



RETREAT

The Island of the Body

Fuerteventura – Canary islands

1–6th september

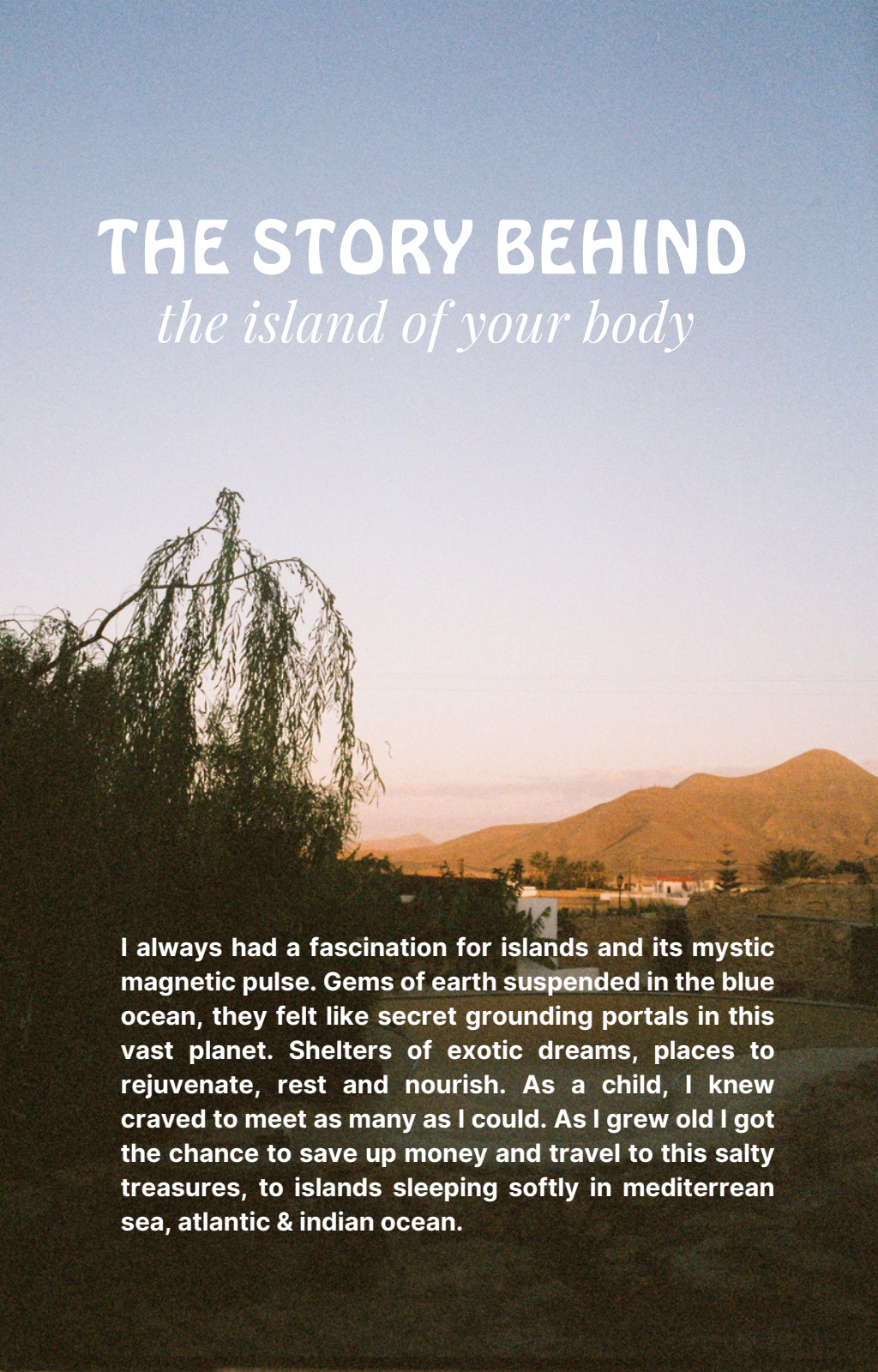




Welcome to the vision of your body as an island, a space of creation, intuitive wisdom and reclamation. A 6 day retreat of connection to Nature, Ocean, Deserts and Sacred Mountains. In Fuerteventura, hosted at the oasis of Casa La Paz

Immerse in 5 nights & 6 days of yoga, embodied flow method, ecosomatics, creative expression and exploration in intimate community connection. Sleeping at the feet of the sacred mountain of Tindaya, 5min drive to the Atlantic Ocean, cocooned in aesthetic and poetic oasis of Casa La Paz. Sleep under infinite sky of stars, infused with all-bodies movement rituals, yoga and trauma-informed kindness approach to welcome the wholeness of you. Daily classes, delicious farm to table food made with love, boutique workshops on yoga & creativity, journaling, photography, mantra & sound, somatic awareness, expanded sense of calm and presence.

