



# PURA VIDA

Gran Canaria, 24. - 29. 11. 2026

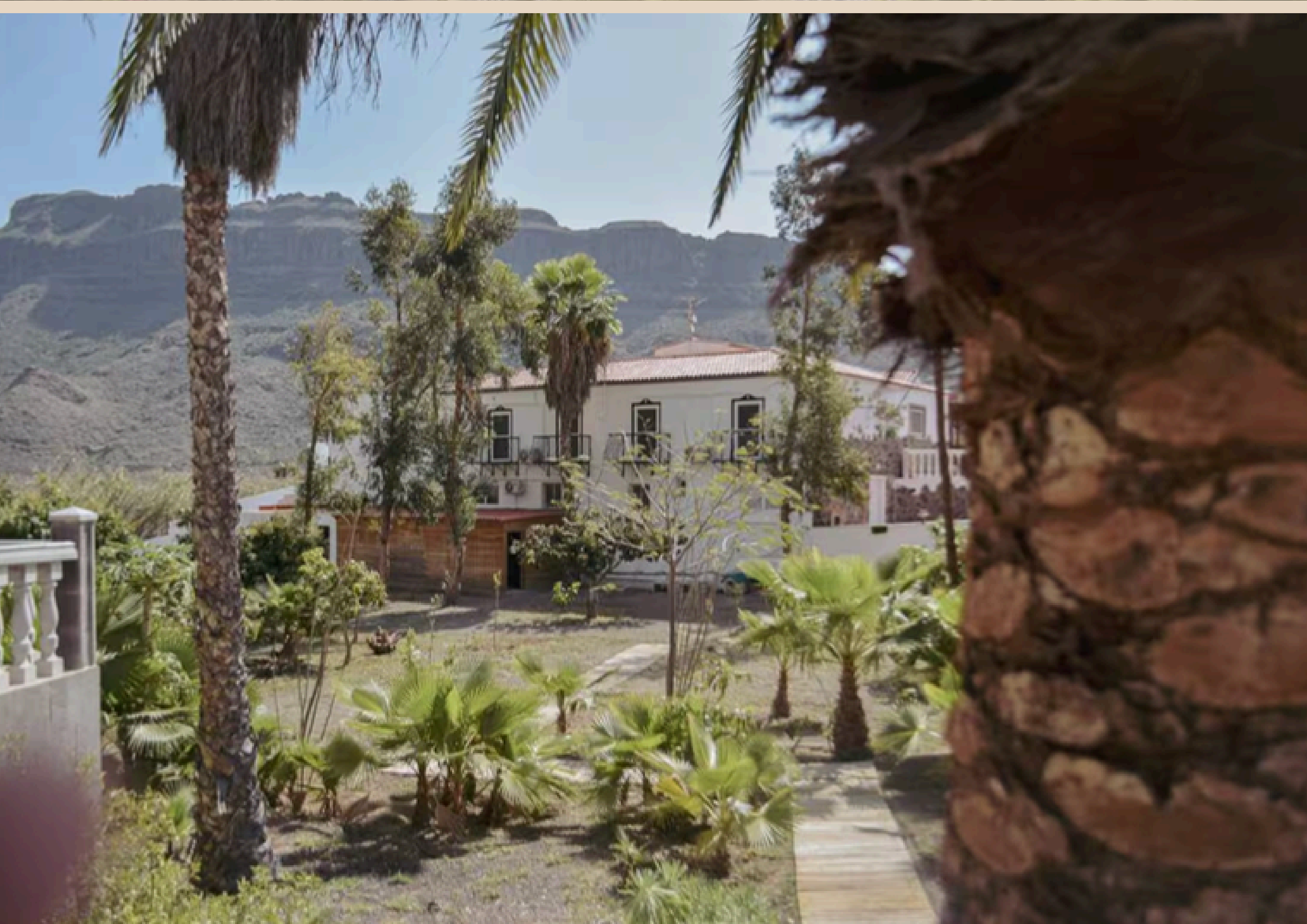
# Dear woman,

We invite you to an autumn retreat in “the laboratory”—El laboratorio—, a name used to refer to the island by many who have experienced Gran Canaria. Having spent 2 years on the island myself, I can confirm that the energy there is truly special. Whether we like it or not, it peels away the layers that obscure our true essence. Transformation isn’t always easy, but it’s necessary if we want to live in purity and in touch with our truth, our feminine essence, which is so often buried under a pile of false values and the demands of a fast-paced world.

