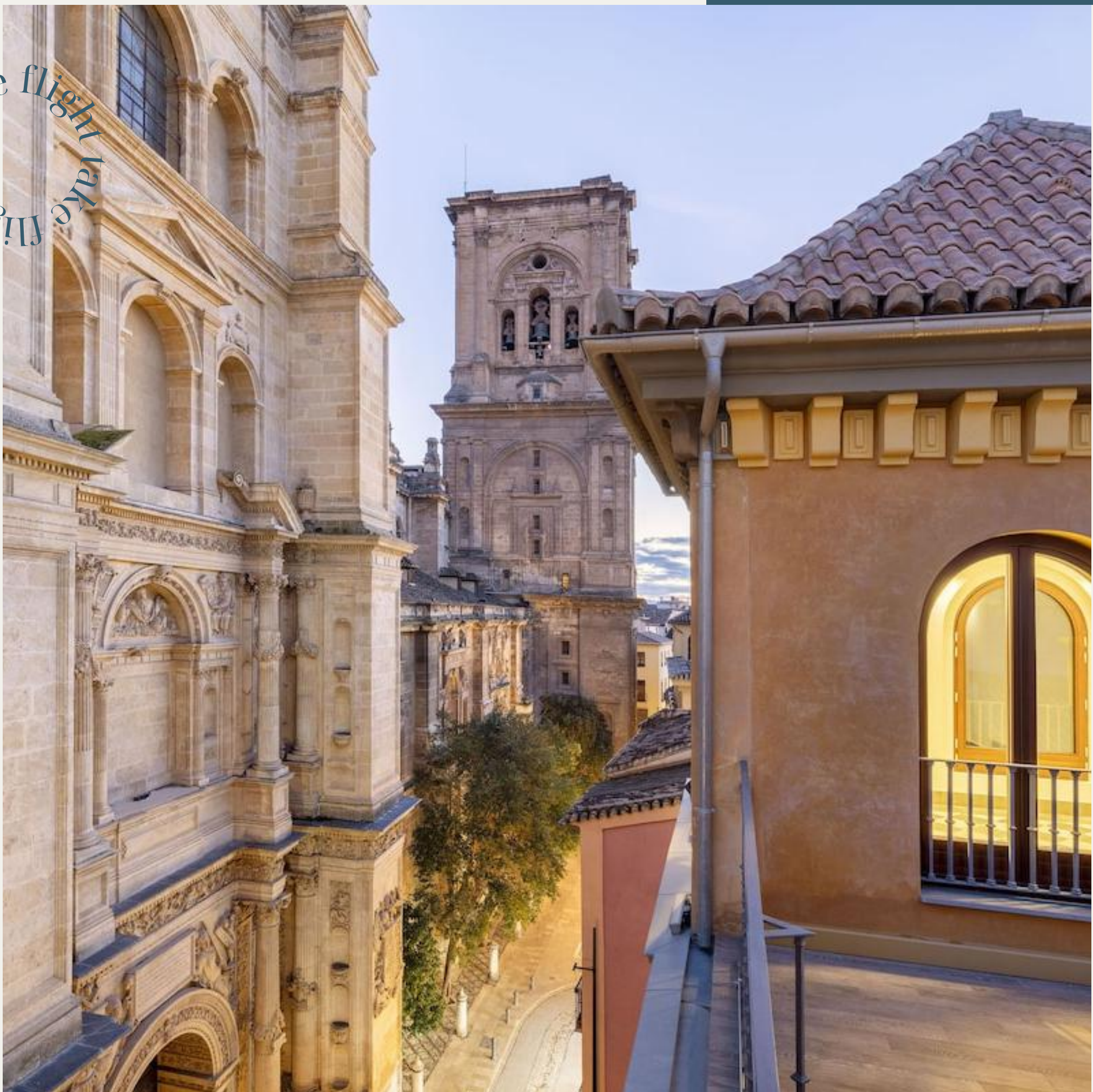
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# Accommodations

Our Retreat home is a peaceful sanctuary in the heart of the city. Perfectly blending modern comfort with Granada's historic ambiance, our upscale accommodations provide an ideal setting for rest and renewal. Unwind on the serene terrace, where views of the city invite quiet reflection, or take advantage of the tranquil, air-conditioned in-room spaces for journaling or relaxation. Single and double-occupancy rooms are available. We'll have our breakfasts here before starting out for the day.

accommodation



the ache for home lives in all of us. The safe place  
where we can go **as we are** and not be questioned.  
Maya Angelou



# Daily Plan

Every morning, we'll begin with breakfast followed by a shared experience. Additional reflection time will be available. After breakfast, we'll embark on activities centered around the day's theme. In addition, there'll be free time, with opportunities for massages, wine tastings, and other activities. Below is a sample agenda, subject to change based on availability and participation.

