

WHAT

WHERE

WHAT IS INCLUDED

& MORE

Blooming Retreat

SPRING

2026

EVERYTHING YOU NEED TO KNOW TO FEEL READY & HELD

WELCOME

We're so happy you're joining us.

This space was created with so much love.

May this be a journey of softening, opening, and connecting — from the inside out — embraced by a nurturing and refreshing environment to blossom.



CONTENTS



Our Philosophy

Date and Location

Program

Bilingual EN/SP

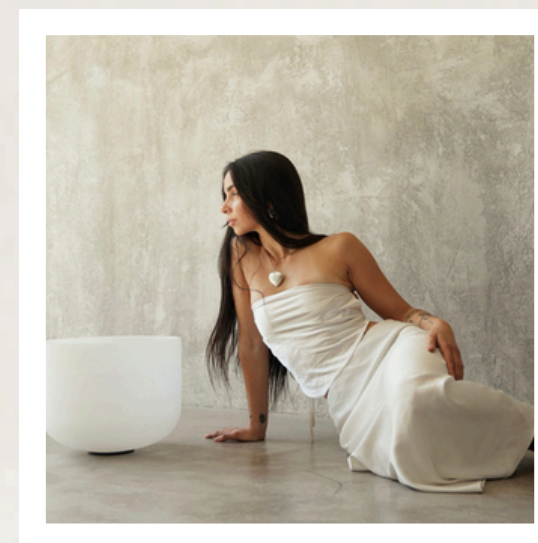
Accommodation and Prices

Arrival / Transport

Food

Treatments

Contact us



OUR PHILOSOPHY

We are Laura & Carmen — two women with a deep passion for creating safe, nurturing spaces. Places where people can feel free and expanded in body, heart, and soul. We are moved by the power of conscious connection and self-discovery.

Through intentional gatherings, embodied movement, and meaningful dialogue, we invite others to explore their inner landscapes and to meet one another from a place of presence and authenticity.

Our sessions offer a balance between gentleness and strength — and are designed to reconnect you with what already lives inside, so that you can come to see and feel the world around you with more clarity, love, and wholeness.



DATE & LOCATION

MASIA CAN POU

Vall del Llemenà, Girona

7 - 10 MAY, 2026





Masia Can Pou

***Masia Can Pou* is a 17th-century stone farmhouse that radiates charm, silence, and authenticity, near Barcelona.**

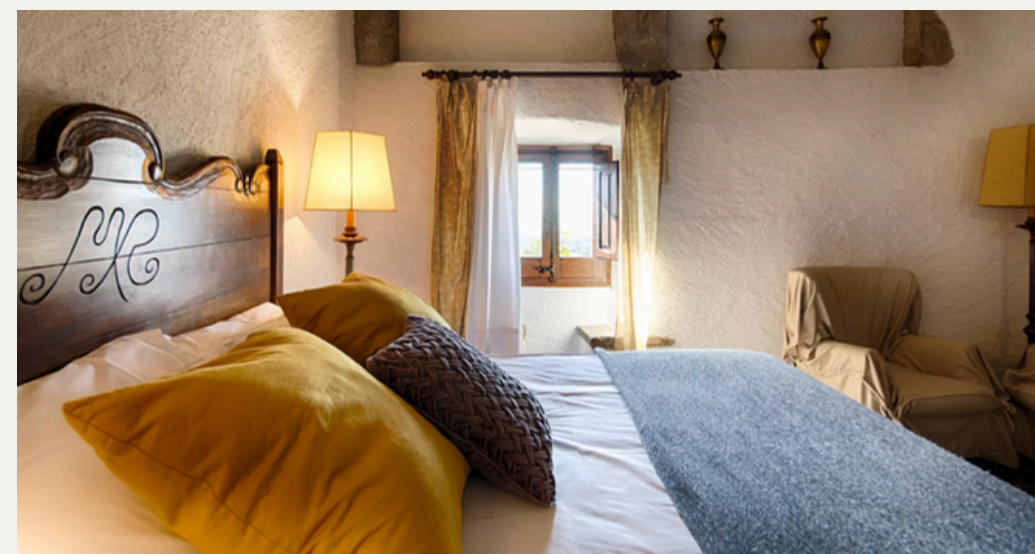
Surrounded by forest, olive groves, and a breathtaking mountain horizon, the masía invites you to slow down, reconnect, and feel at home in nature. Every corner tells a story — from cozy living rooms with crackling fireplaces, to sunlit courtyards, rustic wooden beams, and a dreamy pool overlooking the trees.

