

28-30 SEP, 2026

RESET RETREAT

Rooted in love

WITH LISA & KAMI



PAUSE, BREATHE, AND RETURN
HOME WITHIN YOURSELF

WELCOME

This is your invitation to take a journey back to your roots.

This 3-day experience blends deep rest, gentle reset practices, nourishing food, and meaningful connection, set within the beautiful surroundings of Viluz, one of the most beautiful healing resorts of the world.

You will be guided to a place within you that feels steady, safe, deeply grounded and connected.

This is a space to pause, feel held, and reconnect in a way that feels natural and effortless.

Lisa & Kami



Three Days

DAY ONE

THE SOFT LANDING

DAY TWO

RESET AND RECONNECT

DAY THREE

INTEGRATE & RETURN



MEET LISA

Lisa, founder of Zen EnerQi, guides this journey by awakening your inner nature to facilitate you to realign your mind, body and soul. Naturally creating space for your body to feel safe and remember how to reset from the root.

Lisa is an intuitive energy and sound healer with a deeply attuned gift for sensing what lies beneath the surface. She gently guides you back into energetic alignment, creating a space where your body, mind, and soul can reset, reconnect, and restore. Through intuitive guidance, energy healing, and sound, she helps you reignite your inner potential and return to your natural state of flow.

[@ZEN_ENERQI](#)



MEET KAMI

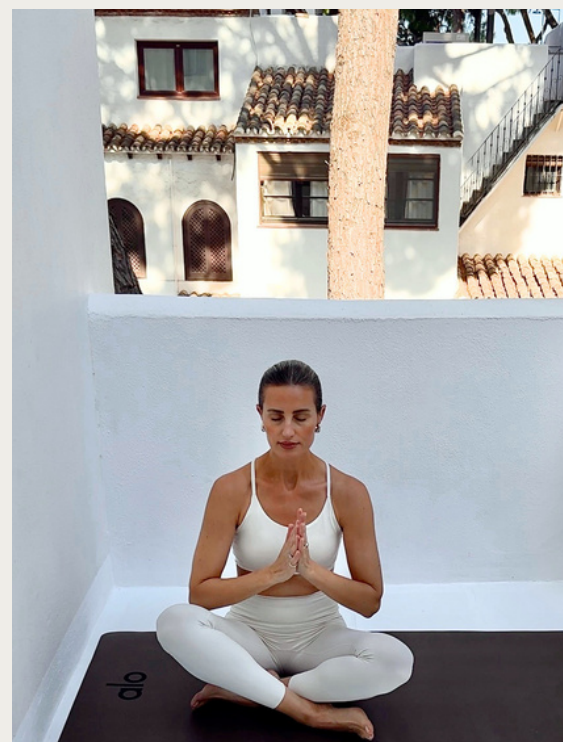
Kami is a wellness advocate and the founder of Daily Reset. She brings a grounded and deeply personal perspective to this space. After facing a life-changing diagnosis, she began a journey into not just physical healing, but the role of mindset, lifestyle, and the nervous system in recovery.

Her approach is honest, practical, and rooted in real experience. Through her Daily Reset method, she shares how small, consistent shifts can create profound change over time, helping you feel more connected, more balanced, and more at home within yourself.

Her philosophy is simple: You don't need to change everything. You just need to reset, one step at a time.

Together, this retreat gently guides you back to your root. Not through intensity or overwhelm, but through presence, simplicity, and care.

[@DAILYRESETBYKAMI](#)



ROOTED IN LOVE



WHAT AWAITS

THIS EXPERIENCE

This retreat is curated as a space to slow down, soften, and reconnect on a deeper level.

Guided by Lisa's intuitive and calming approach, the experience invites you to step away from the noise of everyday life, into a more grounded, present state. Through sound, energy integration, and gentle practices, the body is supported in releasing tension, restoring balance, and returning to your natural rhythm.

We don't force we flow, we create a space with no expectations a space for everything to unfold naturally. By tuning within, you give yourself the gift of allowing your body to unwind, your mind to calm, and your energy to realign.

Held within a tranquil nurturing environment, you'll be supported to simply be, to listen, to rest, and to reconnect with yourself in a way that feels calm, supported, and deeply grounding.



RESET METHOD

ONE RESET AT A TIME

At the heart of this retreat is a simple philosophy:

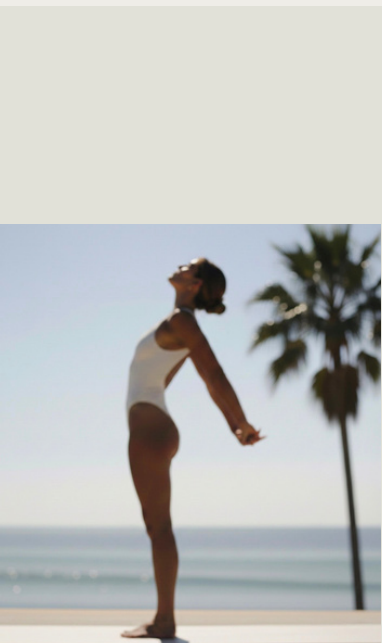
You don't need to change everything. You just need to reset, one step at a time.

Throughout the experience, we'll explore five core pillars:

- Reset Your Body
- Reset Your Mind
- Reset Your Plate
- Reset Your Space
- Reset Your Nervous System

This is the foundation of The Daily Reset Method, a gentle and grounded approach to creating lasting change through small, intentional shifts.

Five pillars. One philosophy. A reset that doesn't end when the retreat does – designed to travel home with you, one small shift at a time.



RESET RETREAT

The Journey

Held in a female-only sanctuary, your days unfold with sound healing, yoga, Pilates, mindful movement, and moments of deep reflection and grounding – alongside a workshop on mindset and the quiet power of small resets, with practical tools to carry home.

As evening falls, something more unfolds – intimate rituals of connection, designed to soften, restore, and bring you closer to the women beside you and to yourself.

Each guest leaves with a curated Daily Reset goodie bag of conscious tools and non-toxic, luxury products – nourishing body, mind, and soul.

This is your time. Join every ritual, or none at all – swim, book a treatment, wander the hills. However you arrive, you'll leave rooted in love.



THE SETTING

HOME OF INNER PEACE

Viluz, Marbella

Nestled in the foothills of the Sierra de la Nieves, overlooking the Mediterranean and just outside Marbella, Viluz is an adults-only sanctuary built for privacy, stillness, and natural beauty.

Sweeping mountain views, a serene micro climate, and spaces designed for total restoration make it one of the most beautiful healing resorts in the world – the perfect home for our reset.



JOIN THE JOURNEY

28-30 SEP, 2026

SECURE YOUR SPOT TODAY

Spaces are limited and held on a first-come basis. This is an intimate gathering, kept small so every guest feels truly held.

What's included:

- 2 nights luxury accommodation
- All meals, designed from Daily Reset recipes
 - Movement & breathwork sessions
 - Sound healing & energy sessions
 - Daily Reset workshop
- Group rituals & integration sessions
- Full access to the spa and wellness facilities

Each guest also leaves with a curated Daily Reset goodie bag to carry the reset home.

To join us, reach out via email or social media below.
We can't wait to welcome you home to yourself.



DAILYRESETBYKAMI@GMAIL.COM

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