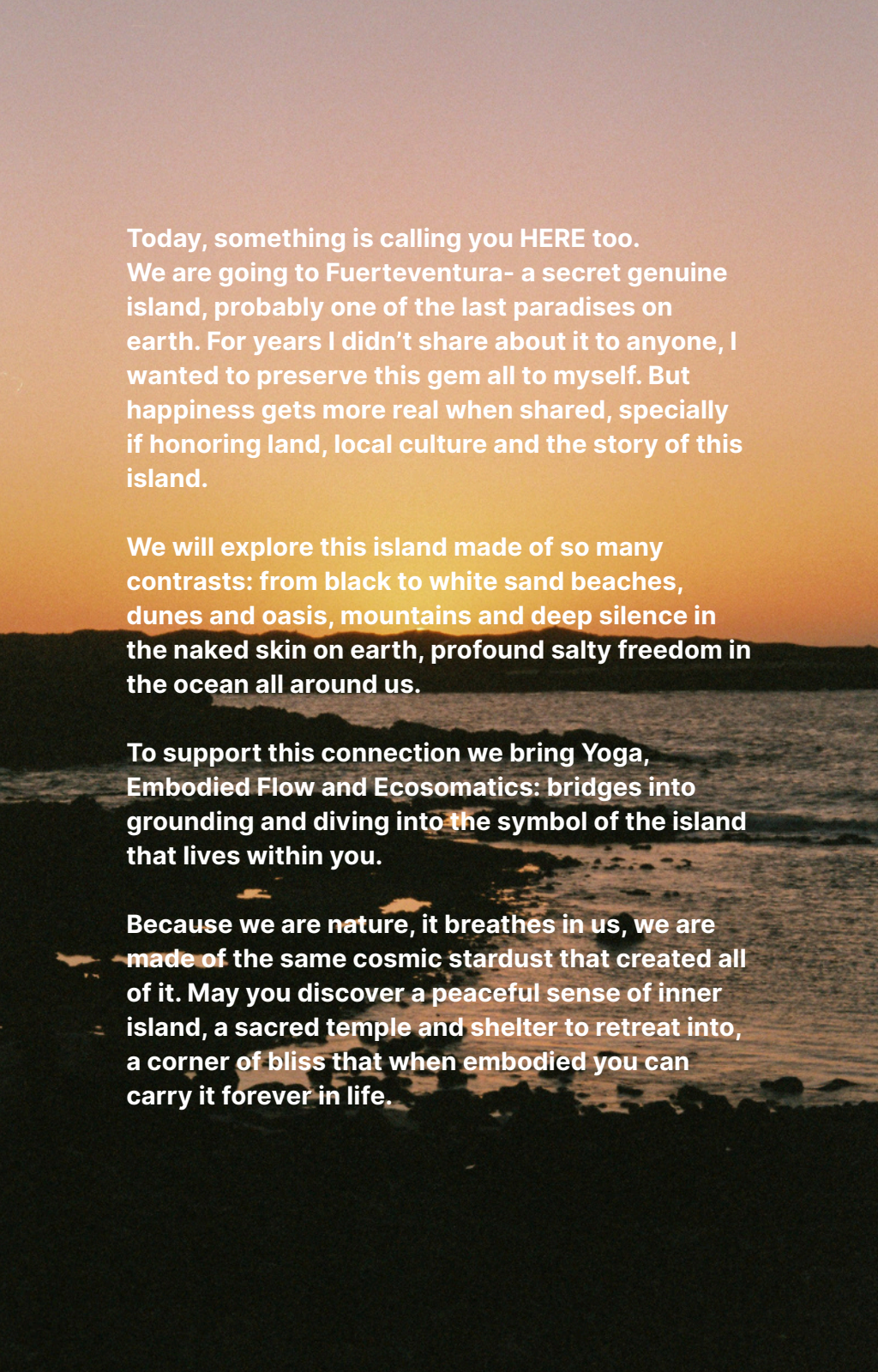
The theme is The island of Your Body : exploring with soft welcoming tools how you can use the metaphor to embody within the exotic beauty, grounding stability between sky & earth, magnetic field that all islands have.



THE STORY BEHIND

the island of your body

I always had a fascination for islands and its mystic magnetic pulse. Gems of earth suspended in the blue ocean, they felt like secret grounding portals in this vast planet. Shelters of exotic dreams, places to rejuvenate, rest and nourish. As a child, I knew craved to meet as many as I could. As I grew old I got the chance to save up money and travel to this salty treasures, to islands sleeping softly in mediterranean sea, atlantic & indian ocean.

