

# WOMANKIND RETREAT *Reconnect*



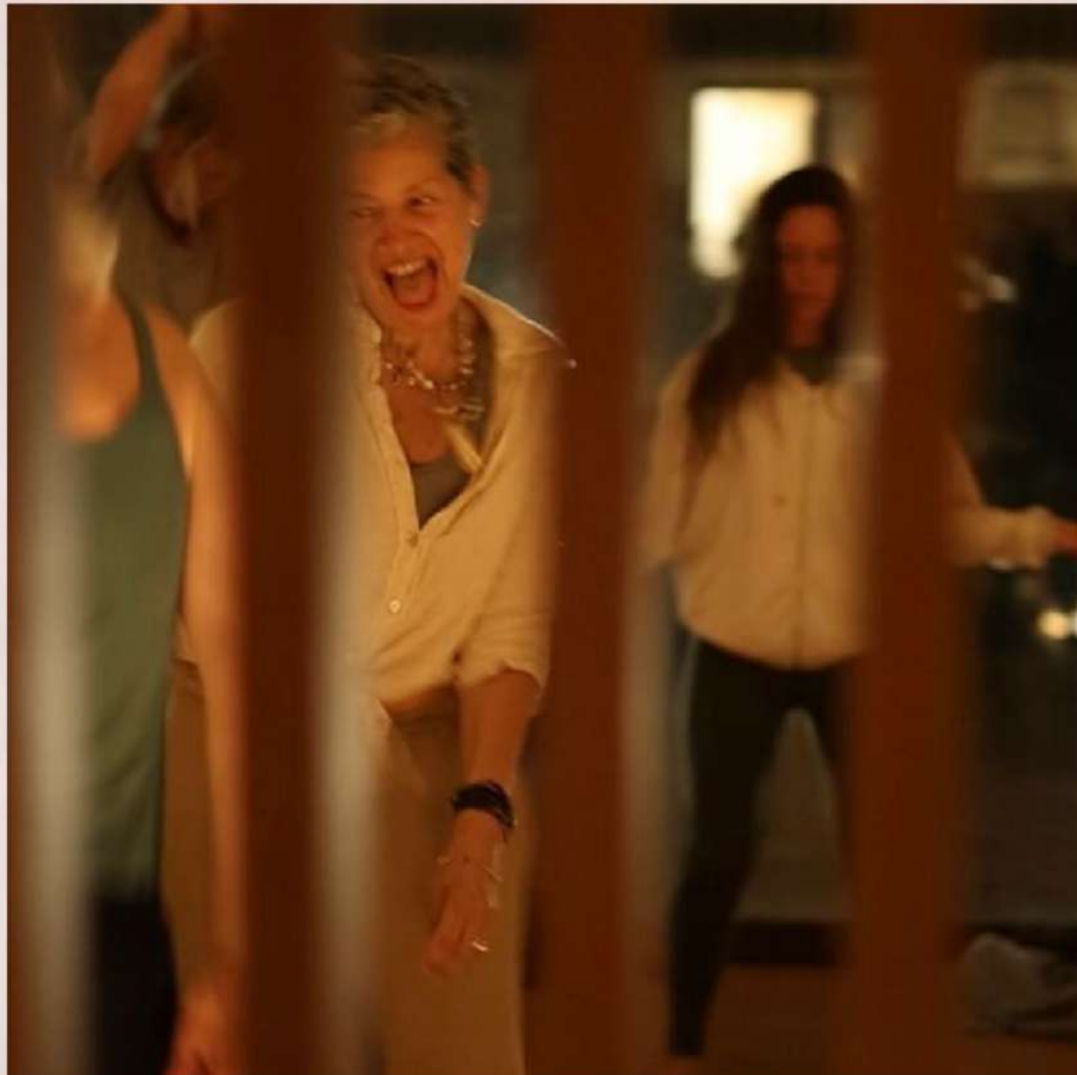
LACURA  
WELLNESS RETREAT



# WOMANKIND RETREAT

This special retreat is focused on the power of female energy. Through a carefully-designed series of practices and experiences, women will have the opportunity to explore their intuition, re-discover their innate feminine wisdom, and enhance their connections to themselves, others and to mother nature.

At La Cura, our approach is holistic, and this retreat will include physical, mental and spiritual practices designed to help encourage creativity and empathy, while at the same time helping our guests develop boundaries and stability, necessary to finding a sense of serenity.



## This retreat includes:

An opening ceremony to set intentions and build community

Daily mindful yoga including physical practice, breathwork, mantra, singing and sitting meditation

An introduction to journaling

Holistic massage

A shamanic healing session with tarot

Daily mindful walks and a sacred nature art workshop

A shamanic ceremonies including preparation and integration

A glorious healing sound bath

Restorative and energising dance closing ceremony

Additional therapies are available upon request



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*All of our delicious meals are plant-based, and prepared by our vegan chefs using ingredients from our kitchen garden and local suppliers.*

With an amazing team of practitioners and the opportunity to share experiences with like-minded women, this nourishing retreat will provide our guests valuable tools for deeper understanding and connection with female energy and its powerful potential.

## Pricing

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|--|----------|
| Single Occupancy                                   | 2800 EUR |
| Shared Occupancy <small>(price per person)</small> | 2300 EUR |

We are located 75-minute drive from Barcelona or 20-minute drive from Girona airports. For more information about this unique retreat experience, please contact [hola@lacuraretreats.com](mailto:hola@lacuraretreats.com) or check our website [lacuraretreats.com](https://lacuraretreats.com)

