



Lanzarote.

Women retreat October, 8th to 12th 2026

Organized by:

Global Massage Lanzarote (Director Sandra Mouras/therapist massagist)



From 8th to 12th October 2026

4 NIGHTS / 5 DAYS, CHARCO DEL PALO, LANZAROTE



WHAT IS INCLUDED :

- *4 nights accommodation in a luxury “Eco Beach Villa” shared double bedroom
- *Daily delicious vegan homemade brunch, snack & dinner
- *Daily yoga and meditation classes
- *1 intuitive massage of 50 minutes
- *Specialised activities every afternoon for letting go, meet your emotions and connect with ourself
- *WIFI connexion



Let's also enjoy the free time to : relax by the pool or sea, read, swim, walk into the nature, socialise and share experiences with fellow guests...

THE VILLA



Located in Charco del Palo, a small naturist (the retreat will **NOT** be nudist) peaceful village on the northeastern coast of Lanzarote. The place offers a quiet environment, away from the tourist hotspots. Exclusive and private luxury eco villa, directly in front of the sea. Offering 5 luxurious double bedrooms, each equipped with a private ensuite and kitchenette.

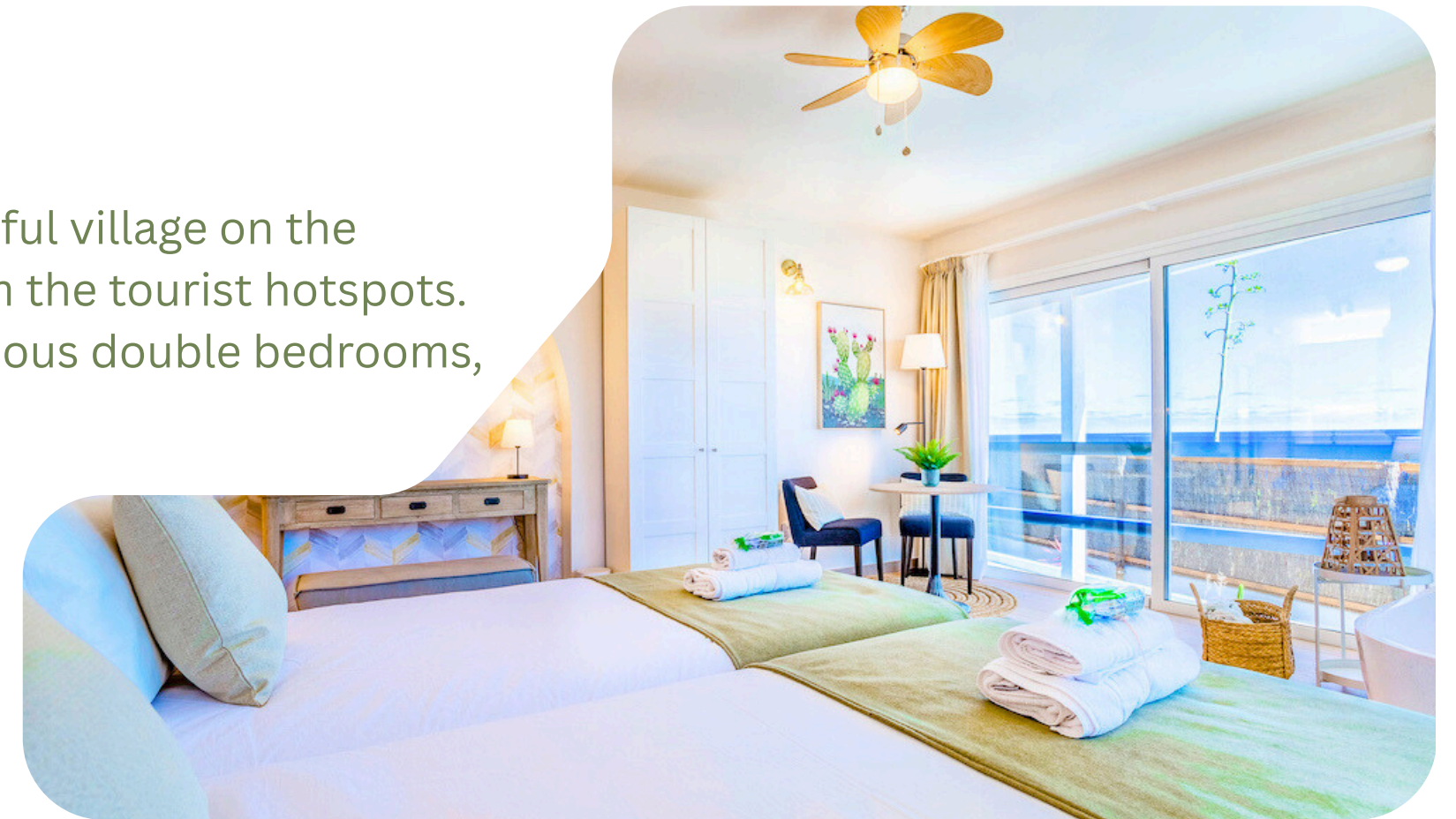
LUXURY HOUSE

400 m2
5 bedrooms with
ensuite bathrooms
Solar heated pool
Tropical garden
250m2 terrace

HEAVENLY SITUATED

Small &, peaceful village
Ocean front
1min walking from the
natural rock pool
7min walking from the
nearest shop

It's more than just a house by the sea, it's a true haven of luxury and peace where you can take the time to reconnect with yourself.



PROGRAM



DAY 1 - 8th OCTOBER

17H : ARRIVAL

18H : WELCOME
presentation and meeting with the guests

19H15 : DINER
fresh vegan meals

Have a good sleep



DAY 2 - 9th OCTOBER

8H30 : YOGA & MEDITATION
with Jill Cycles. "For me yoga is my tool to lead a happier, healthier and more peaceful life"

11H : FREE TIME

14H : MASSAGE
intuitive massage with Sandra Mouras *

19H15 : DINER
fresh vegan meals

10H : BRUNCH
delicious vegan brunch