This retreat was born spontaneously, in the hearts of women who courageously live and create in the laboratory.

All the facilitators are my friends, who through their work and warmth have contributed in one way or another to my growth.

This is our invitation for you to join us in basking in the sun and the island’s powerful energy, and to surrender (at least for a few days) to a pure and simple life.



# What can you expect?

Daily embodiment practices

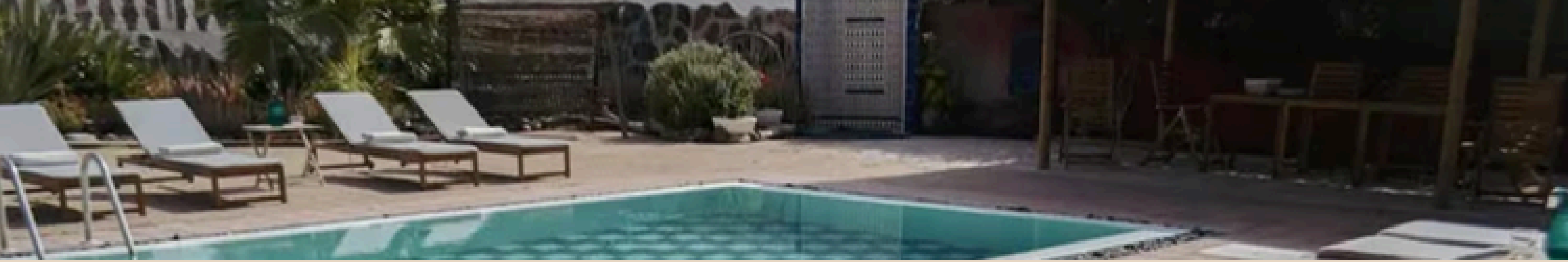
Two Kundalini Bodywork sessions

Two dance workshops

A cacao ceremony

Three local plant-based meals per day

Plenty of free time to relax by the pool or explore the island



## The idea

The idea for this retreat was actually born on the beach in Gran Canaria last November, when my friend Tracy and I were reminiscing and chatting about everything the island and the people there have given us.

