

INTERNATIONAL WELL-BEING COMMUNITY

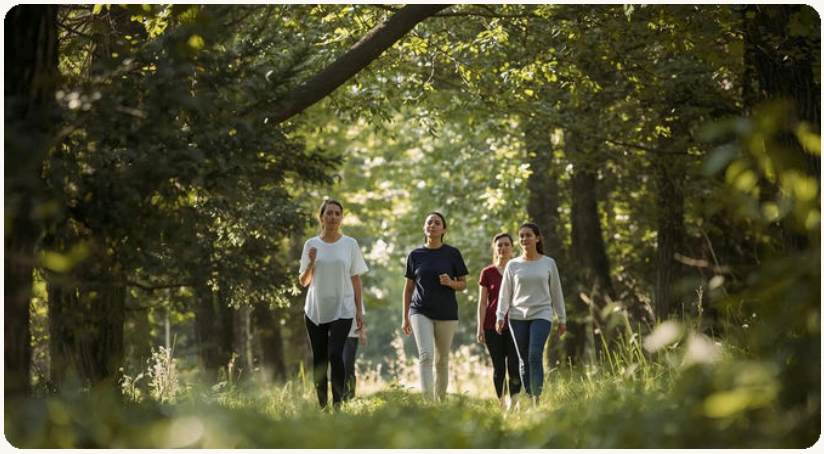
Spring Reset

A Women's Wellness Retreat

Surrounded by nature near Barcelona's coast

ARENYS DE MUNT · 29 APRIL – 2 MAY 2027





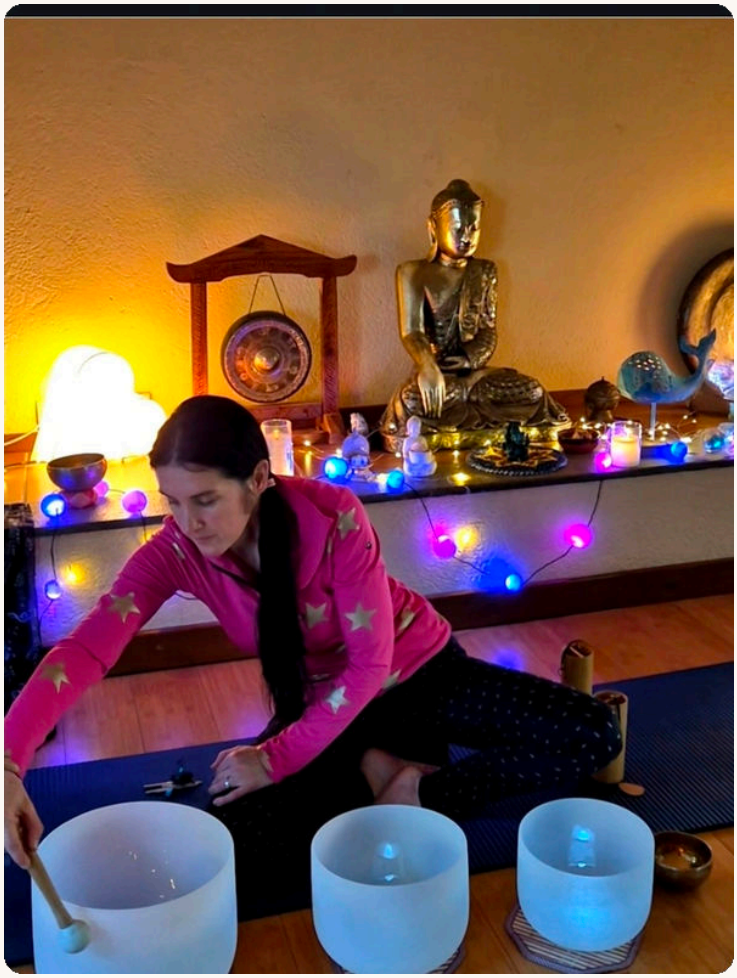


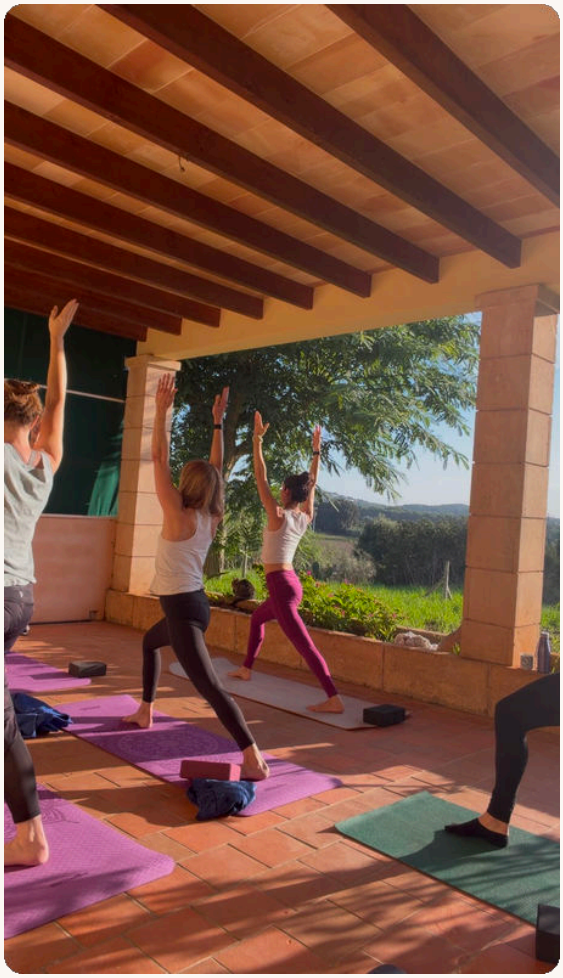


THURSDAY 29 APRIL

Arrive & Settle

14:30	**Airport pickup** *Barcelona-El Prat · one shared pickup for arrivals by 14:30*
17:00	**Welcome & settle in** *Herbal tea, a healthy snack and your welcome gift*
17:30	**Opening circle** *Meet the group and set your intention for a spring reset*
18:00	**Gentle yoga for all levels, with Lauren** *Release the journey and arrive in your body*
18:45	**Sound bath for deep relaxation, with Clio**
19:30	**Dinner** *Anti-inflammatory, home-cooked by our chef*

