

RETREAT ESSENCE

Retreat in Palma de Mallorca · A Journey into the Ancestral and the Sacred

October 28 – November 2, 2025

On an island where the sea holds ancient memories and the land breathes wisdom, this retreat will be an initiatory journey into the inner, the ancestral, and the sacred. A space of care, love, and reverence to explore the soul, awaken inner wisdom, release what no longer serves, and be reborn with renewed purpose.

Like the ancient pilgrims who sought the inner fire, we will gather to remember the forgotten language of the Earth — the sacred codes that live within the body, the breath, and the silence.

What We Intend to Cultivate

Reverence for the Ancestral

Opening the doors to the legacy of those who walked before us. Honoring roots and ancient traditions. Invoking the four elements — earth, water, fire, and air — as gateways of memory. Allowing rituals, symbols, and ancient chants to awaken what has long slept within us.

Spiritual Intimacy

Listening to the pulse of the soul, becoming present to what reveals itself in stillness — the whisper of the body, the rhythm of the breath. More than seeking answers, feeling the wisdom that arises beyond words.

Emotional Freedom

Through movement, sound, and sharing, releasing what weighs us down, embracing what has been, transforming wounds into medicine. Each tear becomes a river, each exhale a rebirth.

Conscious Integration

Bringing the sacred into everyday life, letting each practice — yoga, meditation, massage, ceremony — become a lived transformation, not just a passing experience. To live the spirit, not merely contemplate it.

Intention and Creation

Through fire ceremonies, cacao rituals, and creative workshops, closing cycles, igniting purpose, and nourishing the soul. Burning what no longer serves so that new life may bloom.

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Astrological Climate · October 28 – November 2, 2025

During these days, the heavens mirror the same inner movement we will embody on Earth:

Mercury in Scorpio (from October 24)

Deep, revealing communication. A time for introspection, truth-telling, and exploring the unseen.

□ In retreat: ideal for reflective journaling, meditative silence, and soul-centered sharing.

Mercury's Pre-Retrograde Shadow

A period of reflection and reorganization. Inviting us to release old concepts and make space for new understanding.

Neptune Retrograde in Pisces

Opens portals of intuition, dreams, and spiritual healing. Dissolves illusion, helping us discern truth from fantasy.

□ In retreat: powerful for water rituals, sound journeys, and intuitive meditation.

Moon Transits through Earth and Water Signs

Brings grounding and emotional depth. A time to anchor spiritual insights into the body.

Venus enters Libra (November 2)

A harmonious closing — beauty, balance, and connection.

□ In retreat: perfect for integration, celebration, and heart-centered sharing.

In Essence

Under this sky, the energy invites us to travel inward, release the old, heal the unseen, and emerge with clarity.

The retreat becomes a mirror of the cosmos — each practice a celestial movement, each breath a living constellation.

Because, in truth, every ritual is a way of remembering that the universe is also breathing within us.