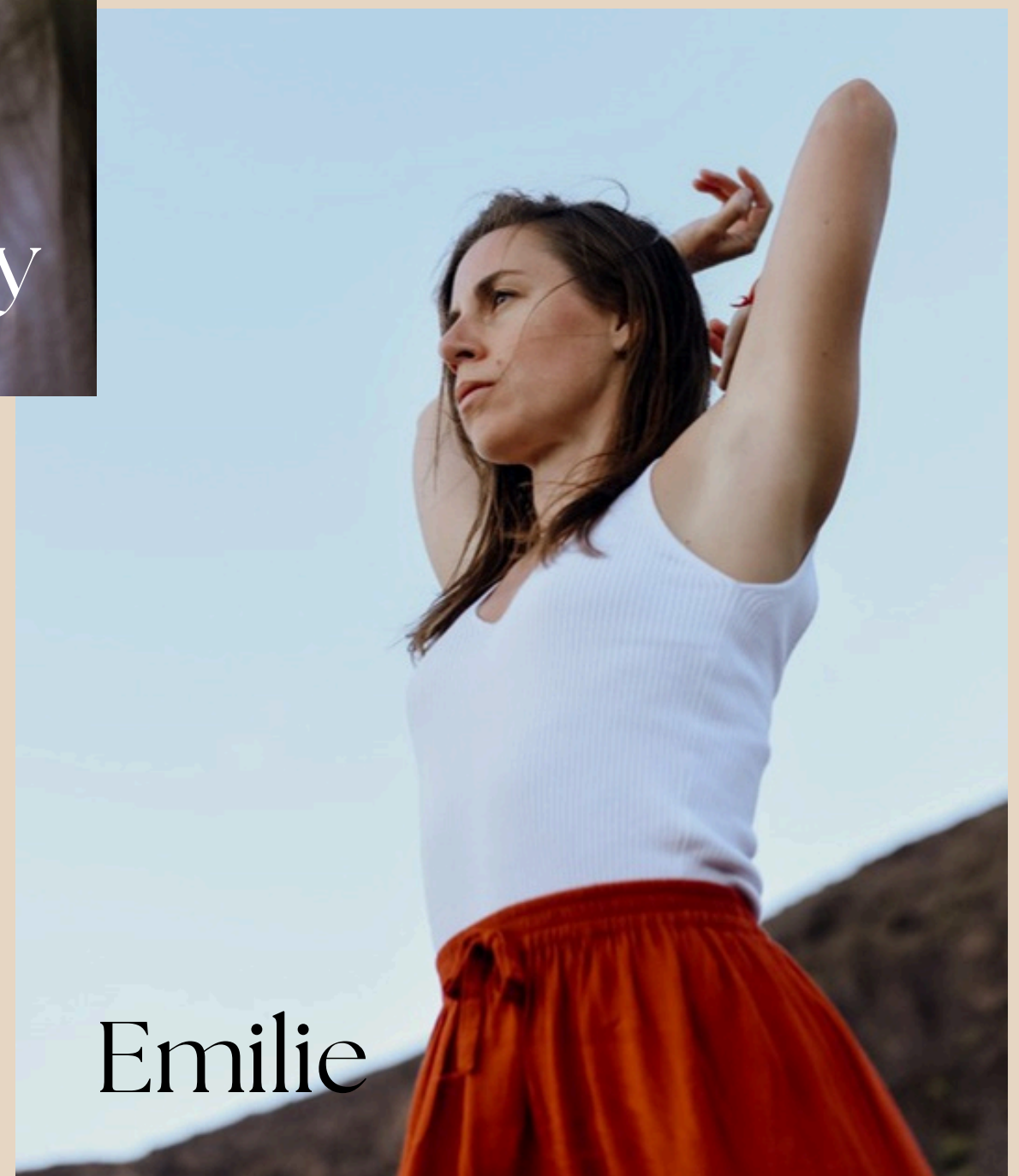
“I wish more women could have the same privilege as we do,” I said. That’s when Tracy (with her “cheerleader” energy) literally jumped up and, in an excited, squeaky voice, told me to invite women to the island!!! (The exclamation marks are to reflect her excitement.)

In my (much more down-to-earth) energy, I pondered her idea for a long time, and then decided to give it a chance to come to life.

So here is the cheerleader idea in action: a retreat in a very special place, among inspiring people, under the warm November sun.



# Who will be with you?



# Saška

Saška is a doctor who, in recent years, has been treating patients with acupuncture and energy practices rather than pharmacology.

For the past couple of years, she has been intensively practicing Kundalini Bodywork (KB). In this practice, she has found an exceptional tool for liberating the body and spirit from limiting thought patterns and emotional blocks. Through her own KB practice, she has experienced that life works for us when we open ourselves to the universe and the infinite abundance it offers us.

Saška will lead 2 KB sessions, the goal of which will be to feel more of the aliveness and beauty that are present within us and around us.



# Miisa

Miisa guides somatic yoga and embodied movement, inviting you to descend into your body and listen to the wisdom that already lives within you.

Her approach is deeply connected to nature, and the body as a bridge between earth and sky - opening a deeper relationship not only to yourself, but to the wider web of life.

