



LACURA

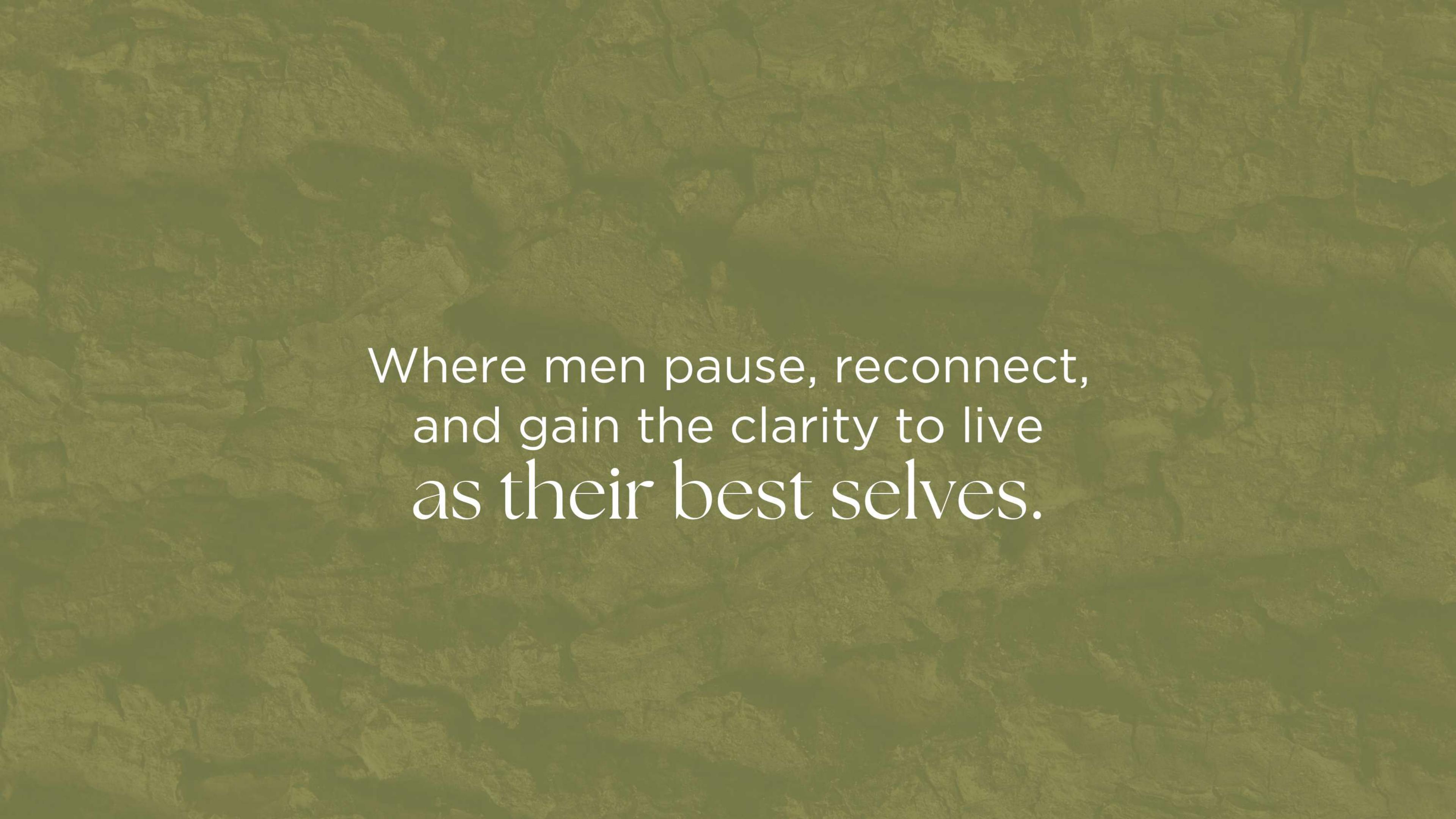
WELLNESS RETREAT

# THE Mankind Retreat

A call for men to embark on a unique journey of self-discovery, equipping them with a greater awareness and practical tools to thrive at work, strengthen relationships, and live with purpose.

Space limited. Reserve your place now.



A dark, moody landscape featuring a winding path through a forest of tall, thin trees, possibly birches, under a cloudy sky. The scene is dimly lit, with a subtle glow from the left side.

Where men pause, reconnect,  
and gain the clarity to live  
as their best selves.



## THE MANKIND

Throughout the retreat, we facilitate open and honest conversations about what it means to be a man in the 21st century. We also blend physical movement and restorative practices, including cycle rides and peer walks through the our local forest, yoga and meditation, hot-cold therapies, and a holistic treatment, to create a rewarding experience that supports deep rest and renewal, mentally, physically, and emotionally.



## WHY THE MANKIND?

The rules of life are continually evolving, and many men find that today's expectations of masculinity don't always align with the values they were raised with. This tension can leave men feeling uncertain about how to show up for themselves and for others.

In our changing world, growth often begins not with doing more, but with undoing: questioning beliefs, attitudes, and habits that no longer serve us, and making space for a more honest and authentic way of living.