You'll wake up to birdsong, enjoy nourishing meals under blooming bougainvillea, and sink into soft armchairs after long, soulful conversations.

This is more than a place to sleep. It's a place to land. A home for stillness, depth, and connection.



where we'll stay!

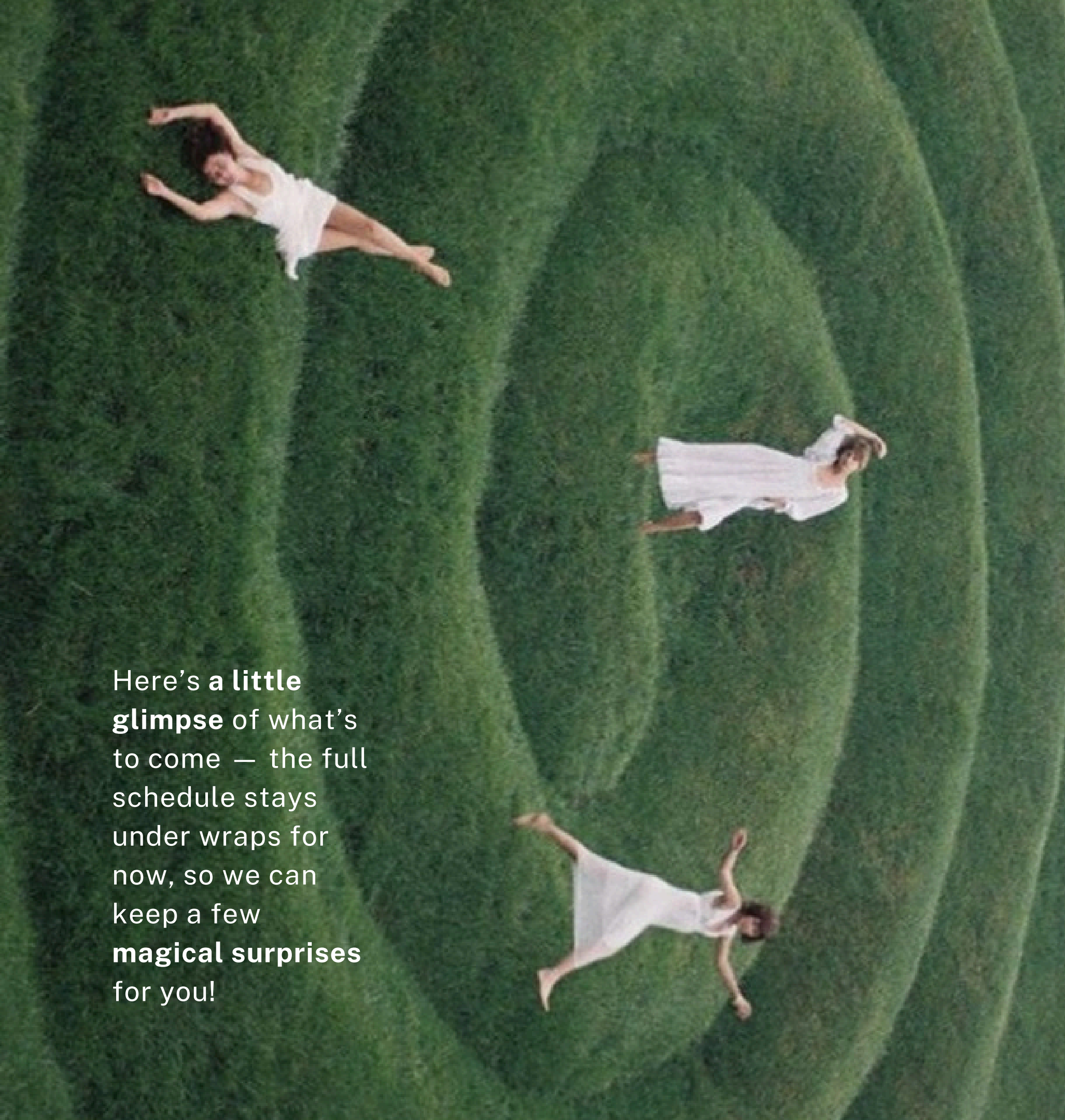


the joy
of *being*



PROGRAM





Here's a **little glimpse** of what's to come — the full schedule stays under wraps for now, so we can keep a few **magical surprises** for you!

Thursday , 7th

*Arrival from 2pm on
OPEN CEREMONY*

Friday & Saturday, 8th – 9th

*Yoga Practice to move and breathe with intention
Pilates to connect with your strength
Sound Healing to let the vibrations sink deep
Moments of ‘Mouna’ — In Silence — to simply be
Book Club — magic, soulful conversations
Journaling prompts to meet your inner voice
Ikigai explorations — glimpses into your why*

... and more.

Sunday, 10th

*CLOSING CEREMONY
Finish of Retreat at 12pm*

BILINGUAL

Our retreat will flow naturally in both **English** and **Spanish**
— embracing the beauty of both languages so that each
person can feel at ease, present, and fully connected to the
experience.



ACCOMMODATION & PRICES

There are **several room options available** at Masía Can Pou. Feel free to check them out at <https://www.masiacanpou.com/habitaciones.>



Beds are always double and the pricing depends on whether you're booking a single room or sharing a double — and are as follows:



SUITE