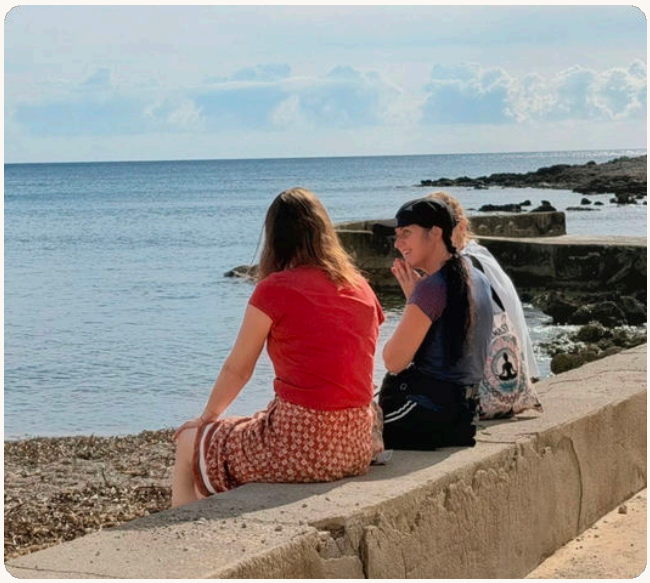




FRIDAY 30 APRIL

Refresh by the Sea & Thermal Baths

08:00	**Morning yoga, with Lauren**
09:00	**Breakfast**
10:00	**Seaside walk** *Breathe by the sea, then a gentle coastal walk to the thermal spa*
11:30	**Thermal spa** *Relax and unwind in natural thermal waters*
13:00	**Return to the retreat house**
13:30	**Lunch**
15:00	**Free time** *Enjoy the pool and the surrounding nature*
17:00	**Spring clean workshop, with Lauren & Clio** *Gently let go of what is weighing you down, through journaling, mindful movement and voice*
18:30	**Free time** *Enjoy the pool and the surrounding nature*
19:30	**Dinner**





YOUR MEALS

Nourishing Food



Every meal is vegetarian and lovingly prepared by our own private chef, using fresh, organic, local produce.

