



EXperiential **T**Ourism for sustainable **R**ural development


Project number: 2023-1-IT01-KA220-VET-000154283





Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Factsheet

<p>1. Business name & logo</p>	<p>Natura Mística (Mystical Nature) Retreats and spirituality in the rural heartland</p>  <p>Natura Mística Retiros y espiritualidad en el corazón rural</p>
<p>2. Brief description</p>	<p>Natura Mística is an experiential rural tourism initiative focused on personal wellness and spiritual growth. It offers immersive retreats in small countryside villages, where participants engage in meditation, conscious silence, yoga, nature walks, and healthy eating. The goal is to disconnect from urban stress and reconnect with oneself and nature, while revitalizing rural communities</p>  <p>NATURA MÍSTICA</p>

<p>3. Key services/products/ experiences</p>	<ul style="list-style-type: none"> ● Guided weekend or multi-day retreats ● Yoga and meditation sessions ● Mindful hiking in natural surroundings ● Vegetarian/vegan meals ● Emotional/spiritual reconnection workshops ● Community dialogue circles 
<p>4. Target audience</p>	<p>Adults interested in self-development, personal growth, spirituality, mindfulness, and sustainable lifestyles. Also ideal for wellness professionals looking for unique venues to host their own events.</p>
<p>5. Sustainability aspects</p>	<ul style="list-style-type: none"> ● Revitalization of underused rural accommodations ● Collaboration with local therapists and community members ● Promotion of slow, respectful, and regenerative tourism ● Support for healthy and sustainable living habits 
<p>6. Key Statistics & achievements</p>	<ul style="list-style-type: none"> ● Multiple retreats held across rural Castilla y León

	<ul style="list-style-type: none">● High satisfaction rate from participants● Positive mental health impact and community engagement● Developed strong local networks of wellness professionals 
<p>7. Contact information</p>	<p>📍 Location: Castilla y León, Spain</p> <p>✉ contact@naturamistica.org</p>



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.