During the retreat, Miisa will guide embodied movement sessions, weaving together grounding and aliveness. In these practices, we slowly open into more organic ways of moving, following our own rhythm and exploring what is truly here.

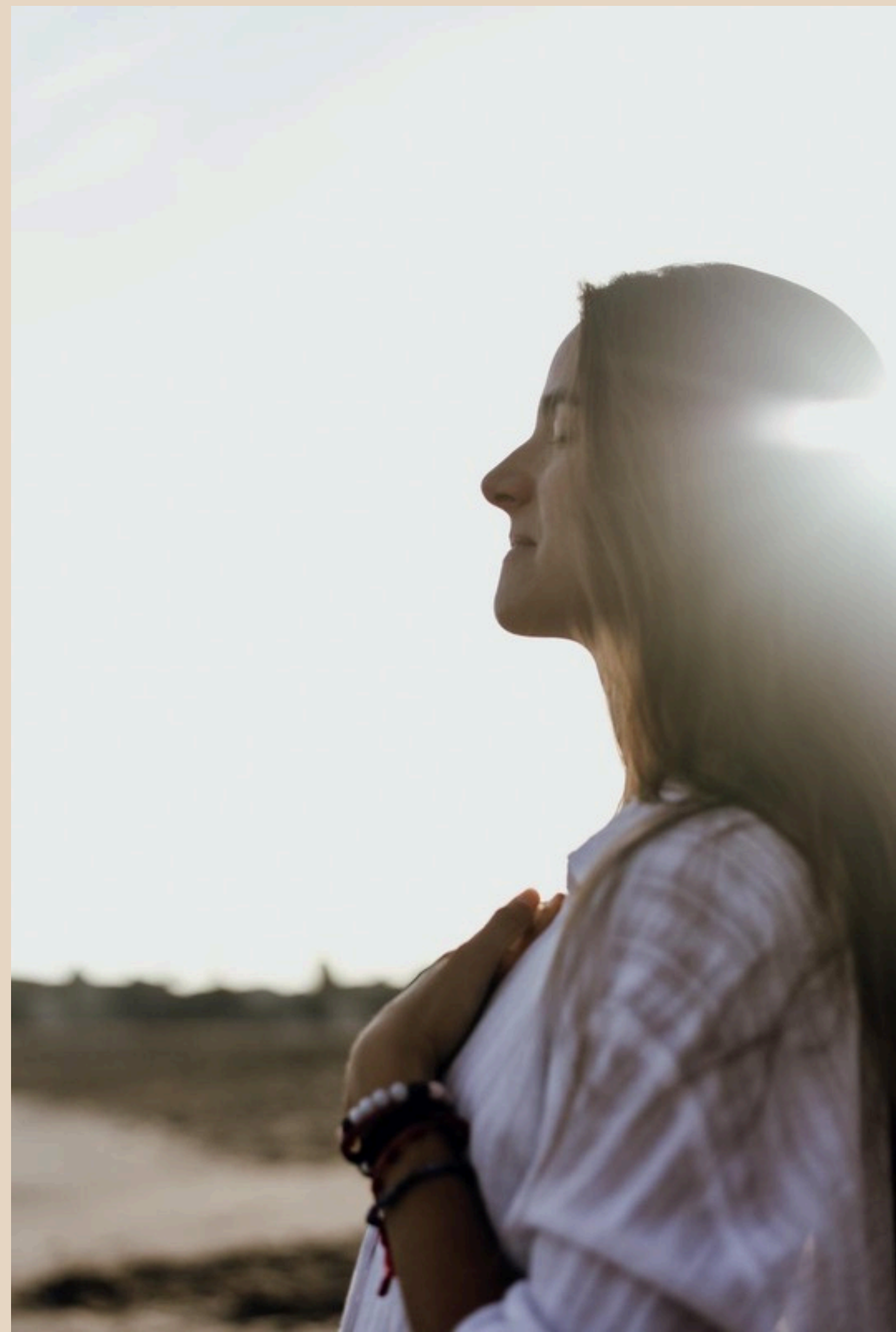


# Tracy

Tracy is devoted to creating nurturing spaces where people can soften, reconnect, and return to themselves. An avid spiritual seeker with a natural ability to bring people together, she supports others in deepening their connection both within and with those around them.

