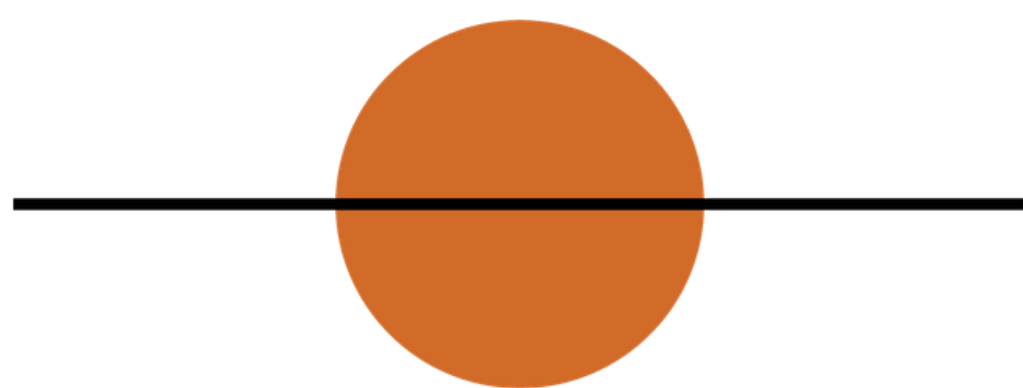


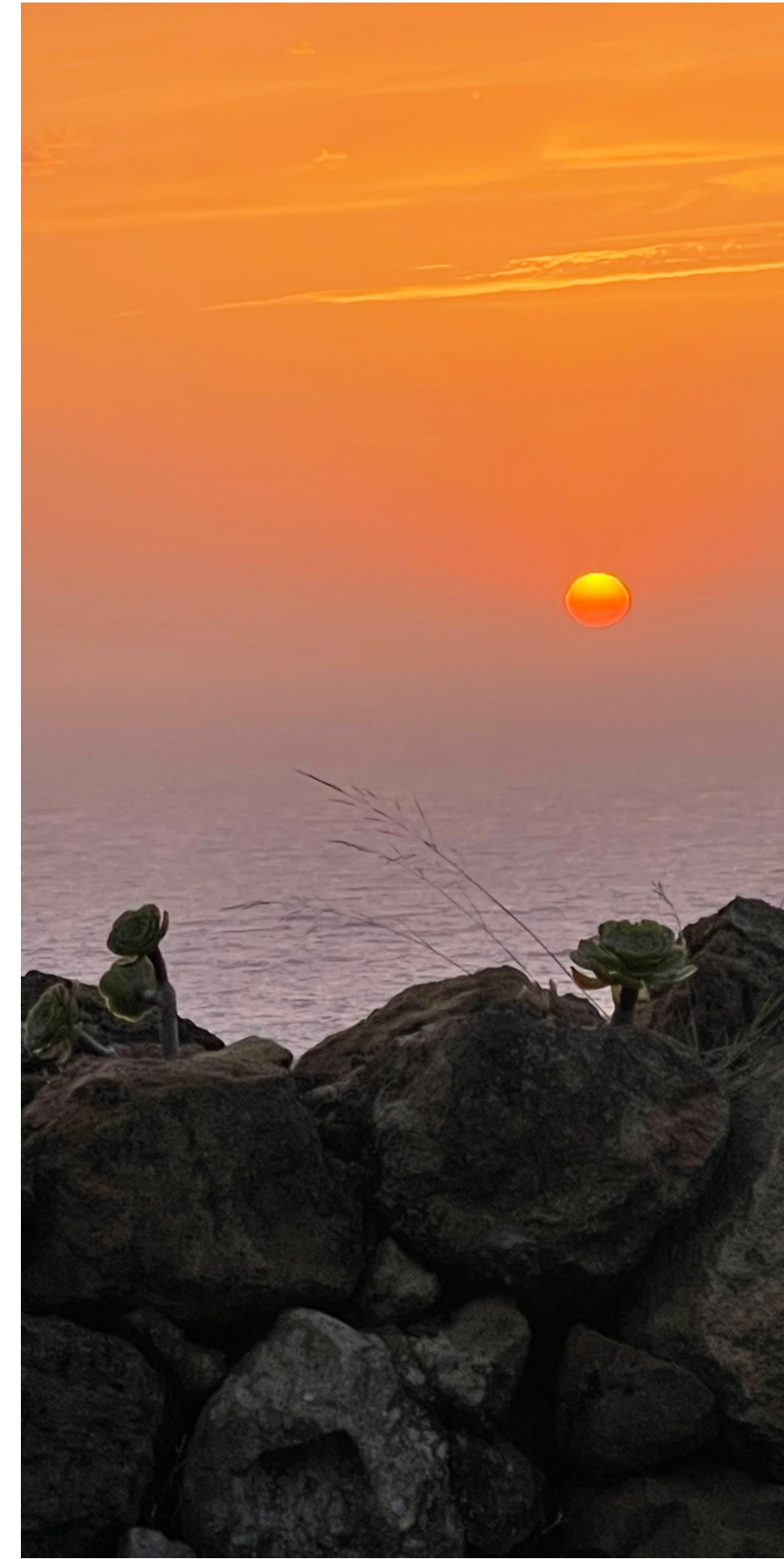
Dolce



Vita

Experience

Allura Retreat



# ALLURA

## Deep Rest | Women's Yoga Retreat Gozo

1st October - 4<sup>th</sup> October 2026  
Thursday-Sunday



# DEEP REST TIME

If your life feels stressful, it may be because your body has been operating in a prolonged state of high stress. Over time, this can overwhelm your nervous system. To restore balance, the body needs deep rest, space and time to reset.

This retreat is designed exactly for that: a gentle pause to slow down, soften, and return to yourself.

## A SPACE TO REST, NOT PERFORM

This is a women-only retreat.

The structure of the program is intentionally flexible and opt-in / opt-out. You're welcome to join all activities or simply rest, read, journal, or do nothing at all.

Your body leads the way ✨



## OFFLINE

We invite you to gently step away from your devices and reconnect with presence, nature, and yourself.

At the beginning of the retreat, there will be a simple ritual to reclaim your phone as a tool, not something that controls your attention.

Phones will be safely stored and can be accessed anytime if needed 💙  
You may also share the host's number with loved ones for emergencies.

## DISCONNECT TO CONNECT



# RETREAT FLOW

## Arrival Day ✨

- Welcome
- Gentle arrival and settling in
- Going offline ritual
- Nourishing dinner together 🥗

