



# Brainspotting Intensive, Retreat

2026

30<sup>th</sup> May - 6<sup>th</sup> June  
Andalusia, Spain

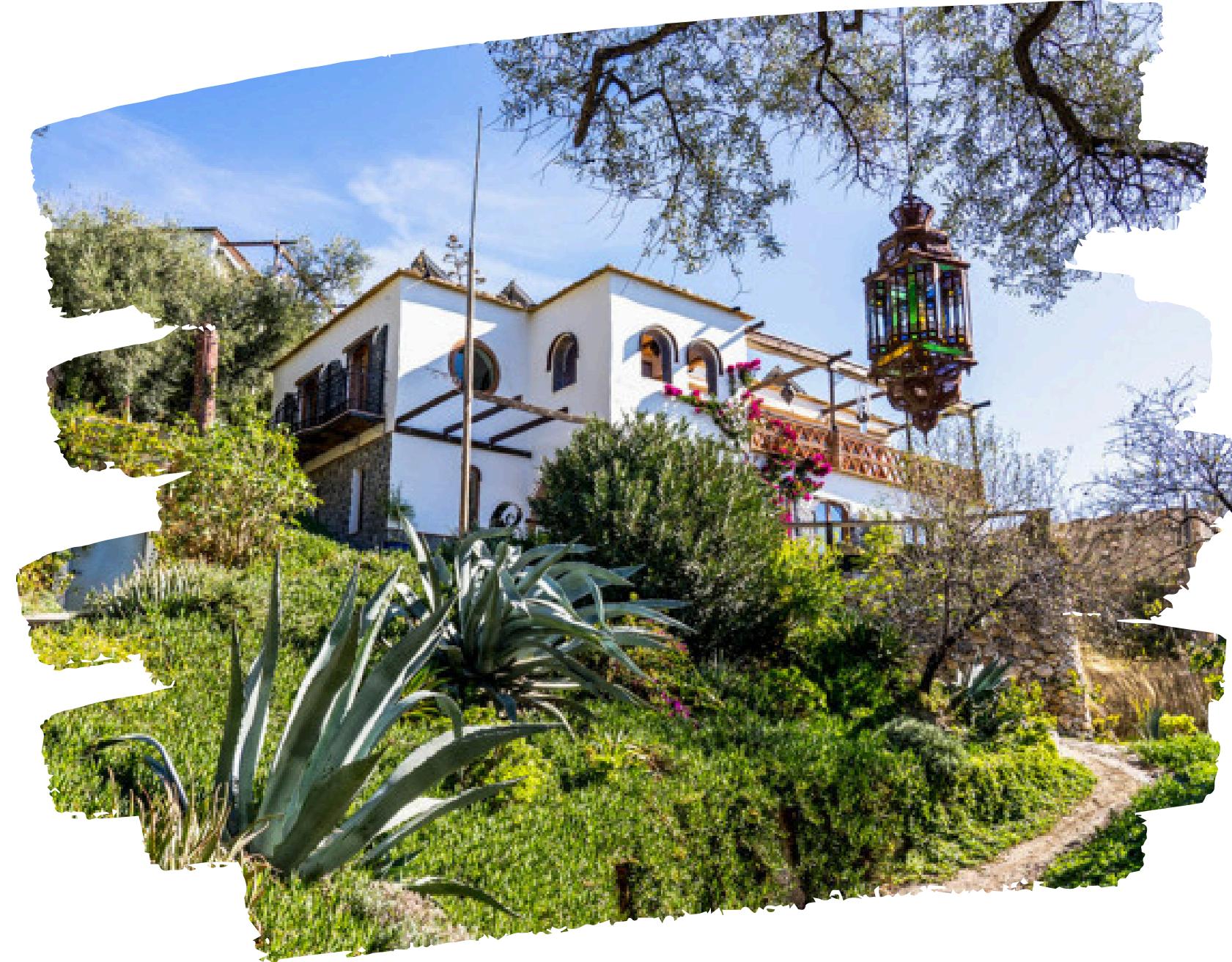
Welcome

# Brainspotting Retreat with BSPUK

We would love to have you join us for that unbeatable in person tribe connection that is at the heart of our retreats. Our 2026 Brainspotting Intensive is designed exclusively for Brainspotting therapist's seeking growth, connection, and deep learning.

This immersive experience is the ultimate environment to integrate theory and practice, explore new perspectives, and evolve as a practitioner. Completion of the intensive, approved by Dr. Mark Grixti, also counts as consultation hours towards Brainspotting certification.

