

The Living Mountain

Where
Leadership
Meets
Wonder

19 – 23 April 2027
Sant Aniol Valley
Spanish Pyrenees



"Often the mountain gives itself most completely when I have no destination, when I reach nowhere in particular, but have gone out merely to be with the mountain as one visits a friend with no intention but to be with him."

Nan Shepherd in 'The Living Mountain'



There's a lot going on, in the world and in our own lives. Sometimes it can feel as though everything is demanding our attention at once. The daily hustle and bustle, expectations, and concerns about developments in the world around us. The complexity is only increasing. What influence do I have to make a positive difference? Amid all this, it is more important than ever to make space to pause and ask fundamental questions. What truly matters to me? What do I want to devote my time and energy to? What choices do I make in response to the big questions of our time?

Joeri, Anne Marie and Korbi invite you to join them on a trip to the beautiful Sant Aniol Valley in the foothills of the Spanish Pyrenees. A place to fall in love with, where you can wander endlessly along the mountain paths, scramble over rocks and take a refreshing dip in an emerald-green mountain pool along the way. Time and space to recharge, reconnect with yourself, nature and what matters to you as a person, leader and professional.

As far as we are concerned, leadership is not a role or a position, but the ability to be fully present, to observe what is going on. And from that basis take responsibility for what matters. For yourself, for others and for the world of which we are a part.

What can you expect?

- Reflective exercises
- Meaningful conversations
- Stunning natural surroundings
- A sense of wonder
- Walks through the mountains
- Good company from a group of up to 10 fellow travellers
- Shifting your focus from your mind to your body and heart
- A day of 'solo time' surrounded by nature
- Experienced leadership facilitators
- Delicious vegetarian food
- A mountain guide with 30 years' experience in the valley
- Personal coaching



An in-between-space

Between the rugged rocks and the rambling river, we create an in-between-space together. We go for walks, have deep conversations, make music, marvel at our surroundings, go for a swim, enjoy a delicious meal, sit round the campfire and simply be still. Sometimes together, and sometimes on our own. We don't need to head straight towards a goal or solve anything, but rather create time to wander, to stand still and to immerse ourselves in the untamed beauty of this wonderful place. And it is precisely then that space can open up for insights that do not easily surface in everyday life. What matters most to me? Who am I when the background noise of a busy life and the taken-for-granted stories about what you must or ought to do fade away? Insights that take root in your body, heart and mind. And which stay with you as you return to everyday life.



Who is it for?

For managers, change practitioners, HR professionals, creative makers... and anyone who fancies a five day immersion in beautiful natural surroundings, relaxing, recharging their batteries and reconnecting with what really matters to them.

Daily programme

DAY
1

Arrival

We'll get to know one another, settle in and explore what each of us brings with us.

2

Source walk

We head into the valley. As we walk, in silence and in conversation, we explore what nourishes you, what you wish to let go of and what requires your attention. A circular walk through the valley that will take up most of the day.

3

Finding stillness during a solo

We all spend time alone from sunrise to sunset in a beautiful spot in the valley. A day of silence, during which you try to sink into a state of simply being. By attentively observing your surroundings and feeling your thoughts slow down or fade away. Every solo brings something different, but it is always a meaningful experience.



4

Movement

What has emerged? What do you want to make space for, and what do you want to take with you when you return? On this day, you can let the insights sink in in your own way – whether that's by going for a brisk walk, joining Korbi for some rock climbing, or simply staying in the hammock by the river with a good book. We'll reflect on our time together in various ways and round off the day with a festive pizza evening.

