

A woman with long dark hair, wearing a white sleeveless dress, is shown in profile from the waist up. Her arms are raised high, and her head is tilted back, looking towards the sky. The background is a soft, warm sunset or sunrise sky with a gradient from light blue at the top to bright yellow and orange near the horizon. The overall mood is one of freedom, joy, and connection with nature.

WE MOVE, WE GROW, WE EVOLVE – TOGETHER

A Transformational Retreat with Elise Joan & Niki Smirni
by *Travelgems*

TRAVELGEMS 



We Move, We Grow, We Evolve – Together

A Transformational Retreat with Elise Joan & Niki Smirni curated by Travelgems

4-9 September 2026 | W Algarve, Portugal

For the first time, Elise Joan and Niki Smirni come together to co-create an exclusive and intentionally intimate retreat experience for a carefully selected group seeking deeper personal evolution, meaningful connection, and authentic transformation.

Set within the peaceful landscape of the Algarve, where the Atlantic Ocean meets golden cliffs and endless sky, this retreat creates the conditions to pause, reconnect, and realign. Days unfold through movement, mindful practices, reflection, nature, and meaningful conversation — creating space for presence, depth, and genuine human exchange.

Hosted at the W Algarve, the experience combines daily vitality sessions, reflective workshops, and curated moments of dialogue and integration by the ocean. Limited to a small group, the retreat offers a close-knit environment where authentic connection, openness, curiosity, and conscious growth can naturally unfold.



Led by

Elise Joan – longevity expert & creator of the Ageless Protocol

Niki Smirni – author of The Method & transformational leadership expert



The Emotional Promise

With the guidance of Elise Joan, participants reconnect with the intelligence of the body — exploring how vitality, strength, and adaptability can be cultivated throughout life. With Niki Smirni, they are invited into deeper reflection: where they stand today, what truly matters now, and how to move forward with greater clarity and intention.

This retreat offers an integrative exploration of self-love across body, mind, and soul — inviting participants to reconnect, recharge, and align more deeply with who they truly are. It is not simply a holiday, but a thoughtful pause: an opportunity to honor your story, listen to your inner wisdom, and consciously shape the way you want to live moving forward.

Guests leave not only with meaningful shared memories, but also with embodied insight, practical tools, and a renewed sense of direction to support continued growth long after the retreat concludes.



Why Portugal?

Portugal offers something rare in today's world: space to breathe. The Algarve coastline, with its golden cliffs, endless Atlantic horizon and gentle rhythm of life, creates the ideal environment for reflection and renewal.

Nature slows the mind.
The ocean regulates the nervous system.
Time expands.

In this landscape, people naturally reconnect with themselves — not through pressure or intensity, but through presence, movement, meaningful conversation, and shared experience.

Portugal becomes the perfect setting to explore one of life's most important questions: how do we truly live well, together?





DAY

1

From Noise to Presence

The W Algarve Experience

5 Days of Movement, Reflection & Connection
A retreat rhythm inspired by nature.

Mornings begin with movement and vitality.
Afternoons invite reflection and personal dialogue.
Evenings open space for connection, conversation and integration.

INDICATIVE ITINERARY

DAY 1 – Arrival & Grounding

Arrival at W Algarve

Guests settle into the rhythm of the retreat with a gentle beach walk and opening gathering.

Afternoon

- Somatic activation session with Elise Joan
- Opening circle with Niki Smirni

“Where Am I in My Life Right Now?”

Evening

Welcome dinner by the ocean.

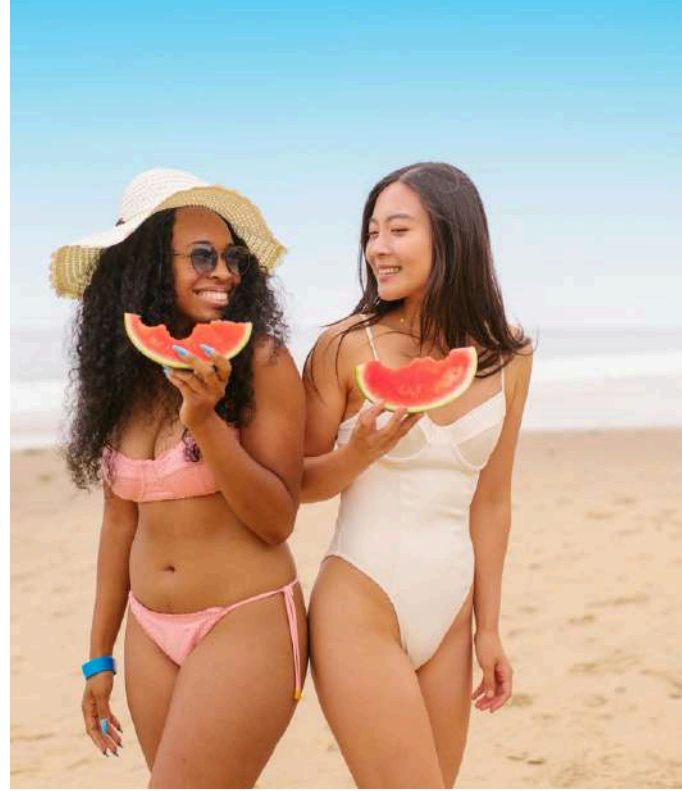
The first evening allows participants to slow down, breathe deeply, and transition into presence.