As this is a BSPUK Brainspotting intensive retreat, there will be so much more to experience. Together we'll journey to unique, open-hearted spaces where professional growth and personal transformation meet. Within the space in-between, we'll weave together healing and expansive modalities for deep integration.

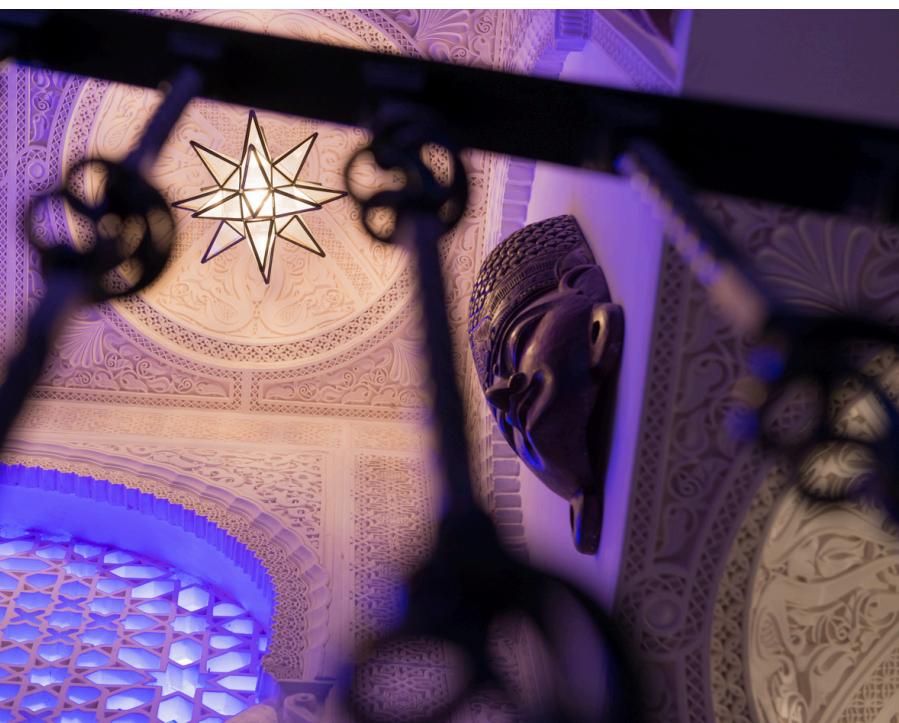


## About the Venue



# House of light

House of Light is a stunning moorish inspired venue, set within the enchanting Alpujarra mountains of Andalusia, Southern Spain. It's a sanctuary for personal transformation designed to nurture the mind, body, and spirit. Surrounded by nature, guests can immerse themselves in the majestic, mountain landscape, providing an ideal backdrop for introspection and healing. Since 2010 this site has been intentionally restored into a collection of beautiful, thoughtfully crafted spaces that invite guests to truly 'come home' to themselves.



# House of Light

## Exploring the venue

The gardens - House of Light is set in 15000m<sup>2</sup> of garden, this is mountain terrain, steep and terraced with fruit and nut trees, ancient olives and various flowering trees, bushes and succulents. There are large flat areas for outdoor practices and contemplative corners where you can sit and take in the breathtaking views. Connect with nature, breathing clean, fresh air and gaze over the mountain ridges to the sea.

Communal Spaces - Much time and attention has been spent to bring beauty and tranquility into every corner of this venue. From the ornate Moroccan snug to the luxurious tree hung hammocks there are a multitude of private or communal spaces in which to relax and reflect.

The Pool - A meandering staircase takes you up to the salt water swimming pool area which is set up and behind the centre, offering mountain scenery.



The Food

# Nourishment

Nourishment and nurturing is a big part of what's offered at House of Light.

