









4 DAYS RETREAT CREATED TO REGAIN CLARITY, ENERGY AND VITALITY.

In the peaceful mountains of southern Spain, under the sun and with consciously, curated care, you will receive a personally tailored program that enables you to recalibrate and transform yourself.

We work with simple, effective tools that are easy to implement and that make a noticeable difference in your everyday life.

IT IS AN INVESTMENT IN YOUR PERSONAL LEADERSHIP, WHERE YOU WILL GAIN:

- New, sustainable habits.
- Strategies that improve your sleep, nutrition, cognition and physical well-being.
- Reflection and sparring through 1:1 conversations.
- A mindset shift: From survival to genuine presence.
- Energy and vitality, that radiate to those around you.

GET MORE ENERGY & VITALITY

THE PLACE















THE HOSTS

ENERGY & VITALITY is hosted by Laura Faurschou and Lasse Larsen, who invites guests into their own lifestyle in beautiful surroundings.

Laura has, for more than 20 years worked professionally as a mentor, agent, and coach, helping people turn their dreams into reality. She is responsible for facilitation, program planning and individual sessions.

She crafts a tailored journey for each participants. From deep 1:1 conversations to daily workshops and reflective spaces. Her mission is to lift people out of autopilot and into alignment with what they truly want and what they are capable of.

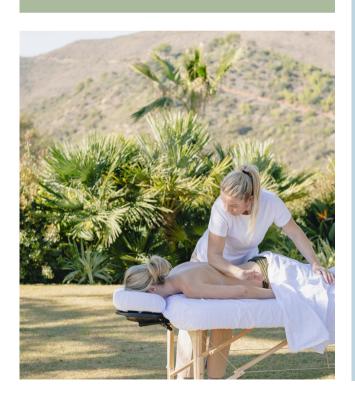
With Laura, you won't be handed a fixed formula.

You'll reconnect with the inner resources that allow you to shape your own direction.

Lasse has an eye for detail and a deep sensitivity to space. He orchestrates the environment and atmosphere. He is responsible for the nourishment, a carefully curated combination of flavour, nutrition and blood sugar balance that supports cognition, physical energy and mental clarity.

Through Lasse's presence and dedication, participants feels that everything is thoughtfully taken care of, so they can release control and open themselves to reflection, restoration and growth.

AGENDA



ACTIVITIES

You design your own program in collaboration with the coach and choose for yourself which of the many offerings you want to make use of.

When the program indicates optional activities, you have the opportunity, to take advantage of the following:

- Guided hike
- Ice bath
- Wellness treatments*
- Swimming in the pool
- Personal reflection
- Work on your own development plan
- Sauna
- Hammam

* There may be an additional cost depending on the treatment selected.

EXAMPLE

08:00 Group: Awakening

09:00 Breakfast

10:00 Group: Workshop on creating energy and vitality

11:00 Individual coaching sessions and delivery of personal development plan

13:00 Lunch

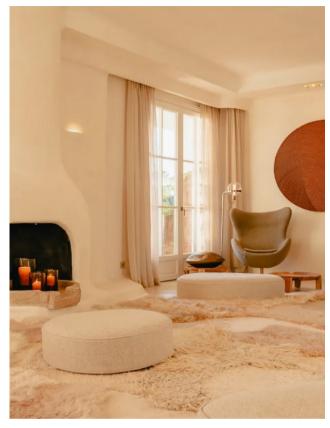
14:00 Group: Understanding the body's needs

16:00 Optional activities

18:00 Group: Workshop on habits

19:30 Dinner

21:00 Reflection practice





PRACTICAL INFORMATION

The retreat is an investment in yourself, in your well-being, your enegy and your vitality.

DURATION

4 days / 3 nights Thursday, April 16th 2026 from 1pm Sunday April 19th 2026, 1pm

Price per person.: 2.000 € incl. VAT (incl. full board, workshops, facilities, coaching and 2 follow-up online sessions -14 and 30 days after returning home).

The price excludes flights to Málaga and transportation to and from the airport. Transportation can be arranged - contact us for an offer.







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