DAY

2

The Intelligent Body



Theme: Understanding the Body's Wisdom

Morning

Beach mobility and vitality session with Elise.

Session: "Your Body Is Designed to Adapt."

Participants explore how movement, recovery and daily habits support vitality throughout life.

Afternoon

Free Time / Optional Activities (TBA)

Reflective workshop with Niki:

"Happiness Is As Unique As Your DNA."



Evening

Fireside conversation by the beach

Community dinner



DAY

3

Energy & Alignment



Theme: Living Well in Practice

Morning

Strength and mobility session with Elise

Afternoon

Workshop with Niki: Reframing Your Current Life Phase

Exploring:

- personal priorities
- emotional alignment
- conscious decision making

Community Circle led by Niki & Elise

Evening

Sunset walk along the coastline followed by group dialogue.

Community dinner



DAY

4

Conscious Direction



Theme: Designing Life Intentionally

Morning

Mobility session with Elise

Midday workshop with Niki:

Designing the Life That Reflects Who You Are Now

Participants explore how to remove unnecessary drama from life and respond with clarity and intention.

Afternoon

Free time for optional activities, ocean swimming, or personal reflection.

Movement & mindset collective with Elise & Niki

Evening

Community dinner



DAY

5

Integration

Theme: We Move, We Grow, We Evolve Together

Morning

Final vitality session with Elise.

Midday

Structured Method workshop with Niki:

- responding instead of reacting
- aligning life with values
- defining the next steps forward

Afternoon

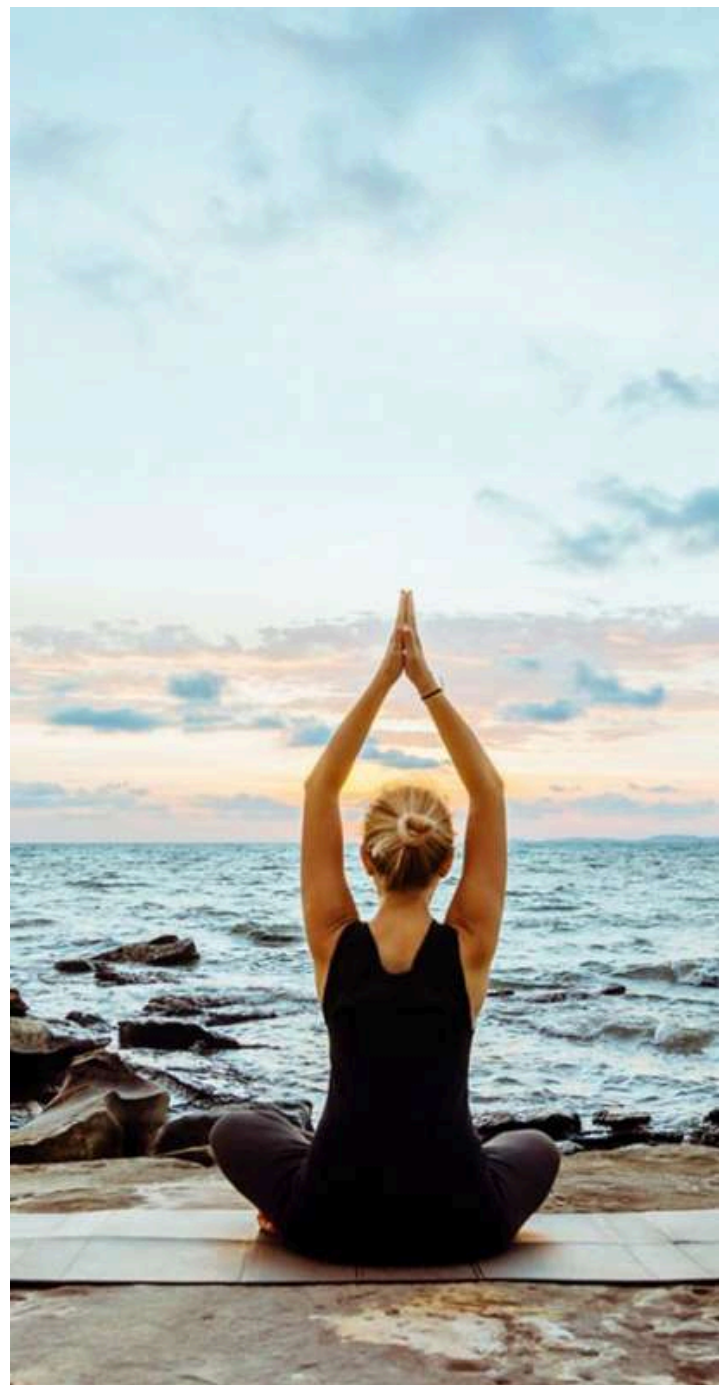
Beach integration circle.

Participants articulate the personal insights they will carry into their lives.

Closing Community Circle: Celebrate achievements and milestones

Evening

Closing celebration dinner





DAY

6

The Departure

Morning

Morning reflection walk by the ocean.

Breakfast & Farewells

Check-out / Departure

**As you descend, you notice the shift.
Can you perceive yourself differently?**

Guests depart with renewed energy, meaningful insights, and a deeper understanding of how they want to live.





SELLING PRICE PER PERS.:

3600 EUR / person in Double Occupancy Room

4600 EUR / person in Single Occupancy Room



INCLUSIONS

- 5-night accommodation at W Algarve
- All sessions and workshops with Elise & Niki
- All breakfast meals
- All dinner meals