The background of the entire page is a photograph of a beach at sunset. The sky is a gradient of orange and yellow, transitioning into a darker blue at the horizon. The ocean is visible with white-capped waves breaking onto a dark, silty beach. The overall mood is serene and peaceful.

Today, something is calling you HERE too.
We are going to Fuerteventura- a secret genuine island, probably one of the last paradises on earth. For years I didn't share about it to anyone, I wanted to preserve this gem all to myself. But happiness gets more real when shared, specially if honoring land, local culture and the story of this island.

We will explore this island made of so many contrasts: from black to white sand beaches, dunes and oasis, mountains and deep silence in the naked skin on earth, profound salty freedom in the ocean all around us.

To support this connection we bring Yoga, Embodied Flow and Ecosomatics: bridges into grounding and diving into the symbol of the island that lives within you.

Because we are nature, it breathes in us, we are made of the same cosmic stardust that created all of it. May you discover a peaceful sense of inner island, a sacred temple and shelter to retreat into, a corner of bliss that when embodied you can carry it forever in life.



THE TEAM

Luna & Antonio, partners in love for the last 9y, passionate world travelers, active builders and seekers of a more harmonized and united world.

Antonio was actually the golden heart surfer that suggested I'd give teaching yoga a chance. Never that crossed my mind. This is what I call the eyes of love: when someone sees you so clearly for who you truly are that they can see beyond. Beyond any fear or limiting belief and uplift your life into a wider expansion and evolution. To you, my dear A, I dedicate the joy of daring to dream bigger than the mind. To make the invisible visible.







Luna Wengorovius

Movement artist, reality shaker and founder of Yoga Luna W, an international community uniting yoga with embodiment & somatics. With over 1000h YTT, trained in India, Bali and Europe, my offerings are infused with poetry, art, ecology and a profound admiration for nature's wisdom. Born in Italy and shaped by the Atlantic Ocean, my background is multicultural and multidisciplinary, having a BA in Law, first and only portuguese certified in Embodied Flow, youngest in the world. I love to bridge yoga with my deepest passions: surf, art, journaling and sound.



António F.Oliveira

Film producer, photographer, excellent cooker, free surfer, BA in Business, experienced coach for surf therapy, and visionary recipe maker.

Invited to host, to be the grounding masculine and the amazing chef serving delicious food. Antonio will also be sharing his signature Photography workshops, offering an innovative approach to beauty.

Currently producing a documentary about the *Surf Adaptado* in Carcavelos, a surf therapy project focused on supporting people with disabilities and severe autism to heal through the ocean.

THE LOCATION

casa la paz

an oasis on earth, by the footsteps
of the sacred mountain of Tindaya,
only 8min ride to the ocean



