

Luxury Retreat: Connection & Energy in Marbella

'DISCONNECT TO CONNECT': A Transformational Journey at Villa Alma Lillia

Discover a unique experience that blends luxury with self-discovery, energy activation and conscious gourmet cuisine.

Over three days and two nights at the stunning **Villa Alma Lillia**, located on the beachfront in Marbella, Spain, you will have the opportunity to awaken your soul, nourish your body and expand your energy in an exclusive environment designed for deep transformation.

Exclusive Experiences

- Accommodation in oceanfront suites, offering maximum comfort and unparalleled views.
- Healthy, gourmet and conscious meals designed to nourish both body and mind.
- High-impact energetic ceremonies and rituals to help you connect deeply with yourself.
- Explore biohacking experiences, shamanic wisdom and profound Kundalini energy activations to enhance your overall wellbeing.

Retreat Programme

Friday

- **16:30 – 17:00** · Check-in to exclusive suites.
- **17:10 – 18:30** · Welcome Circle to connect with the group and the energy of the space.
- **18:30 – 20:00** · Fire Ritual and Cacao Ceremony to initiate the transformational process.
- **20:30 – 21:30** · Conscious gourmet dinner with refined, healthy flavours.
- **21:30** · Rest.

Saturday

- **08:00 – 09:30** · BIOHACKING Session: breathwork and cold water immersion to revitalise the body.
- **09:45 – 10:45** · Breakfast made with love, promoting conscious nourishment.

- **11:30 – 14:30** · Oceanfront walk and guided meditation to connect with nature and your inner world.
- **15:00 – 16:00** · Conscious gourmet lunch.
- **17:00 – 18:30** · Self-discovery workshop: Ikigai and the Soul Plan, to uncover your personal purpose.
- **19:00 – 21:00** · Extended Kundalini energy activation, integrating shamanic wisdom and non-dual transmission.
- **21:15 – 22:00** · Conscious gourmet dinner.
- **22:30** · Rest.

Sunday

- **08:30 – 10:00** · Second activation of your vital energy to start the day with strength and clarity.
- **10:00 – 11:00** · Brunch.
- **11:30 – 12:00** · Check-out.
- **12:15 – 13:15** · Third Kundalini energy activation and non-dual meditation.
- **13:15 – 14:30** · Closing Circle and sharing space for integration and reflection.

Who Is This Retreat For?

- Those seeking a transformative experience in an exclusive environment.
- Those wanting to elevate their life force energy and expand their consciousness.
- Ideal for individuals who wish to combine luxury, spirituality and personal expansion.