5

Returning

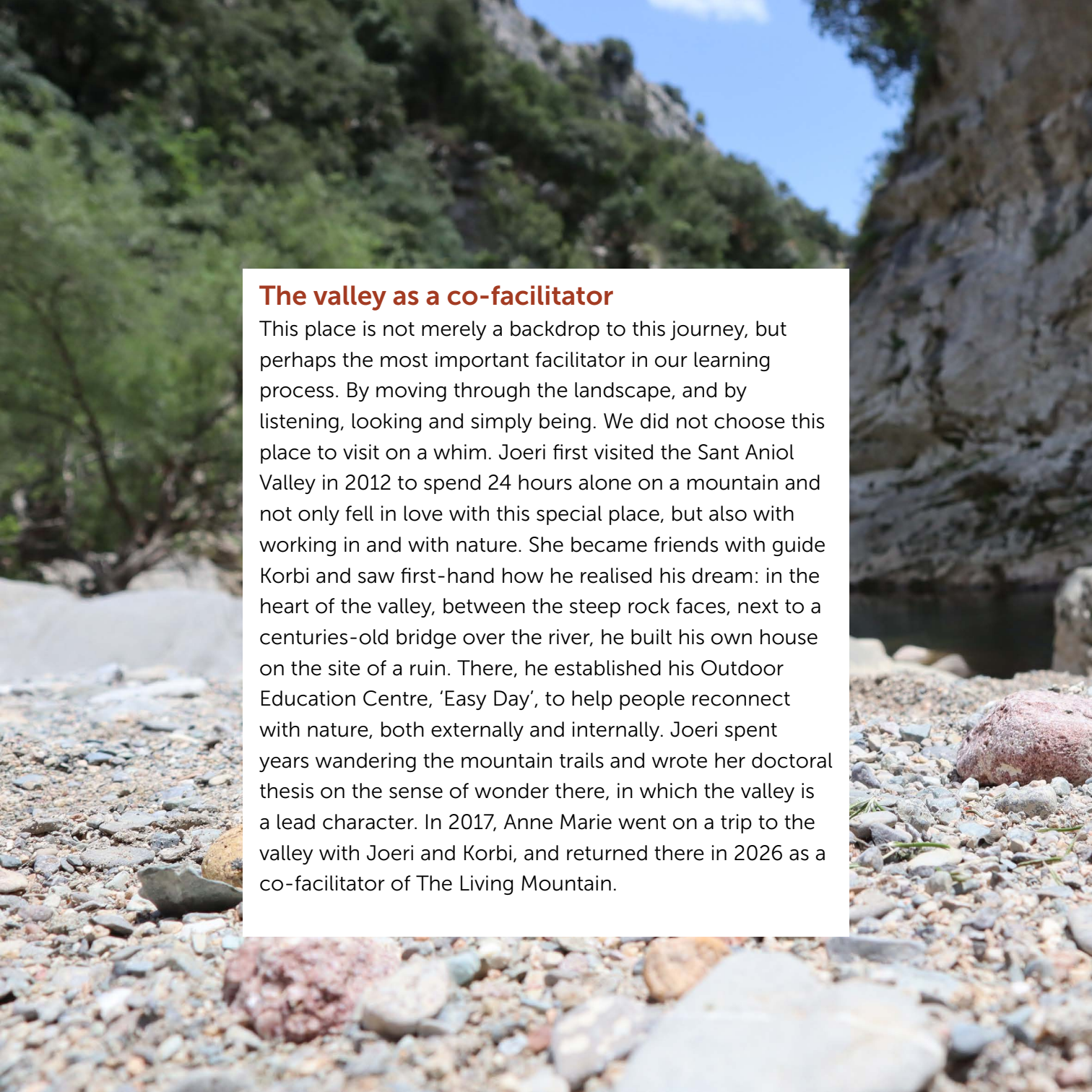
We'll wrap things up together and say goodbye to the valley.



What will you take home with you?

At the end of our time together...

- ... you will have reconnected with yourself and the natural world around you, and you'll return home feeling re-energised
- ... you'll have experienced a sense of active rest that opens your mind and allows for new insights
- ... you'll have met a group of wonderful travelling companions, with whom you've embarked on an adventure and explored deep questions
- ... you'll have had the time and space for an in-depth conversation about the times we live in and explored new ways of responding to them
- ... you've gained new perspectives and ideas on how to weave what really matters to you even more closely into your life and work
- ... you may well have fallen just as in love with this place as we have.