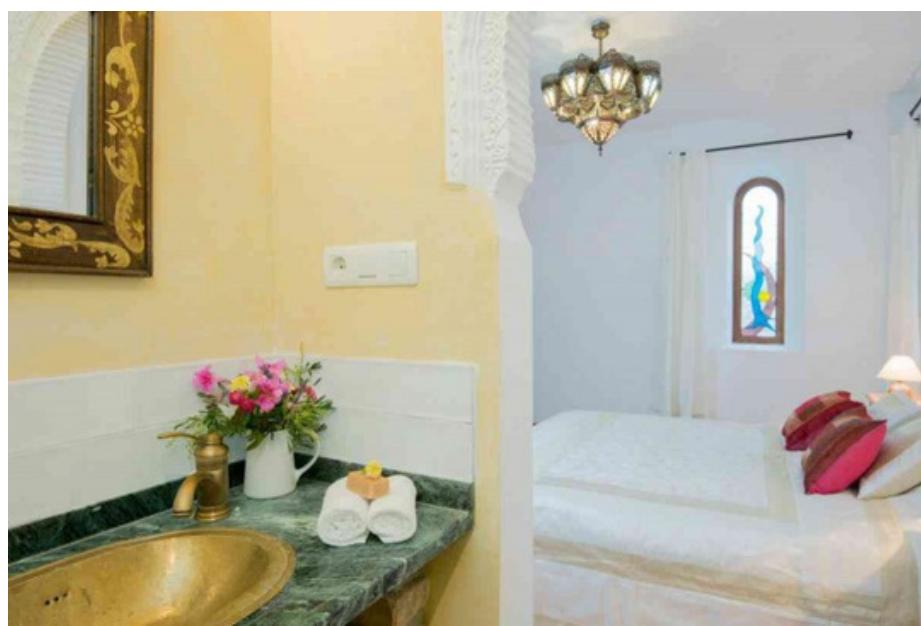
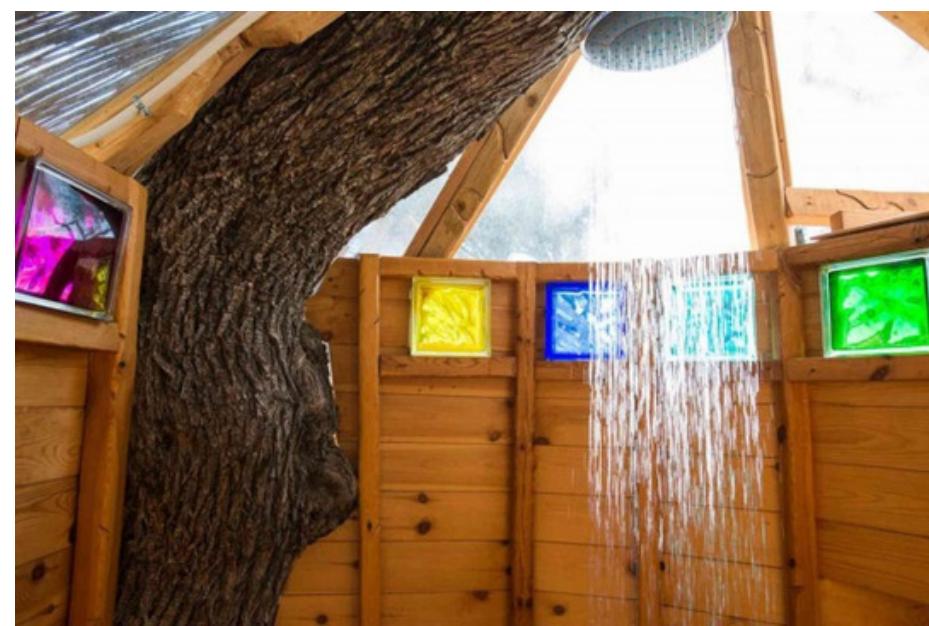
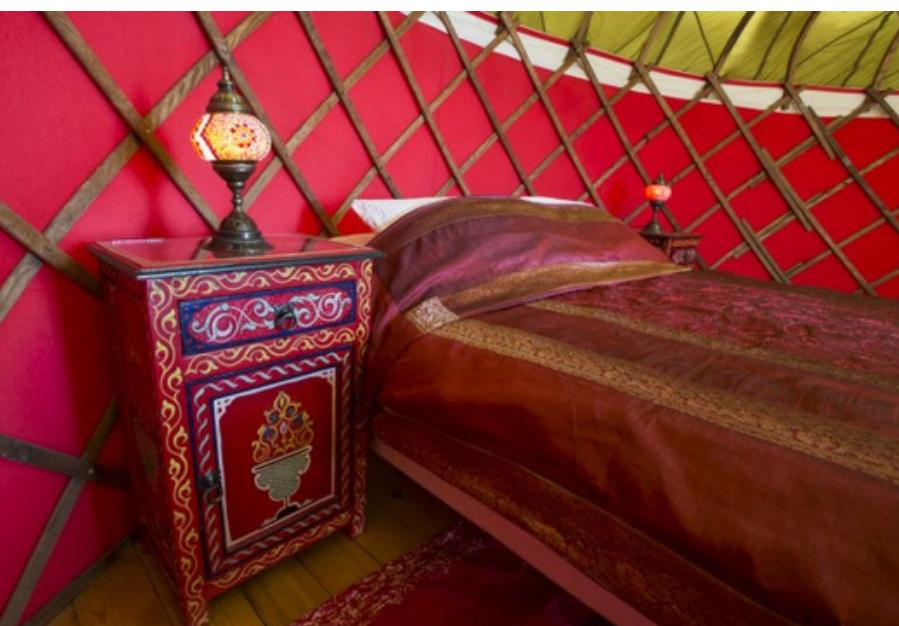
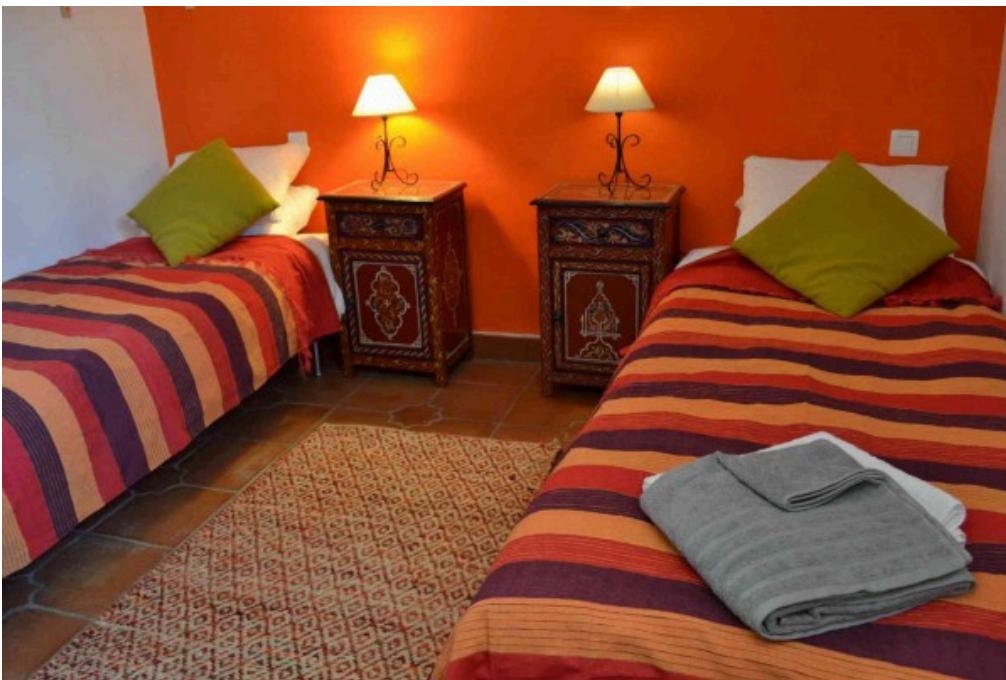
A very talented and passionate team of chefs will tantalise your taste buds and nourish your body with clean, nutritious and exciting cuisine. All ingredients for vegetarian, vegan and raw food meals are either grown in the gardens or carefully sourced from local farmers. Menus are designed to feed both body and soul, using fresh ingredients and organic whole foods prepared with love and consciousness. All dietary requirements can be catered for.