As a family constellations practitioner, her work is rooted in an understanding of the invisible bonds we carry, and the profound healing that unfolds when we feel seen, held, and a true sense of belonging.

During this retreat, Tracy will guide a heart-opening cacao ceremony, inviting participants to set gentle intentions and prepare for a deeper inner journey, which will then flow into a dance experience.



# Emilie

Emilie draws on her lifelong passion for dance and music to invite people to feel, explore, and release emotions through authentic movement. With a diverse background ranging from hip hop to ballet, she has led dance classes in Spain and facilitated embodied dance experiences in Bali.

She is certified in Spiritual Counselling from the Holistic Healing College in London. Through her intuitive ability to channel information, alongside her knowledge of astrology, Human Design, and numerology, she loves to help guide others toward greater clarity and growth.

Emilie will lead a dance journey following a cacao ceremony, inviting us to expand and connect to their true essence through movement. She will also teach an embodied dance workshop designed to cultivate alignment between mind, body, and heart, weaving in a playful movement exploration between rhythm&flow.



# Bea

Bea is a passionate French chef dedicated to bringing people together through innovative, delicious, and sustainable plant-based cuisine.

She earned a degree in food engineering in Paris and trained at the Ferrandi culinary school. She has worked in the field of sustainable food development. Since moving to Gran Canaria, she has added even more creativity to her professional work. Through her cooking workshops and catering services, she creates culinary experiences that bring people together around food. She is particularly passionate about preparing food on retreats.

Bea will prepare three plant-based meals for us every day, full of color and delicious nutrients.





# Finca

Our home during the retreat will be a luxurious eco-villa (Spanish finca) in the southern part of the island, where sunny and warm weather is practically guaranteed.

The finca is situated in a peaceful setting and offers complete privacy. It's the perfect place to slow down, take a deep breath, and reconnect with nature.

The estate features numerous outdoor terraces, shaded pergolas, and a peaceful pool area with lounge chairs—perfect for relaxing between activities or enjoying quiet moments while gazing at the surrounding hills. Natural materials and traditional architecture create a warm, down-to-earth atmosphere.





# Rooms

The rooms are bright and spacious, accommodating 2 people (with 1 double bed or 2 separate beds).

Each room has its own bathroom and is equipped with air conditioning.





# Pricing

The price of the retreat, which includes the program, accommodation (5 nights), and meals (3 daily meals: light breakfast, brunch, and dinner), is as follows:

990 euros for early registration by May 31 or for the first 6 registrations.

1,040 euros for registrations between June 1 and June 30.

The price does not include transportation to the location, travel insurance or activities outside the program.

A 300-euro deposit is due upon registration, which is non-refundable, except in the event of cancellation on our part.

The second instalment is due no later than September 30.

The third instalment, or the cost of accommodation, is to be paid on-site in cash.

# Details

Duration of the retreat: from Tuesday, November 24 at 4:00 p.m. to Sunday, November 29 at 11:00 a.m.

The retreat will take place with a minimum of nine registrations; the maximum number of spots is 10.

We are accepting registrations until June 30; early (discounted) registration is available until May 31.

Well ahead of departure, we will create a group where you can arrange shared transportation to the airport.

The retreat will be conducted at least partially in English (understanding is preferred; speaking is not required).

If 2 friends sign up, we may ask you to share a room with 1 large bed.

If you do not bring your own exercise mat, we can arrange for a free loan, but the quality of the mat may not be what you are used to.

# Registration

To sign up, please send me an email at [hello@studio-528.com](mailto:hello@studio-528.com).

You can also email me with any additional questions.

We're looking forward to seeing you.