## Retreat Day

### -Morning

- Slow, mindful start, smoothie ☀️
- Gentle movement /stretching/ yoga 🧘
- Brunch 🥗
- Light activity for the mind (journaling, reflection, creative practices) 📖
- Free time: siesta, rest, or relaxing by the pool

### -Afternoon

Optional activity depending on mood & weather:

- Nature hike 🌿
- Painting / creative session 🎨
- Or simply rest

### -Evening

- Dinner together 🍴
- Soft wind-down: reading, journaling, chatting, or oracle card readings 🔮

## Last Day 💕

- Slow morning
- Closing brunch together 🥗
- Pijama/Pool party vibes - A gentle, joyful dance to celebrate and integrate the experience 🕺



# FEEL LIKE A GODDESS AGAIN!



## Accommodation

The Venus Holiday Home in Gozo is a beautifully restored 1600s farmhouse set on one of the island's highest hills. A warm and intimate space in Żebbuġ, it offers cozy interiors and a soft, feminine atmosphere—designed to help you slow down, feel held, and reconnect with yourself. A place where you can truly relax and feel like a goddess again ✨

## Nourishing meals

Meals are home-cooked with love by Dagmara, using the highest quality local, ecological, and organic ingredients - fresh, seasonal fruits and vegetables 🌿

Vegetarian and gluten-free by default 🥗

Healthy desserts, baked goods, homemade bread, fresh juices, and smoothies. Food here is part of feeling like a goddess again—nourishing, comforting, full of love and life ✨

All dietary needs and intolerances can be accommodated.