## Accommodation

# *Rest and sleep*

All of the rooms at House of Light have been decorated with a care and love and have their own individual charm, colour and feel. Ranging from the wonderful, traditional yurts to Moroccan inspired rooms, they are inviting, calm spaces designed to both inspire and relax. Each shared room will have twin beds and come with bedding and towels.



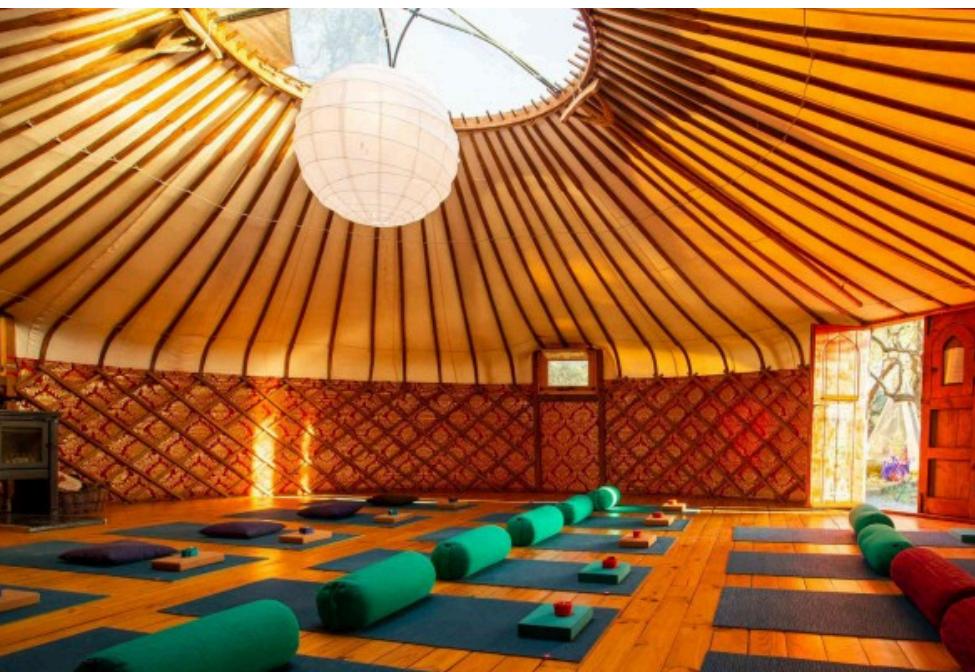
## Brainspotting program

# *Days filled with*

There are ten experientials in the center of the group with each participant being the therapist once and client once. Mark will sit next to the therapist and personally teach by guiding the therapist in the most attuned, technically advanced, and innovative Brainspotting process. Afterwards, each session is debriefed extensively in the group enhancing everyone's learning process. The Intensive is a master class in developing skills as an advanced clinical BSP therapist.

This is also a qualified path to achieving Brainspotting certification. Completion of the intensive, approved by Dr. Mark Grixti, also counts as 6 consultation hours towards Brainspotting certification. Our Brainspotting Consultants/consultants in training will be on hand for guidance with this process.

Throughout the retreat we will also be offering and integrating other healing and expansive modalities such as sound healing, yin yoga, dance, Reiki healing and deep discussion firepit gatherings at sunset club.



## Meet some of your team

*Join us*

Dr Mark Grixti is a Clinical Psychologist, Brainspotting master international trainer and consultant, author, podcast host of Awe in Trauma, and certified plant medicine assisted therapist. He has facilitated many trainings and Intensive retreats bringing warmth and depth to his work, with many years of experience in expanding and nurturing the understanding, and use of Brainspotting to reach profound levels of healing. Mark loves working creatively with small groups and brings a friendly, humorous and fun style to this beautiful sacred work together.

Siobhan Swider is an international harpist, sound healing practitioner and trainer, yin yoga guide, aromatherapist, and crystal therapist. She invites you into multidimensional healing, harmony, and deep restoration through the sacred resonance of sound and vibration.

I'm Kerry Blackwell, BSPUK's relations coordinator. Throughout the retreat I will be offering the healing power of Reiki, inviting you to release, integrate, relax, align your energy, and reconnect with your natural state of ease and vitality. It's my pleasure to be your point of contact for any needs that arise, and your companion throughout this journey.



## Travel and Exchange

# *How you can be part of this*

Everyone will make their own plans to arrive in Spain. House of Light is nestled in the Spanish Alpujarra mountains. Close to a town called Órgiva. Órgiva is a traditional Spanish town, with a host of independent retailers, including local bakeries, organic cafes and health food shops. Plus a weekly food and craft market and lots of other cultural events typically on offer. We will be close to the historical cities of Malaga and Granada. Granada is the closest airport - around 1 hour away by car. Malaga is the other airport option - around 2 hours away by car. It's worth noting that while Granada is closer, more frequent international flights land into Malaga. With more people coming into Malaga this offers more options for ride shares and transfers. (Cost of flight and transfer is not included)

**We will check in 3PM on the 30th May and check out 1PM on the 6th June.**

Retreat costing per person for **7 nights**. The price includes all catering, accommodation and Brainspotting intensive program, plus all afternoon/evening restorative sessions in sound, yoga and Reiki healing. A **£500 non refundable deposit** paid to secure your place. To receive the **early bird price of £1,695** the remaining balance must be paid by the **1st of February 2026**, there after the price is **£1,995** the remaining balance must be paid by the **1st of April 2026**. We anticipate this years Brainspotting Intensive retreat to be in high demand with only **10 places available**. If you know you would like to attend, please complete the attached Retreat Application form. I will then contact you, with how to make your non-refundable deposit of £500 to secure your place. I look forward to hearing from you and spending this magical time together.