



WHAT TO EXPECT?

4 DAYS, 3 NIGHTS Immersing yourself in a soul-nourishing journey where healing meets adventure. This immersive retreat blends life coaching for personal growth, offers daily yoga and meditation to cultivate inner peace, invigorating hikes through breathtaking landscapes, and moments of serenity by the beach.

Reconnect with your energy through Reiki healing, awaken your body with intuitive dance, and explore the art of mindful nourishment in conscious cooking workshops. Join us for an unforgettable experience of self-discovery, connection, and renewal.

WHERE YOU WILL STAY?



**SIGN UP &
CONTACT**

-  (+34) 634 008 718
-  info@thehealingpathbyale.com
-  @healingwithale
-  www.thehealingpathbyale.com/healingtravels/

ALMERIA, SPAIN 24-
27 JULY

RECHARGE THROUGH
MOUNTAINS, AN AMAZING
TRIBE & VITAMIN SEA

TRANSFORMATIVE HEALING

RETREAT

ASCEND



ACTIVITIES

LIFE COACHING & EMPOWERMENT SESSIONS

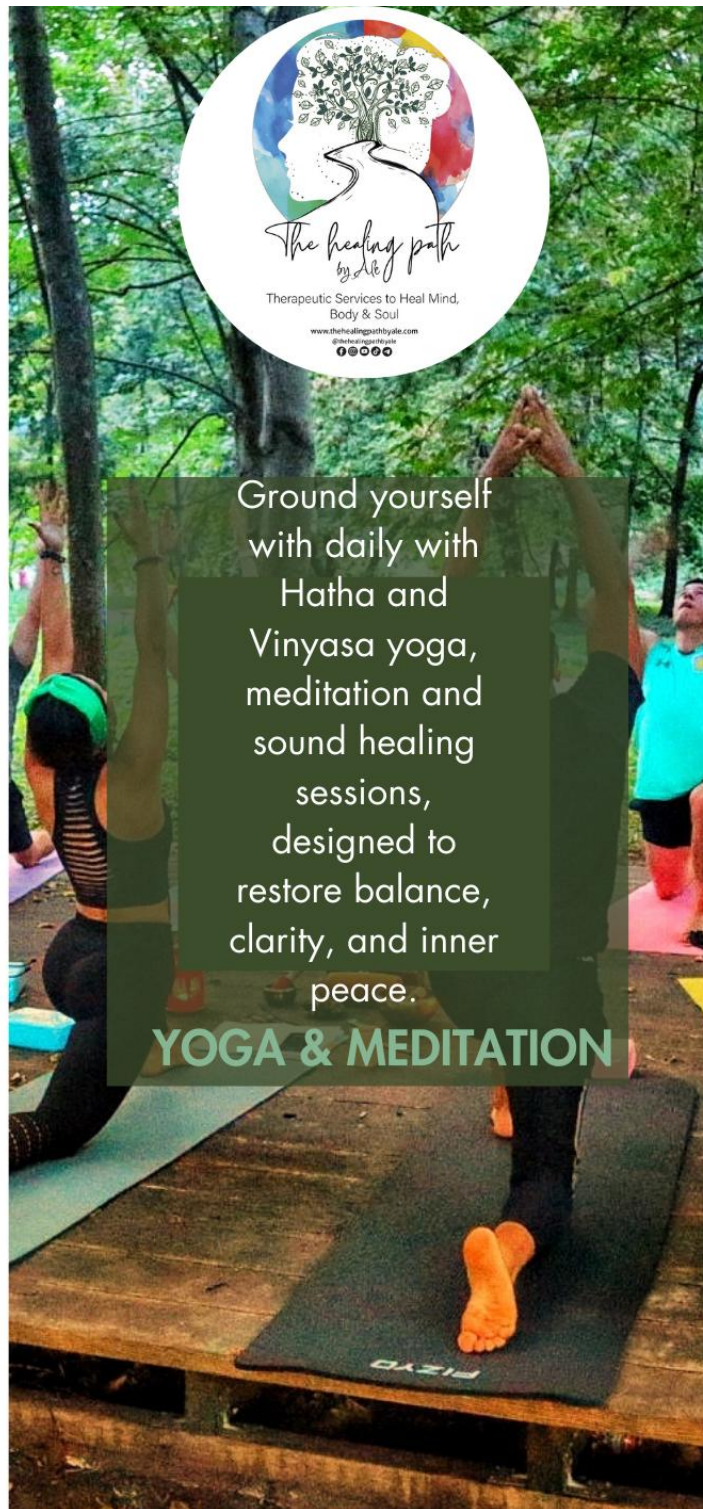


Through guided exercises, self-reflection, and group discussions, these sessions will help you gain clarity, overcome limiting beliefs, and reconnect with your true potential.

You'll receive personalized tools to cultivate confidence, set meaningful intentions, and create lasting transformation in your life.

CONSCIOUS FOOD & COOKING WORKSHOPS

Learn to nourish yourself inside and out with mindful cooking practices and delicious, healing meals.



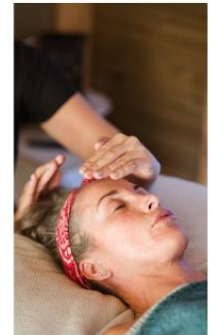
Ground yourself with daily with Hatha and Vinyasa yoga, meditation and sound healing sessions, designed to restore balance, clarity, and inner peace.

YOGA & MEDITATION

ACTIVITIES

REIKI HEALING

Experience the power of energy healing to release blockages, restore harmony, and enhance your overall well-being.



INTUITIVE DANCE

Move freely and connect with your body's wisdom through expressive, soul-liberating dance sessions.



EXPLORE, HIKE & ENJOY THE BEACH

Explore Almería's stunning landscapes with guided hikes, then relax and recharge by the pristine coastline.



AND MORE..

YOUR GUIDES

Alejandra Vásquez



MA. Clinical & Health Psychologist/
Couple & Sexuality
Life Coach
Vinyasa, Hatha & Aerial Yoga
Meditation, Mindfulness expert
REIKI Healer

Viktor Obraziuk



Conscious Chef & Wellness Advocate
Specialize in crafting vibrant and
healing dishes that elevate well-being
and connection.

Unlock your inner power



IT'S TIME TO
RESTART
YOUR LIFE
AND
TRANSFORM
IN THE BEST
VERSION OF
YOURSELF

INCLUDES

Round trip car transportation from Madrid
(option without transportation available)
3 night and 4 day stay in a magnificent
private villa with pool, nature and
extraordinary views of the sea and
mountains.
Conscious and natural Food and snacks
(vegetarian/vegan options available)
Detox Juices, tea & coffee
All guided sessions
Conscious cooking workshops with
ingredients and tools
Personalized therapeutic-life coaching

DOES NOT INCLUDE

Not specify extras
Travel Insurance
Flights
Other transports
Entrances to national parks

INVESTMENT

EARLY BIRD: TILL 30/04	NORMAL PRICE
<u>INDIVIDUAL ROOM</u> 570€	<u>INDIVIDUAL ROOM</u> 670€
<u>SHARED ROOM</u> 498€ (cash)	<u>SHARED ROOM</u> 550€
<u>PROMO FRIENDS/COUPLES EARLY BIRD</u>	475€ PP (cash)