

RETREAT
**"JOURNEY TO THE HEART OF THE
ELEMENTS & INTRODUCTION TO
TANTRA"**

TARIFA

13-19TH OF JUNE 2026





TARIFA

A PEACEFUL HAVEN
SURROUNDED BY
NATURE

The charming little town of Tarifa is located in Andalusia at the southernmost point of the European peninsula. Just opposite, about thirty kilometres away by boat, is Tangier.

It is famous for its white sandy beaches, dunes and turquoise waters, and attracts many water sports enthusiasts due to the favourable winds that blow there regularly.

Our residence for the six nights is perched on a hill about ten kilometres from the centre and the beaches and offers spectacular views of the sea and Morocco.

You will enjoy a peaceful stay as the venue is privatized for the occasion. You will also have the opportunity to explore a large estate that has retained all the charm of Spanish country houses.



6 DAYS TO AWAKEN THE POWER OF THE ELEMENTS WITHIN YOU THROUGH NOURISHING PRACTICES

And harmonise your whole being with life itself

In southern Spain, where the Mediterranean Sea meets the Atlantic Ocean, this retreat is an immersion in the elements of nature and those that inhabit us.

We will explore the five fundamental elements (Fire, Earth, Water, Ether and Air) through conscious movement practices, an introduction to tantric touch for two, connecting with oneself and nature, sharing circles and a diet adapted to each element. You will be invited to listen, feel, reharmonise and nourish your different bodies: physical, emotional, mental and spiritual.

Everything is carefully thought out and prepared so that you can enjoy a unique, enriching and transformative experience with people who will support you throughout your stay and your personal journey.



TANTRIC MASSAGE: THE ART OF TOUCH

to reconnect with the body in all its dimensions

At the heart of this immersion, tantric massage is offered as a path to reconnect with oneself, through moments of transmission and practices for two.

Everyone is invited to rediscover touch as a language of presence, listening and exchange. The Touch of the Five Elements forms the basis of the practice and opens up different qualities of contact, linked to presence in the body.

This exploration promotes greater self-awareness and, step by step, helps restore confidence in one's body.

Support is provided in a gradual and respectful manner, allowing each individual to progress at their own pace in a safe environment.



ACCOMMODATION

for your utmost comfort

HUERTA BELINDA is a really unique place!

It is a 700m² manor house built on 7,500m² of land with gardens, terraces, relaxation areas, large living rooms, an inner courtyard, a swimming pool surrounded by palm trees, an outdoor jacuzzi and an infrared sauna.

It is a welcoming place, surrounded by nature. A place where you can relax naturally and where time slows down.

We will practise in a yoga room designed for comfort and outdoors in the garden. If you wish, you can also enjoy additional treatments in a very cosy space located in an old turret.

Most of the rooms are spacious, and some have magnificent sea views.

Beds can be double or twin, depending on your needs. There are no single rooms available for this trip (2 people per room).

Rooms will be allocated on a first-come, first-served basis, and the number of places is limited to 12 people to ensure a high-quality experience and a personalised welcome.

HUERTA BELINDA, AN EXCEPTIONAL SETTING TO RECHARGE YOUR BATTERIES!



<https://www.huertabelinda.com>



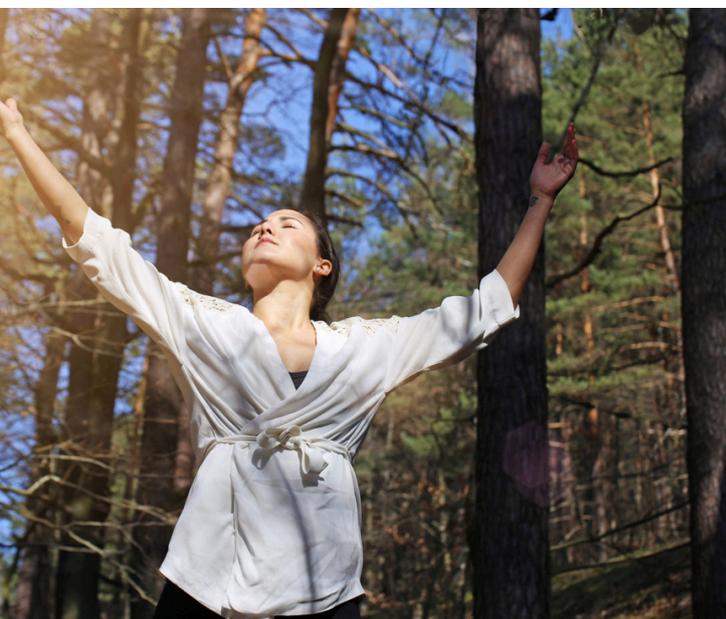


THE ACTIVITIES

to support your process

During your stay, you will have the opportunity to enjoy a range of activities to enhance your experience in every way:

- Classes in various techniques such as yoga, chiharmonie and bodyART. Techniques that ground you, bring you fluidity and strength in order to prepare your whole being to give and receive during the introduction to tantric massage.
- Workshops connecting you with nature, such as forest bathing (Shirin Yoku, land art) or meditative walks, to help you connect even more deeply with Mother Nature and draw nourishment from her.
- Introductory workshops to tantric massage (theory and practice) that will allow you to discover or deepen your knowledge of this ancient method and connect with your massage partner and yourself.



