

Somatic Retreats 2027.

Somatic Retreats Winter 2026/27

Private, intimate multi-day experience created exclusively for high-performing women, female executives, entrepreneurs and leaders.

- ✔ It's not another productivity retreat.
- ✔ There is nothing you need to achieve here.

This experience is created for those accustomed to excellence. Nothing is rushed. Nothing is excessive.



Somatic Retreat Schedule

Every element exists to guide you back into your body with depth, elegance, and absolute discretion.

01

Personal Life Coaching

Identifying your strength and true talents. Establish new routines on how to respond to stress and gain clarity, confidence and courage.

03

Tantra Massage

A body massage with warm coconut oil with slow, continuous touch guided by presence and intuition rather than technique. Experience the state of flow and presence in the most pleasurable way.

02

Nervous-System Regulation

Understand how your nervous-system works and how prolonged stress has put your system into overdrive. Learn how to heal the system.

04

Integration

Make your somatic retreat experience a lasting success. Integrate your new routines into your daily schedule and make your new rituals an integral part of your wellness plan.

Somatic Retreat Objectives

01

Our approach is somatic:
using the body as a doorway to
presence, awareness and deeper
connection.

- ✓ Because sometimes you cannot think your way into clarity. You have to feel your way there. We will give you many opportunities to learn.

02

Designed for women who are
used to being strong.
You are here in an environment
where you feel safe.

- ✓ You will be given the time and space to step out of your professional identity and reconnect with the woman underneath it. We value privacy, discretion and impeccable boundaries.

Target Participants

01

You have built the life. The family. The business. Now it's time to make time for YOU.

02

You want more clarity. You want someone listening to your needs and desires.

03

You want to heal from stress and trauma and connect with your body's energies - your life force.

04

You want to experience a combined and professional approach to nurture your mind and body (somatic).

Retreat Activities

All applications are tailored to your needs.

Time slows the moment you arrive.
It's not therapy. It's not performance.
It's embodiment.



Schedule

- ✓ Luxury accommodation
- ✓ Daily somatic practices
- ✓ Nervous-regulation practices
- ✓ Healthy food experiences
- ✓ Personal guidance

What you will gain from your visit

Participants will gain several benefits from our somatic retreat, including:

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| ✓ Physical and mental deep relaxation | Imagine waking up without an alarm and moving your body in the morning sunlight, followed by meaningful conversations. |
| ✓ Subtle energetic guidance and awakened vitality | Reconnecting with your body by solely focusing on feeling, touching and helping your mind to relax finally. |
| ✓ Breath-led stillness allowing sensation to circulate | Experience deep presence and finding your innate talents and desires and truly knowing who you really are. |
| ✓ Space for emotional release, insight and energy flow | A release is always the start of a new beginning, a let go of what was holding you back for way too long and for a new awareness of self. |
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Your Fabulous Accommodation



Vitamin Sea

Starting the day and expose yourself to the early morning sun and boost your vitality. You can also combine it with a beach walk, all before breakfast.



Luxurious Ambience

You will reside in an environment where you can relax during the day or take a stroll through the woods or along the beach.



Waking up and take a deep breath

Enjoy your comfortable and luxurious apartment on your own or share with your companion or friend.
A place you don't want to leave anymore.

✿ Somatic Retreats
from January to April

Florida, USA

Portugal

Spain

Canada (May to October)

Contact us for details

This is a one-to-one only retreat; however you can bring a companion or friend that will receive the same retreat program.

Email stroda@shaw.ca

Cell + Text 1.250.317.3022 (Pacific Time)

See you soon