Day One:	Focus: Arriving & Welcome	Location: Retreat Center
Day Two:	Focus: Centering & Grounding	Location: Mirador de San Nicolás
Day Three:	Focus: Expansion & Visioning	Location: Alhambra
Day Four:	Focus: Creativity & Flow	Location: Sacromonte
Day Five:	Focus: Release & Renewal	Location: Monasterio de San Jerónimo.
Day Six:	Focus: Commit & Depart	Location: Darro River

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Restore

be softer with you.  
you are a breathing thing.  
a memory to someone.  
a home to a life.  
Nayyirah Waheed



# Details

Here is some information to aid in your planning.

**Airport Arrivals and Departures:** The closest airport is Federico García Lorca Granada Airport. From there, make your way to the center of the city and check in for your stay.

**Passport and Currency:** Each participant needs a passport valid for at least six months beyond your travel dates. You may also need to register for ETIAS (European Travel Information and Authorization System). We will provide more information on ETIAS as it becomes available. Spain's currency is the Euro.

**Retreat Fee:** The cost for the six-day retreat is \$4500. This includes your welcome gift, Retreat sessions and workbook, tickets and entry fees for Retreat excursions, accommodation for Nov. 9-14, 2025, and in-country transportation during the Retreat. There may be an occasional lunch or dinner on your own. Airfare to Spain and transportation to and from the airport is not included. A list of optional services and activities and their costs will be provided and are not included. Single accommodations are available for an additional fee of \$500. Once registration opens, a non-refundable deposit of \$500 is required to confirm your participation. Please review our cancelation policy. Final payment is due by July 31, 2025.

## logistics

"Not all **who wander** are lost" - J.R.R. Tolkien



might take flight



# Considerations

**World Events:** We will confirm travel guidelines 60 days before departure. If travel is declared unsafe per official US guidance posted on [US.Travel.Gov](https://www.usa.gov), the trip will be canceled and a full refund will be issued. If travel is considered safe, you may withdraw from the trip up until that date and receive a full refund, minus the non-refundable deposit. After that date, your trip is considered non-refundable, unless we can fill your spot from the waiting list. If we are able to fill your spot, you will receive a refund of your balance paid, minus the non-refundable deposit and a 10% administrative fee. You are encouraged to monitor updates on the official [US](https://www.usa.gov) and [Spain](https://www.gob.es) travel advisory websites.

considerations

if you want **to fly**,  
you have to give up what weighs you down.

Roy T. Bennett



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# Your Retreat Hosts



Kerilyn on retreat In Acadia Park, ME

Kerilyn Derkasch, LCPC, is the founder of Take Flight Retreats and your primary retreat host. A lifelong traveler, Kerilyn uses her experience as a licensed counselor, certified professional coach, and trauma specialist to create retreats that help participants reconnect with themselves, release old wounds, and move forward with renewed energy and a stronger sense of self. Drawing from her love of poetry, art, spirituality, and the outdoors, each of her designed retreats delivers a bespoke personal growth experience for her guests. She has delivered retreats and workshops for organizations such as ADP, Inc., Bereaved Parents of America, Gilchrist Hospice, and Baltimore Public Schools. She currently lives in central PA.



Pauline in Granada, Spain

Bilingual in Spanish and from a Chilean family, Pauline brings a unique cultural perspective to her leadership. For the past 20 years, she has worked closely with philosopher and poet David Whyte, whose insights on presence, vulnerability, and leadership have profoundly shaped her approach. Through this long-term collaboration, she has cultivated a leadership style grounded in authenticity, emotional intelligence, and the power of connection. Known for her leadership with a heart, Pauline fosters an inclusive environment where individuals feel valued and empowered.

Drawn to the retreat's focus on fostering meaningful connections and transformative leadership, Pauline's love of travel and her belief in the power of shared experiences brought her here to assist. She will contribute her insights on authentic leadership, emotional intelligence, and the transformative power of connection, drawing from her extensive experience and philosophy-informed approach.

hosts

our journey is **just beginning**  
Moses







your dreams **await** you



thanks  
so much  
**for being** here.

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