(Suite, La Torre, La Morera)

SINGLE ROOM

EUR 1'150

DOUBLE ROOM

EUR 850



STANDART SUPERIOR

(Superior, Twin, Standart)

SINGLE ROOM

EUR 1'090

DOUBLE ROOM

EUR 790



TWIN

(2 beds and you will highly likely share the room with sb)

SHARED ROOM

EUR 690

ARRIVAL / TRANSPORT

1h 20min from Barcelona and 20 from Girona city
by car

30 min from Girona airport

Easily accessible by car or private transfer / taxi
from Girona is EUR 30



*Travel to and from the retreat is not included and should be arranged individually. Each participant is responsible for organizing their own arrival and departure. **We're happy to assist with tips if needed!***

As soon as we know when everyone's arriving, we'll happily coordinate a pick-up spot in Girona to make your arrival smooth and easy.



FOOD

Vegetarian Meals

Delicious vegetarian meals — including **breakfast, lunch, and dinner** — will be served throughout the weekend.

TREATMENTS

Massages and other treatments will be available throughout the weekend as an optional complement to your experience.

If you feel called to deepen your rest or nurture yourself in a different way, you'll be able to book these on site.

Please note they're not included in the retreat price, but fully available for you to enjoy.



If something in you whispers yes...

This retreat was born from the longing to offer a space of beauty and depth — a weekend held with intention, care, and presence. A space to feel, to remember, to move, to root, and to soften.