13H : SNACKS
healthy and nutritive snack in self service

17H30 : SOUND JOURNEY
with Uli, sound therapist. Bowls and others ancestral instruments to release stress, fisical and mental tension.



*Sandra Mouras, energy therapist since 2005. Since 2010 she is running Global Massage Lanzarote, a highly-rated wellness center in Costa Teguisse. She is specialized in sports, intuitive, and myofascial massage, as well as Reiki.

PROGRAM



DAY 3 - 10th OCTOBER

8H30 : YOGA & MEDITATION ●

with Jill Cyples

11H : FREE TIME ●

14H : MASSAGE ●

Intuitive massage with
Sandra Mouras

19H15 : DINER ●

fresh vegan meals

10H : BRUNCH ●

delicious vegan brunch

13H : SNACKS ●

healthy and nutritive snack
in self service

17H30 : ORIENTAL DANCE ●

“Therapeutic Oriental
Dance” with Yourena,
Spanish artist and
dancer. “An encounter
with the joy of being a
woman, a reconnection
with your body and
awakening of self-love”



PROGRAM



DAY 4 - 11th OCTOBER

8H30 : YOGA & MEDITATION

with Jill Cyples

● **10H : BRUNCH**
delicious vegan brunch

11H : FREE TIME

● **13H : SNACKS**
healthy and nutritive
snack in self service

14H : MASSAGE

intuitive massage with
Sandra Mouras

● **17H00 : FREETIME**

19H15 : DINER & FLAMENCO

Vegan pella with live
flamenco music (guitarrist &
dancer) around the pool



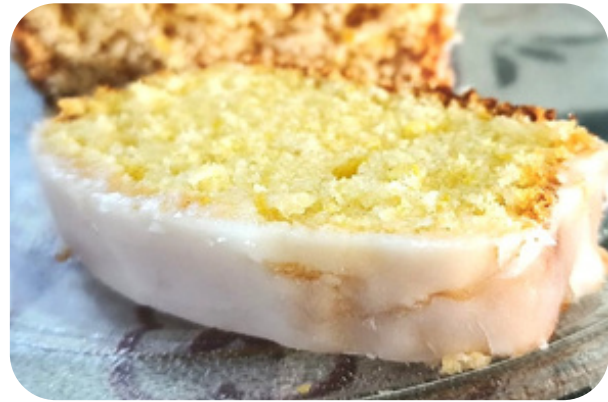
DAY 5 - 12th OCTOBER

8H : BREAKFAST

● **GOODBYE**

DEPARTURE

Have a safe flight



PRICE FROM 1200 €

30% deposit upon booking, the balance payable upon arrival

Possibility to book extra massages : feet reflexology, thai massage, head/shoulder massage, etc... appointment in advance and payment in cash

Not included in the price :

Transfert from the airport - 30 km, ½ hour, aprox. 50€ by taxi.

Rental car : if you want to discover the island during your free time, we recommand you to rent a car directly at the airport after landing.

INFO & RESERVATION :



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