This retreat offers an opportunity to cultivate a stronger inner dialogue, rooted in purpose, personal mastery, and self-compassion, so you can better support yourself and those who matter most in your life.



The journey culminates with a heart-opening ceremony led by an experienced shaman and therapist, designed to expand awareness and reconnect you with emotion, insight, and joy.

## THE MANKIND

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4 nights accommodation in one of our beautiful king rooms.

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Nourishing pescatarian and plant-based meals prepared in our holistic kitchen using seasonal, locally sourced ingredients our kitchen garden.

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Shamanic experience.

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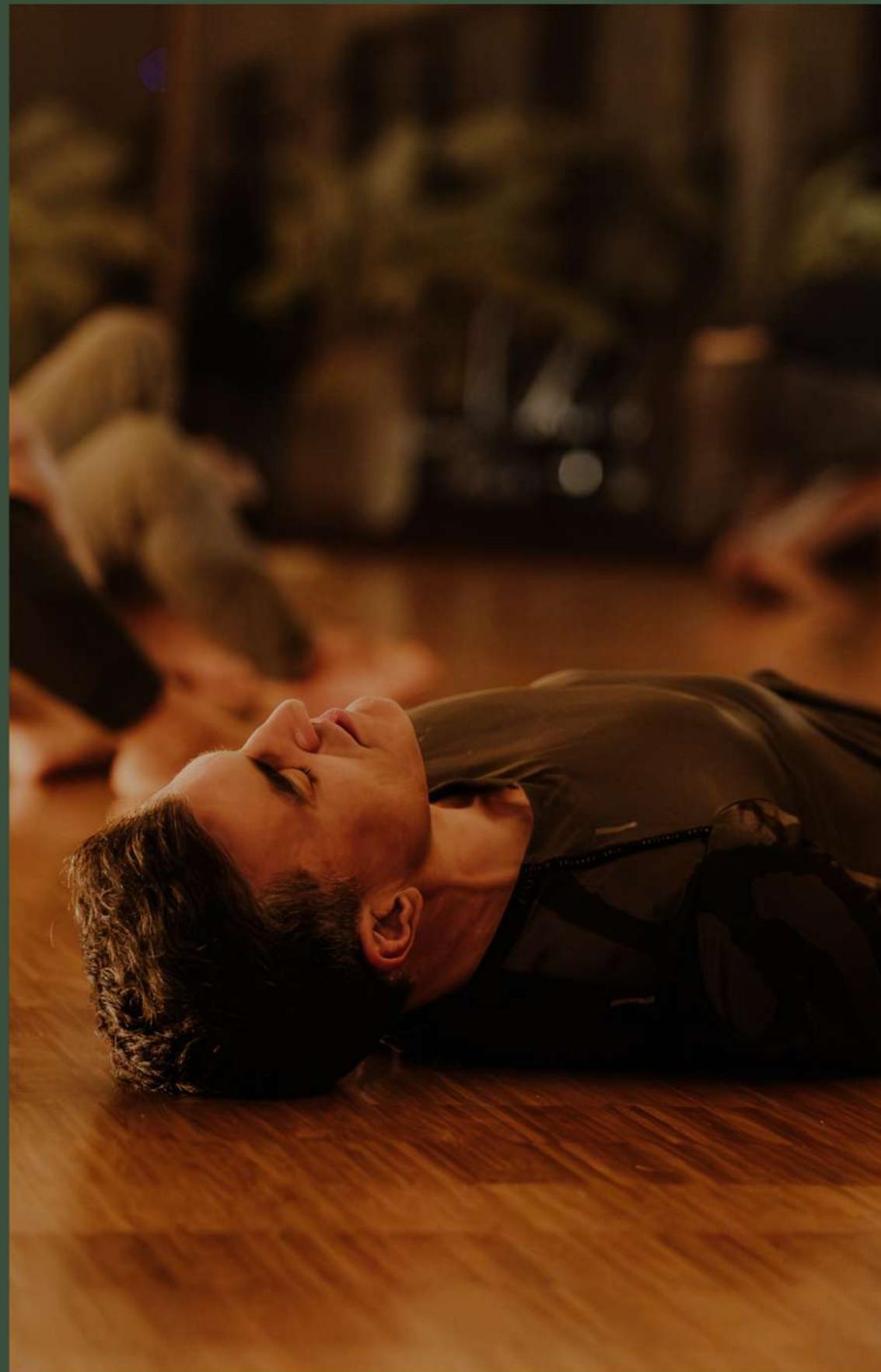
The retreat is alcohol-free, with coffee, teas, soft drinks, and kombuchas provided.

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Yoga, breathwork, mindful art workshop, sound bath, bike tour, daily walks through our forest.

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Open access to our salt-based swimming pool, cold water therapy pod, sauna, and Ofuro Japanese hot-tub.



THE MANKIND

# Pricing

Single room: 2400 EUR  
Shared room: 1900 EUR

## PRICE PER PERSON

# Additional therapies

Price upon enquiry



THE MANKIND