Evenings to relax and share (meditation, music, dance, sound baths, etc.).



In addition, you will have the opportunity to receive various treatments, including relaxing, therapeutic and energy massages, as well as massages with Tibetan bowls. Individual coaching sessions on energy nutrition are also available.

Of course, you will also have free time to relax, read, lounge by the pool, recharge your batteries in the garden or immerse yourself in the infrared sauna or large outdoor jacuzzi.

UNIQUE INDIVIDUAL AND GROUP EXPERIENCES!





IN THE KITCHEN

to nourish your body and soul

For this retreat, we are fortunate to be working with Danielle and her team at HOLISTIKA KITCHEN, who will be providing us with delicious, colourful and vibrant cuisine. Their meals, prepared using fresh, organic and seasonal ingredients, will be in harmony with the elements we will be exploring throughout this retreat.

Every day, the table will reflect the energy of the day through different flavours, textures and colours.



The cuisine is vegetarian and above all conscious, composed of magnificent products (as local as possible) and everything is prepared with great expertise and passion to introduce you to a vibrant cuisine that will nourish every cell in your body and boost your vital energy.



ABOUT DANIELLE

Danielle is deeply passionate about nutrition, health and wellbeing. She is a certified holistic nutritionist from Hawthorn University and studied classical culinary arts at Swiss Global Hospitality Education Les Roches. She is also a certified coach in the psychology of eating and body-mind nutrition from the Institute for the Psychology of Eating.

ORIGINAL AND DELICIOUS VEGETARIAN DISHES TO
NOURISH YOUR BODY AND SOUL!



WITH WHOM?

to support you



Simona Rychtecky Williams “Holistic Health Therapist”

Co-founder and trainer of the Chiharmonie method for Switzerland, therapist in various healing techniques (therapeutic massage, energy healing, essential oils, Bach flower remedies, Tibetan singing bowls), Hatha Yoga teacher, mindfulness meditation teacher, holistic nutrition coach, qualified detox expert and organiser of wellness and therapy retreats.

Based on the Costa del Sol since summer 2018, I am in love with this region and its people, and eager to share a glimpse of this little paradise with you.

Throughout this retreat, I will guide you through certain practices and workshops, and this time I will be joined by my exceptional therapist friend Hajira, who will guide you in discovering tantric massage.

We are 100% at your disposal during your stay so that you can completely disconnect and enjoy your personal experience with confidence.

[@simona_rychtecky](#)



SIMONA R.
find balance and love yourself

WITH WHOM?

to support you



Hajira Lamrabet “Initiator and trainer in tantric massage”

Hajira Lamrabet guides people in a conscious exploration of touch, the body and relationships. Her approach is part of a deeply human and embodied vision of Tantra, where touch becomes a space for presence, accuracy and encounter.

She teaches tantric massage as a way to reconnect with the body, feelings and relationships, allowing us to slow down, listen and break free from automatic behavioural patterns.

His guidance places great importance on respecting each individual’s pace, listening to their limits and ensuring their inner security.

Throughout the immersion, Hajira ensures that a clear, safe and deeply human environment is established, so that each couple/duo can enjoy the experience with confidence, gentleness and discernment.

Her work emphasises the quality of presence, reconciliation with the body, and the development of a connection experienced in the body and mutual listening.

[@toucherdesoie_hajira](https://www.instagram.com/toucherdesoie_hajira)



Toucher de Soie
MASSAGE TANTRIQUE



RATES AND CONDITIONS

to make logistics easier for you

Price for a 6-night stay from Saturday 13 to Friday 19 June 2026:

1800.- Euros

Included in the price:

- Accommodation (double room, double or twin beds - choice of either, bath and pool towels)
- All meals and drinks (non-alcoholic)
- All lessons & workshops
- All transport (except flights)*

Not included in the price:

- Return flights to Malaga*
- Individual treatments and therapies – optional
- Individual insurance

Payments:

Deposit of €200 per person payable upon booking (non-refundable), 50% (€800) payable by 1 March, remaining 50% (€800) payable by 1 May 2026. Individual payment arrangements can be made and payments can be made in instalments.

Cancellation policy:

In cases of force majeure and with a medical certificate, the stay will be refunded in full (except for the deposit). In all other cases, the stay is non-refundable.

*Recommended flights if you fly from Geneva: Geneva - Malaga: departure, Saturday 13 June at 9:10 am - return, Friday 19 June at 12:25 pm.

NB: transport from Malaga airport is included in the price of the stay only if you choose the suggested flights. Otherwise, it will be at your own expense.

For registration & info: Simona Rychtecky Williams - simona@simona-r.com - +34 658 51 42 21

