

# RETREAT RETURN TO "YOUR SELF"



A WEEKEND TO NOURISH YOURSELF  
FROM THE OUTSIDE IN

17 TO 19 APRIL 2026  
MIJAS



COME AND SHARE  
WITH US AT:

# HOUSE OF INQUIRY

The House of Inquiry is a place for those who wish to disconnect from the hustle and bustle of everyday life and devote some quality time to themselves. Time to recharge your batteries, to simply be and feel. Let the vast silence, beauty and spaciousness of this property, and the love that permeates it, move you, ground you and help you reconnect with yourself.

The house consists of five separate houses, spread over a beautiful 65,000 square metre peninsula-like plot. It is located right between the Mediterranean Sea to the south and the Mijas mountains to the north, in a quiet, sparsely populated and mountainous rural area called Rancho de la Luz.

A HAVEN OF PEACE!

# A WEEKEND TO NOURISH THE LAYERS OF YOUR BEING

**With Sofi Gibson and Simona Rychtecky**

During this retreat, we will focus on nourishing all our bodies: the physical body through presence, rest, exercise and nutrition; the emotional body through listening and gentleness; the mental body through silence and clarity; and the subtle body through connection and meaning. Every gesture, every breath, every exchange will be nourishment. A time to regenerate deeply, in the unity of who we are.

**A TRUE RENAISSANCE!**





# ACCOMMODATION

for your convenience

The estate offers 14 comfortable rooms spread across five separate houses throughout the grounds. All rooms have private bathrooms and many have a small kitchen, as well as a bedroom with three beds for a simple stay. All rooms are protected against mosquitoes and have air conditioning/heating, fans and Wi-Fi.

You can choose between:

- double room with twin beds
- double room with double bed
- single room
- mini single room (shared bathroom)
- room with 3 beds (shared bathroom)

We will do our best to accommodate your accommodation preferences, bearing in mind that we can accommodate a maximum of 18 people.

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You will also be able to enjoy the swimming pool, a jacuzzi and a hammam, as well as all the super comfortable communal areas.





# THE ACTIVITIES

for your wellbeing

You will practise gentle yoga, chiharmonie, and meditation in the morning upon waking, to start the day with complete serenity and calm, gently awakening and opening your body.

We will gather in a circle for a cocoa ceremony and singing to open our hearts and ground ourselves in the present moment with this ancient medicine.

We will have a workshop and a talk on energetic & holistic nutrition to better understand our constitution and how to adapt our diet accordingly.

We will also take advantage of the magnificent nature to go on a meditative walk and do exercises to connect with the elements.

In the evening, we will gather for more calming practices that relax our nervous system.

All this will be combined with music in the form of heart songs, mantras, humming, etc.

You will also have the opportunity to receive body and/or energy treatments, as well as private coaching sessions and specific massages.





# THE FOOD

for body and soul

This weekend, we are fortunate to be collaborating with Suelen and her team, who will be joining us with their delicious, colourful and vibrant cuisine. Their meals are prepared with fresh, organic and seasonal ingredients.



The cuisine is vegetarian and, above all, conscious, composed of magnificent products (local whenever possible) and all prepared with great experience and passion so that you can discover a living cuisine that will nourish every cell in your body and give you vital energy.

Suelen has international culinary experience. She is Brazilian and has travelled to many parts of the world to learn the art of vegetarian and vegan cooking. She is a chef at a fashionable restaurant in Barcelona, and we will be lucky enough to benefit from her exceptional culinary dishes.



# WITH WHOM

to accompany you



## Simona Rychtecky

Co-founder of the Chiharmonie method for Switzerland and teacher at the Lausanne University Sports Centre, therapist in various techniques (physical and energy massage, essential oils, Bach flower remedies, Tibetan singing bowls), Hatha Yoga and Mindfulness meditation teacher, holistic nutrition coach, detox expert and organiser of wellness and therapeutic retreats. Her goal is to help each person cultivate balanced health in all dimensions of their life.

[@simona\\_rychtecky](#)



## Sofi Gibson

She uses sound, rhythms, and breathing in combination with yoga and sound yoga to achieve healing on all levels: physical, mental, emotional, and spiritual.

She offers gong baths, drum treatment and cleansing, channelling through her voice, treatments with Tibetan bowls, and different combinations of physical massage with her sacred instruments.

The training she has undertaken over the last 20 years in yoga, sound, personal growth, transpersonal therapy and shamanism (Munay Ki) has led her to higher planes of understanding where she prioritizes getting closer to the Self and living from her truth at all times.



[@anandamandira](#)





# PRICES AND TERMS

to facilitate your organisation and arrival

Price for a 2-night stay from Friday 17 April to Sunday 19 April 2026:

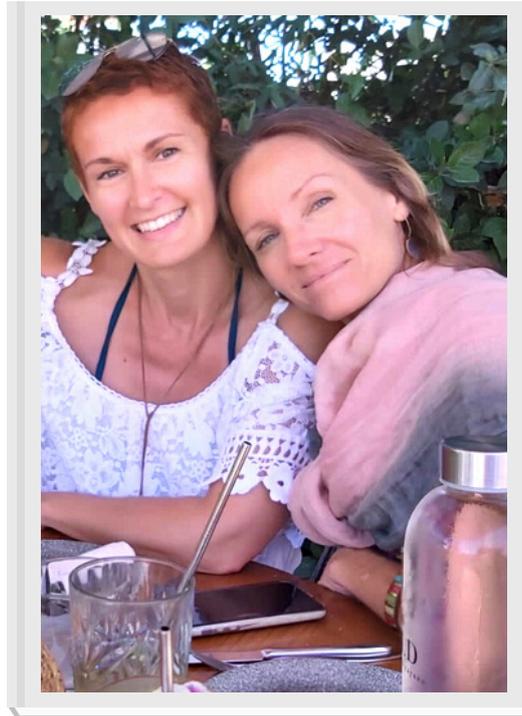
**385 euros + the room**

possibility of payment in several instalments

**Accommodation, all meals & drinks (2 dinners, 2 brunches, 2 afternoon teas),  
all activities (courses and workshops)**

- Double room with twin beds: 60 euros per person per night.
- Double room with double bed: 60 euros per person per night.
- Single room: 100 euros per person per night.
- Mini single room (shared bathroom): 45 euros per person per night.
- Dormitory with three beds (shared bathroom): 40 euros per person per night.
  
- Possibility of arriving on Friday for lunch (from 1 p.m.) and having lunch for €18 to make the most of the day in this wonderful place. General opening of the retreat at 5 p.m.
- Possibility of physical or energy treatments: €60 / 60 min

*Deposit of €100 payable upon booking, full stay payable before arrival. Your deposit will not be refunded except in cases of force majeure and with a certificate. Other refund conditions will be communicated to you at the time of registration.*



One of the many beauties of friendship lies in sharing,  
complementing and supporting each other.

We have created this retreat based on our common passion:  
to help people feel better physically, mentally, emotionally  
and spiritually, and thus awaken their consciousness to raise  
the positive and loving vibration of our planet.

Namaste

We are delighted to welcome you and share with you!

# WELCOME!

**Register with:**

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