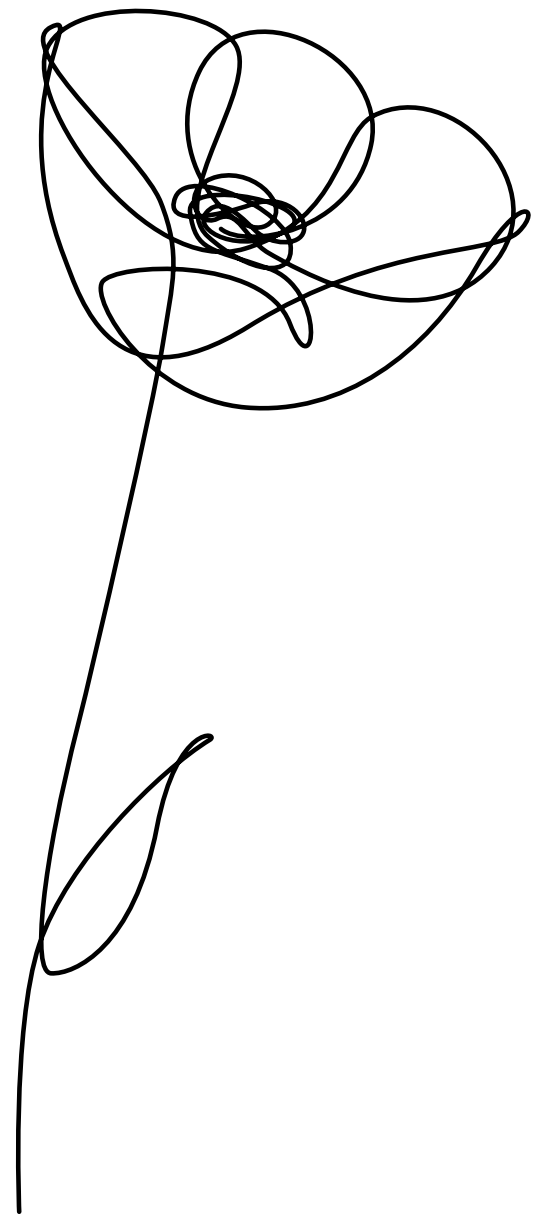


# ALLURA

Where you stop chasing and start attracting.

There is a little word that lives between Italian and Maltese conversation: “allura.”

It can mean so, then, therefore — the word you use when you pause, take in what has just been said, and allow yourself to respond.



# ALLURA.

# IT IS A WORD OF TRANSITION.

A moment between what was and what comes next.

And that is the spirit of this retreat.

We live in a world that constantly asks us to chase: the next goal, the next achievement, the next version of ourselves, the next thing on the list.

But what happens when we stop?

When we step away from the noise, the notifications, the schedules and the endless to-dos?



# ALLURA

## WE BEGIN TO NOTICE

The warmth of the sun on our skin.

The taste of food.

The rhythm of our breath.

The sound of the sea.

The quiet voice of intuition.

The feeling in our body that already knows.

And somewhere in that slowing down,

something shifts.

We stop trying so hard to make life happen.

We become available to receive it.





ALLURA IS A RETREAT FOR THAT  
SPACE IN BETWEEN.

SO... ALLURA

Pause.

Come back to yourself.

And see what begins to come towards you.

# RETREAT HOSTS

## KAMILA

Kamila is passionate about exploring a slower, more intentional pace of life through her personal project Dolce Vita – The Art of Sweet Living 🌿

A SeaZen Yoga Teacher, she has been practicing yoga and mindfulness for over 10 years and is devoted to sharing its benefits in a way that feels accessible, gentle, and real for everyone.

Kamila is a qualified Registered Yoga Teacher (RYT® 200) in Vinyasa Yoga and Women's Wellness Yoga 🧘 She weaves together mindful movement, meditation, yoga nidra (deep rest), and a variety of relaxation techniques—creating spaces where you can truly unwind, restore, and reconnect with yourself ✨



## DAGMARA

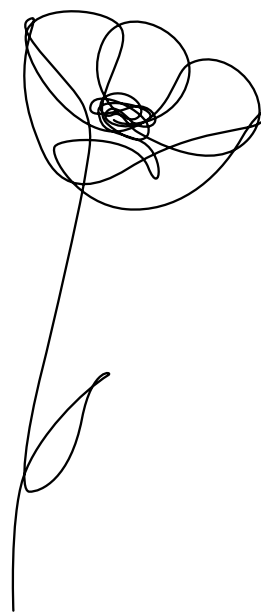
Dagmara, the visionary behind the Venus house, will nourish you and ensure your comfort throughout your stay. Her kitchen, a haven of health and beauty, will offer you sustenance, while her warm presence will enhance the delightful atmosphere.