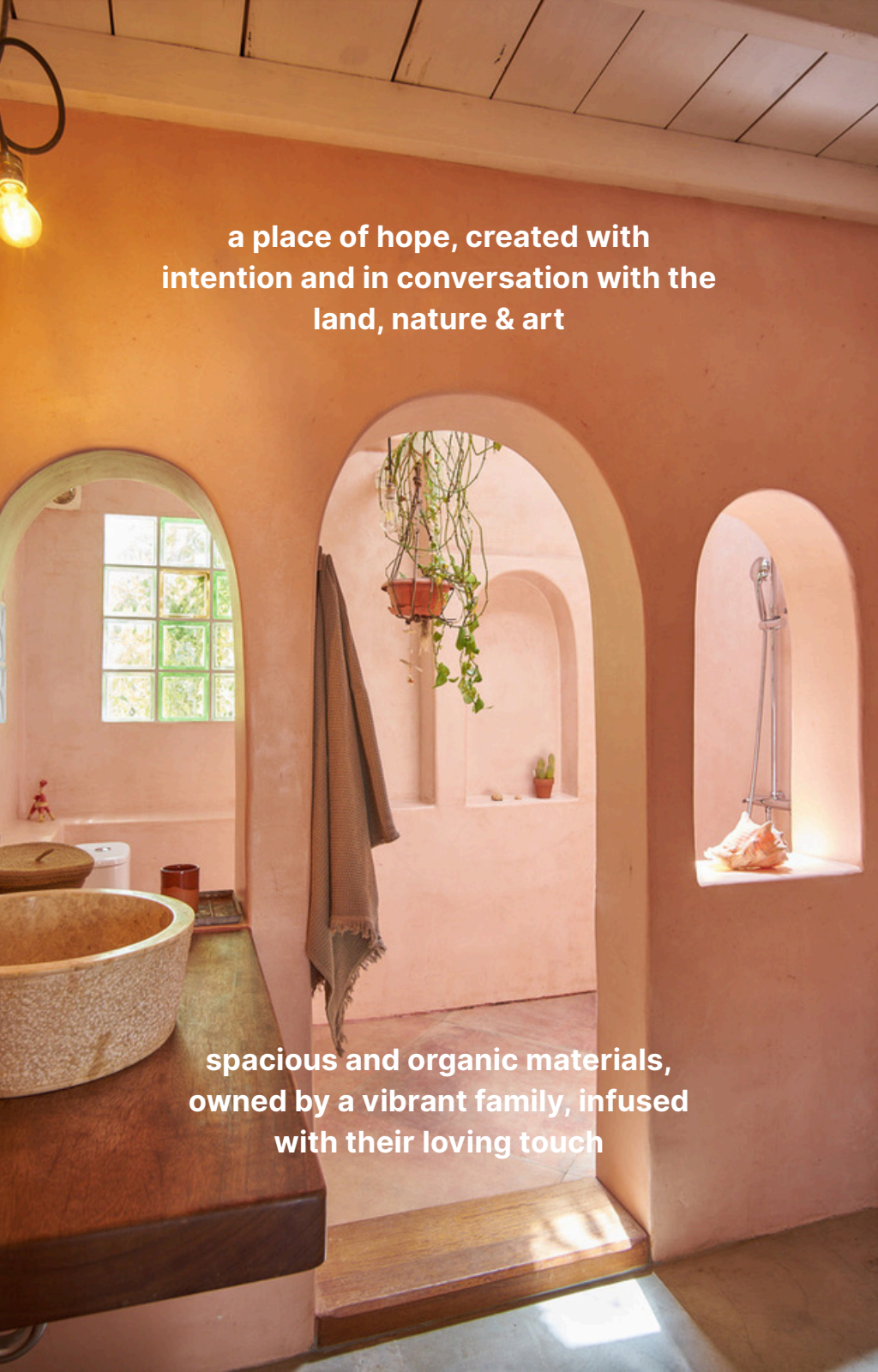


peaceful slow mornings infused
with silence, fresh coffee, banana
pancakes, chia puddings, eggs,
and all the home-made food fuel
your body needs to start the day



sleep below the stars, under
galaxies, moon & mars



The image shows a warm, terracotta-colored interior space, likely a bathroom or a small living area. The walls are a soft, warm orange-brown color. In the foreground, a dark wooden vanity holds a large, round, light-colored stone or ceramic sink. To the left, an arched doorway leads to another room where a window with green-tinted glass blocks is visible. In the center, a larger arched doorway opens up to a brighter area where a hanging plant in a red pot is visible. To the right, a smaller arched niche contains a showerhead and a seashell. The ceiling is made of light-colored wooden planks. A single light bulb hangs from the ceiling on the left. The overall atmosphere is warm, organic, and rustic.

**a place of hope, created with
intention and in conversation with the
land, nature & art**

**spacious and organic materials,
owned by a vibrant family, infused
with their loving touch**



PRICES

EARLY BIRD

(until 4th April)

-shared bedroom : 950 €

-private room : 1300 €

- best friends or couples: 850 €

AFTER

-shared bedroom : 1400 €

-private room : 1600 €

-best friends or couples : 1220 €

PAYMENT PLANS & POLICY

- plan 1 - 50% to book + 50% (until 06.06)
- plan 2 - 40% to book + 30 % (until 06.05) + 30% (until 06.06)
- 40% deposit non-refundable

ROOMS INFORMATION:

- Shared bedroom- it's a shared very spacious wooden cottage or apartment for only 2 people.
- Private bedroom - perfect for privacy, 1 queen size bed
- Couples or Best Friends - our most affordable options for 2 lovers or 2 best friends that don't mind sharing 1 double bed in a private bedroom

WHAT'S INCLUDED

- 5 night stay at Casa La Paz, with breathtaking views over nature and sacred mountain
- 10 yoga classes (vinyasa, yin, nidra, embodied flow)
- 3 boutique workshops
- tea and/or cacao ceremony
- daily brunch, snacks, and dinner
- daily journaling, meditations, pranayama and applied creativity
- dedicated Ebook to deepen your yoga knowledge
- 1 secret island trip to Isla de Los Lobos
- 1 welcome gift bag with goodies

*The program may adapt and change slightly

check-in: Tuesday 1st September from 3pm

check out: Sunday 6th September from 12pm

NOT INCLUDED

- travel expenses
- transportation
- flights + travel insurance
- car rental



A woman with long, wavy brown hair, seen from the back, is performing a high leg lift in a studio. She is wearing a peach-colored halter top and a black skirt. Her right leg is extended straight up towards the ceiling, and her left leg is also raised, bent at the knee. She is holding her right foot with her left hand. The background features large windows and a wooden ceiling. The text "WITH ALL MY LOVE, luna" is overlaid at the bottom.

WITH ALL MY LOVE,
luna