The valley as a co-facilitator

This place is not merely a backdrop to this journey, but perhaps the most important facilitator in our learning process. By moving through the landscape, and by listening, looking and simply being. We did not choose this place to visit on a whim. Joeri first visited the Sant Aniol Valley in 2012 to spend 24 hours alone on a mountain and not only fell in love with this special place, but also with working in and with nature. She became friends with guide Korbi and saw first-hand how he realised his dream: in the heart of the valley, between the steep rock faces, next to a centuries-old bridge over the river, he built his own house on the site of a ruin. There, he established his Outdoor Education Centre, 'Easy Day', to help people reconnect with nature, both externally and internally. Joeri spent years wandering the mountain trails and wrote her doctoral thesis on the sense of wonder there, in which the valley is a lead character. In 2017, Anne Marie went on a trip to the valley with Joeri and Korbi, and returned there in 2026 as a co-facilitator of The Living Mountain.

Facilitators

The Living Mountain is organised by Easy Day Spirit SL in collaboration with Kessels & Smit, *The Learning Company*.

Korbi Hort acts as host, outdoor guide and facilitator on behalf of Easy Day. With over thirty years' experience as a mountain guide and facilitator in the valley, he knows the area like no other. Not only does he ensure a safe and inspiring environment, but he also guides participants in their encounter with the mountains, nature and themselves. He lives with his family in the Sant Aniol Valley, where The Living Mountain takes place.



On behalf of Kessels & Smit, Joeri Kabalt and Anne Marie van de Wiel facilitate in the areas of leadership, reflection and coaching. For many years, they have been supporting leaders, teams and organisations with questions on development and change. During The Living Mountain, Anne Marie will specifically draw on her expertise and experience in systemic work, coaching leaders in complex contexts and body-centred approaches. Joeri brings her expertise in the sense of wonder, narrative-based work, nature connectedness and appreciative inquiry.



The collaboration between Easy Day and Kessels & Smit brings together living and working in the mountains with in-depth personal and professional development. In doing so, we create a unique learning environment where nature, reflection and leadership come together.



Practical information



Dates:

19 April 2027 from 16.00 hrs – 23 April 2027 until 12.00 hrs



Location:

Sant Aniol Valley, Catalonia, Spain



Number of participants:

max. 10 (excluding facilitators)



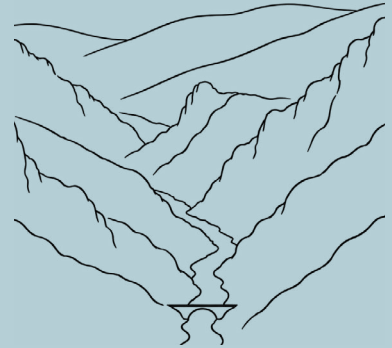
Registration, costs and payment

[You can register with Easy Day Spirit SL.](#)

Once you have registered, Easy Day will send you a confirmation, the terms and conditions of participation and an invoice.

- €1,250 (camping in a hired tent, including a sleeping mat, bed linen and pillow)
- €1,500 (accommodation in the house or glamping, with two people per room or glamping tent)

Please get in touch with us if you'd like to come along but cannot manage the cost. We'd be happy to discuss options with you!



Included in the journey are:

- 4 nights' accommodation of your choice in the middle of the mountains
- Three delicious vegetarian meals a day prepared by a local chef
- All drinks and snacks on site
- Use of all communal areas: living room, kitchen, art studio with art supplies, piano and guitar, covered campfire area, badminton court, sauna
- Facilitation from Joeri, Anne Marie and Korbi
- Intake interview
- Support materials

Excluded:

- Your journey to Girona or Figueres
- Transfer from Figueres railway station, Girona railway station, airport or Montagut i Oix coach station (available for a fee)



Travel advice:

This time, we choose to travel to Girona by train. We can recommend this option and will gladly send you the book 'The Living Mountain' as reading material for your journey. There's a direct train service to Figueres/Girona from Paris, or you can change trains in Brussels and then again in Valence or Lyon.

You can also fly to Girona (also known as Costa Brava Airport or Barcelona/Girona Airport).

It's about an hour's drive from all these options to our venue. Easy Day will arrange transport from Figueres or Girona (train station or airport) to the venue in the Sant Aniol Valley on Monday and back again on Friday.

Once you have registered, we will send you details of possible train and flight times. As well as a packing list and terms and conditions of participation. Your registration will be confirmed once you have accepted these terms and conditions.



REGISTER