The gift of reading, infused with higher wisdom, may guide you in uncovering the essence of your journey.



# WHAT'S INCLUDED

PRICE IS 450 EUR  
PER PERSON



- 3 nights accommodation in a shared room
- 3 nourishing, home-cooked meals daily (breakfast smoothie, brunch & dinner)
  - Dinner on arrival & brunch on departure day
- Water, tea, coffee, fruits, and nuts available throughout the day
- Gentle yoga and stretching sessions
- Guided meditation for deep rest and nervous system reset
- Nature hikes and peaceful walks
- Plenty of free time for rest, journaling, or quiet moments alone
- Pre- and post-retreat support from our team
- Transportation during the retreat
- Help with transport from/to airport or ferry (on request)
- Parking available
- WiFi available (with encouragement to limit use for a deeper reset)

# HOW TO BOOK?

Your place will be reserved on a receipt of a 200 EUR deposit on a first come, first served basis.

Payments can be done as follows:

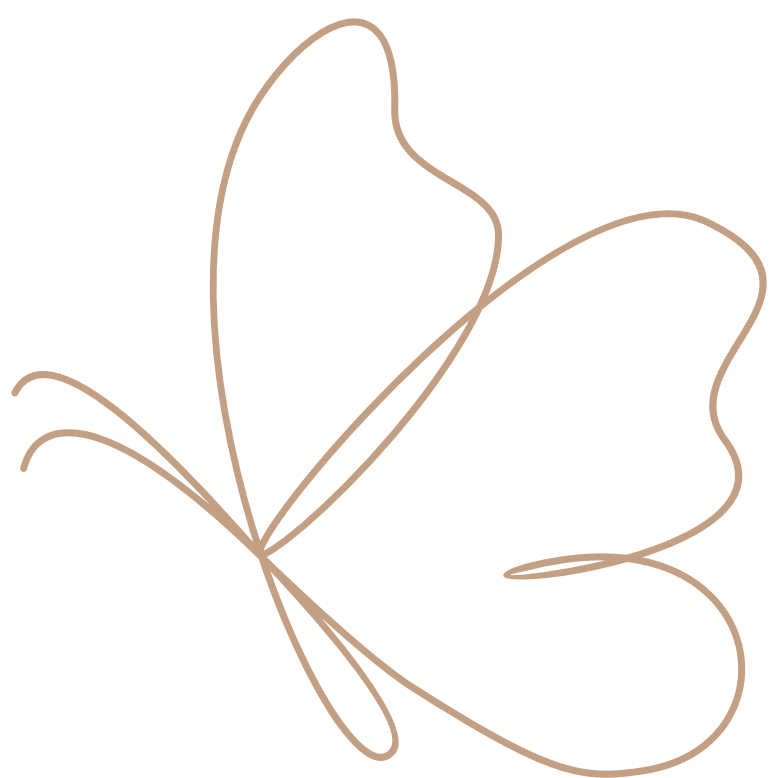
BOV Mobile 00356 7730 0744

Revolut 00356 7730 0744

BOV IBAN:

MT51VALL2201 3000 0000 4002 4334 356

The remaining balance of 250 EUR will be due 5 days prior the retreat.



# BE A LITTLE EXTRA

Make your retreat even more special with these optional extras:

- Private Room – €150 (subject to availability)
- VIP Goddess Extension – €900 Extend your stay to 7 days / 6 nights (30th September – 6th October) for extra time to rest, integrate, and explore the beauty of Gozo at your own pace. 🌿
- Wellness Treats
  - Assemblage Point Alignment Treatment — €50
  - 2-hour Lomi Lomi Nui Massage 🧘 — €120
- Additional flexible stay options are available.
- Transportation to/from Gozo ferry or the airport can also be arranged upon request at an additional cost.

## THE INVITATION

This is an opportunity to step away from daily life, release stress, and enter a space of deep calm and reconnection.

A gentle journey into stillness, nourishment, and inner peace—where your nervous system can finally exhale.

If you feel the call to join this retreat and have any questions, feel free to reach out to our retreat hosts

Kamila (+356 77300744/ [camillerikamila@gmail.com](mailto:camillerikamila@gmail.com))

Dagmara (+48 601742178)

We're happy to connect on a call and answer all your queries.