All allergies and dietary needs are catered for.

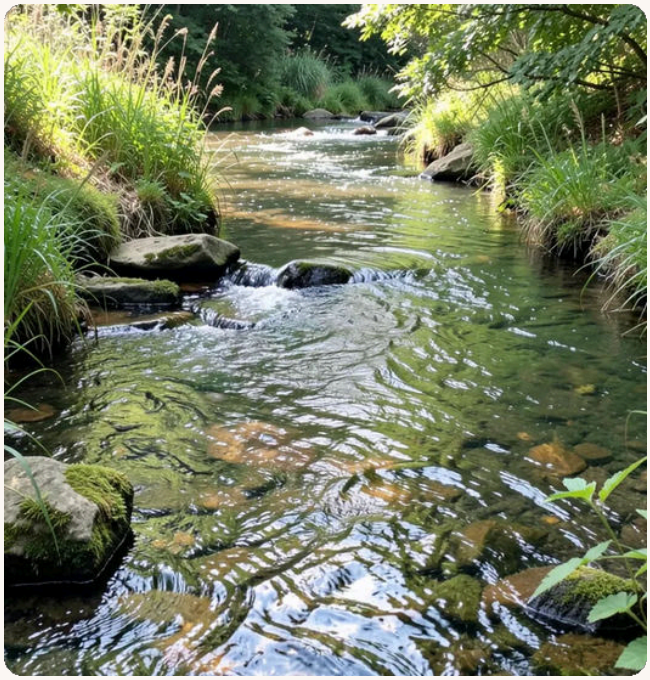
SATURDAY 1 MAY

Bloom & Recharge

08:00	**Morning yoga, with Lauren**
09:00	**Breakfast**
10:30	**Mindful silent forest walk & release ceremony, with Clio** *Release what no longer serves you*
13:30	**Lunch**
15:00	**Free time** *Enjoy the pool and the surrounding nature*
16:00	**Move & Release, with Lauren** *Gentle, joyful movement to music. No dance experience needed: move in your own way, at your own pace*
17:00	**May Day Celebration Circle** *Irish facilitator Clio shares an ancient Irish May Day tradition: a ribbon ritual to honour new beginnings, followed by connecting with our voice through mantras*
19:00	**Closing circle**
20:00	**Celebration dinner**









SUNDAY 2 MAY

Carry the Reset Home

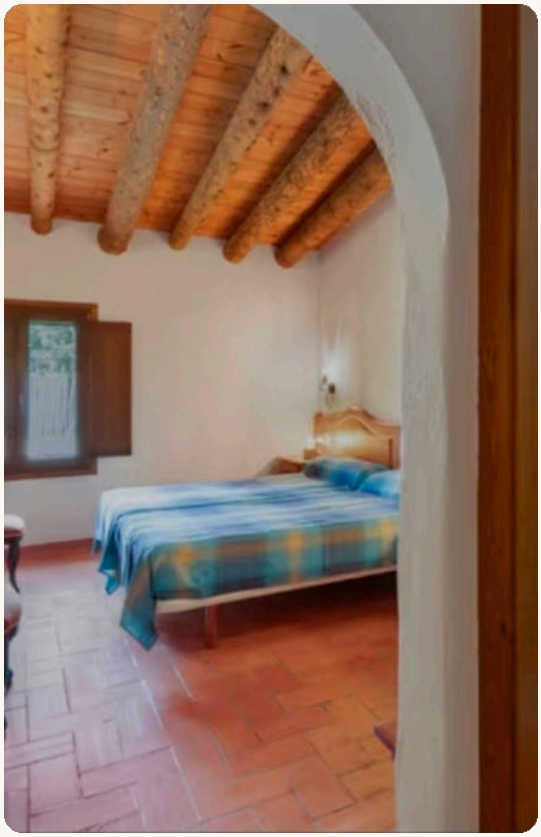
08:00	**Morning yoga, with Lauren**
09:00	**Breakfast**
10:00	**Farewell & check-out** *Optional: the craft fair in Arenys de Mar is on this morning*

What's included

- All activities, workshops and excursions
- All meals, freshly prepared by our private chef
- 3 nights' accommodation in our retreat house
- A relaxing visit to the thermal baths
- Welcome gifts
- One shared airport pickup on arrival (for arrivals by 14:30 on Thursday 29 April)

Not included

Return transfer from the retreat house to the airport. We're happy to help you arrange a shared taxi.



