

Stillness and Movement

Retreat in Mijas, Málaga. October 23 - 25, 2026

With Ana Vega and Enrique Taub



The Place

Welcome to The House of Inquiry.

A place created for those who feel the need to step away from the fast pace of daily life and give themselves time to rest, restore energy and reconnect with what is essential.

Here, silence, the beauty of the surroundings and the spaciousness of the venue, create an atmosphere that invites you to pause, feel and reconnect.

The property includes five independent houses set on 65,000 square metres of land. It is located between the Mediterranean Sea to the south and the Mijas mountains to the north, in the peaceful rural area of Rancho de la Luz.

<https://houseofinquiry.eu>





The Journey

In this retreat we create a carefully held environment where you can slow down and gradually return to a more balanced state in your nervous system.

Through breath, movement and meditation, we support you in releasing patterns, reconnecting with your own rhythm and recovering a more present and grounded way of being.

This is not a retreat to escape life, but a space from which to return to it differently.

In a quiet natural setting, this gathering is designed as a place of pause, listening and personal exploration.

Time for yourself, to feel more clearly and to recover a simpler, more direct relationship with yourself and with others.

Food

During the weekend we will offer balanced, high-quality vegetarian food, designed to support the rhythm of the retreat.

We work with fresh ingredients and careful preparation, understanding food as part of the experience: a moment to pause, eat with awareness and recharge your energy.

If you have any allergies or intolerances, we can adapt the menu. Please let us know in advance.



The Workshop

Stillness and Movement is an invitation to pause.

A space to return to your body, inhabit the present and listen to yourself more deeply to let go, rest and reconnect with yourself in contact with nature.



We will explore the passage from stillness to movement, allowing the body to express itself, relax and recover its natural balance through:

Guided and active meditations

Silence practices

Somatic body-awareness exercises

Conscious breathing

Music and expression

Reflection circles

Who we are

We are Ana and Enrique. For more than 20 years we have accompanied individuals and teams in processes of development and transformation, both personally and professionally.

We integrate body awareness, meditation and personal development to create spaces where people can pause, observe and generate real change through experience.

We are trained in different approaches:

Feldenkrais

Somatic Experiencing

Active and Guided Meditation

Rebalancing

Tantra

Executive Coaching

NLP

Team Coaching

Integrative Body Process

Arún Conscious Touch



www.anavegasomatic.com

www.enriquetaubcoach.com

www.meditacioncorporativa.com

Prices and conditions

Price for a 2-night retreat, from Friday, October 23 to Sunday, October 25, 2026: **€450**.

Includes all meals and drinks (2 dinners, 2 lunches, 2 breakfasts) and all activities.

Accommodation is not included in the retreat price. We manage the room booking for you and it is paid separately according to the option chosen.

Transport is not included.

Arrival on Friday 23 from 17:00.

Departure on Sunday 25 after lunch.

You can reserve by Bizum to our phone numbers or by bank transfer to: ES96 0128 5775 1701 0000 2945 With your name and “October Retreat”.

A €100 deposit is required to reserve your place. The remaining balance is due before October 20.

For more information:

Ana: +34 686 883 680 vega.aniuska@gmail.com

Enrique: + 34 606 378 456 enriquetaub@gmail.com

Accommodation

The estate offers 14 comfortable rooms distributed across five independent houses throughout the grounds. You can also enjoy the shared areas, including the swimming pool and terrace.

All rooms have a private bathroom, and many include a small kitchen. There is also a three-bed room for a simpler stay. All rooms are protected against mosquitoes and include air conditioning/heating, fans and Wi-Fi.

Accommodation is not included in the retreat fee. We manage the room booking for you, according to your chosen option and availability.

You can choose among:

Double room with twin beds: **€60** per person/night.

Double room with double bed: **€60** per person/night.

Single room: **€100** per person/night.

Mini single room (shared bathroom): **€45** per person/night.

Three-bed room (shared bathroom): **€40** per person/night.