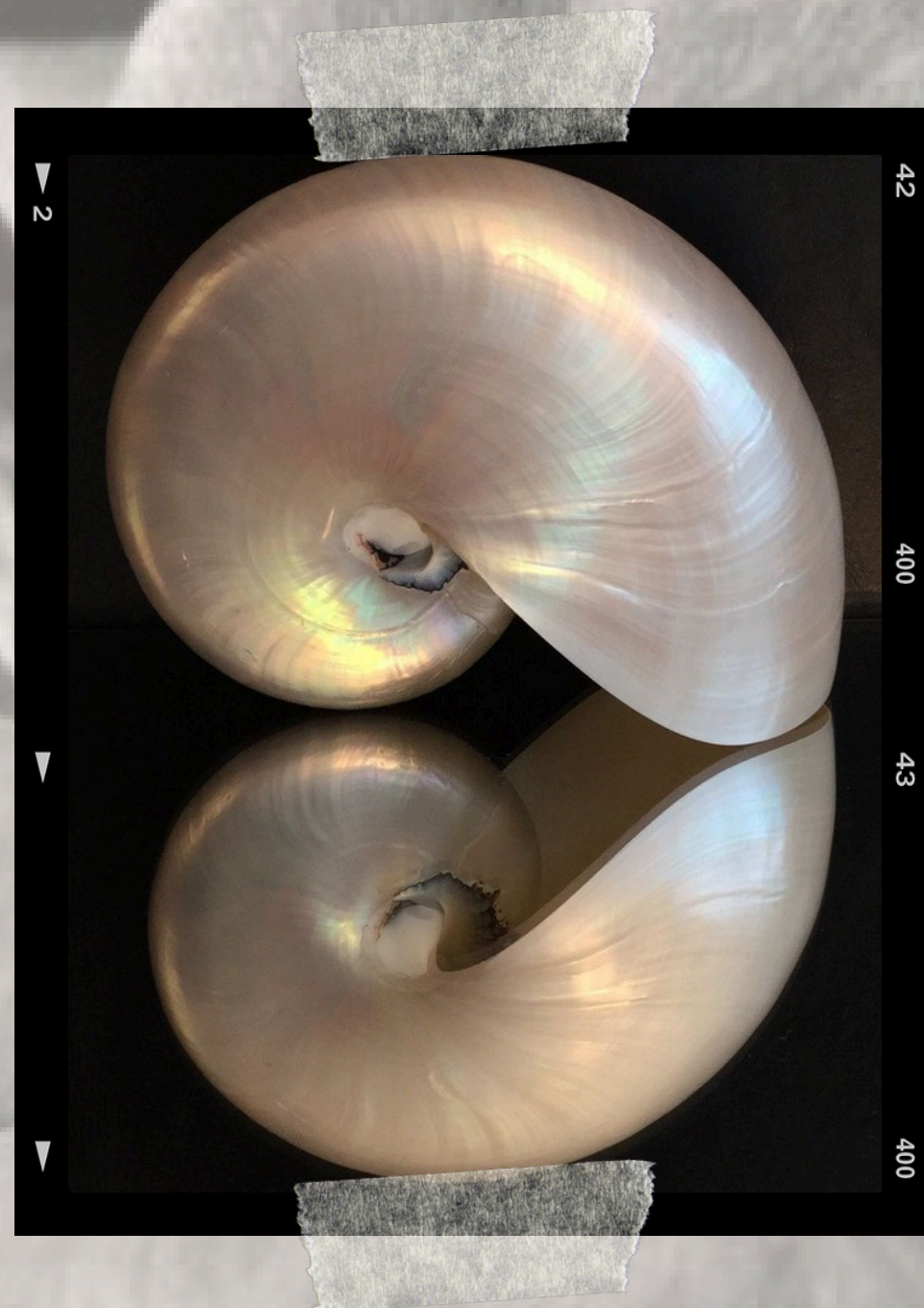
We'll be here to guide you through experiences that invite reconnection — with yourself, with others, and with life.

Through movement, silence, nature and meaningful sharing, we'll create a shared rhythm that nourishes what matters.

If something in you resonates, we would love to welcome you.
It would truly be a joy and an honor to share this journey together.

*With love,
always,*

Laura & Carmen



Blooming Retreat is for you? SIGN UP!

Please reach out to

laura@sweatandspirit.com or almadeviyoga@gmail.com

to book your spot and to receive the **application form**.

YOUR SAFE
SPACE TO
BLOOM

THE
BLOOMING CLUB