Prices *per person, for the full retreat*

Single occupancy with private en-suite bathroom	**€1,600**
Shared room & en-suite bathroom with 1 other retreat attendee	**€1,200**

Every activity is optional: join in fully, rest when you need to, or follow what your body is asking for. All dietary needs are catered for.

THE VENUE

Our Retreat Haven



A fully restored 17th-century country house in a natural park near Barcelona's sea coast.

With our very own forest and swimming pool, it's the perfect place to slow down and reconnect.

YOUR FACILITATORS

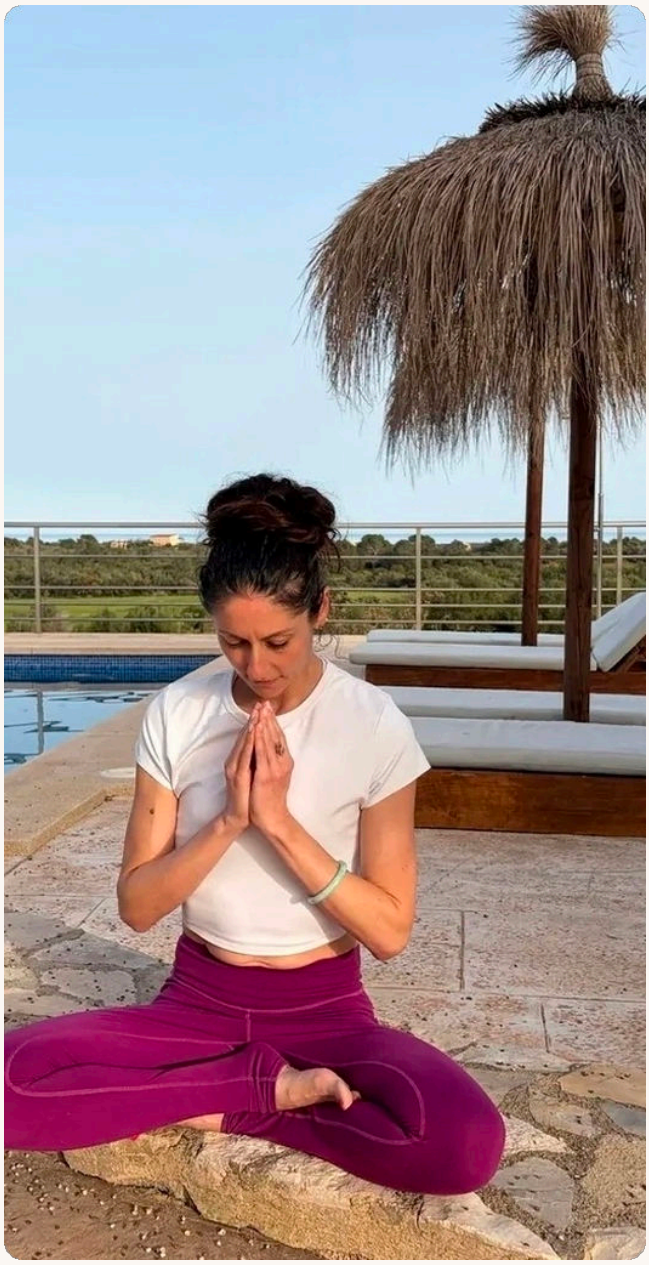
Experienced & Qualified Guides

Your retreat will be guided by Lauren Sorkin and Clio Byrne. Both are experts in their fields, bringing many years of experience and a warm, caring presence to every moment.



Clio Byrne

Singer, Music Therapist & Somatic Movement Facilitator



Lauren Sorkin

Resilience Leader & Yoga Instructor