

Italy Sicilia

Inner Eco-Transformation Retreat

What if you treated yourself to a pause to create a radical change in your life? Guided by a professional, embark on a truly unique personal development adventure. Inspired by the elements of shamanic medicine, this Inner Eco-Transformation Retreat promises personal growth, wellbeing, and relaxation in a stunningly powerful and enchanting natural setting in the heart of Sicily. The moment is now – step into a transformative coaching experience!



Etes-vous prêt à prendre un tournant exceptionnel dans votre vie pour un changement radical ?

Nele, a holistic therapist, health guide (naturopathy/nutrition) and wellness practitioner (massage therapy), life coach and founder of "[Cocoon Nomade by Nele](#)", invites you to embark on a true journey of personal transformation in a haven of peace amidst the Sicilian countryside.

This week of personal development and coaching is rooted in eco-rituals, intermittent fasting and nutritional detox, while also leaving you time to simply unwind and enjoy some well-deserved relaxation!

Every corner of Sicily that Nele takes you to is perfect for discovering breathtaking landscapes, serving as the backdrop for a powerful, transformative eco-ritual experience.

Allow yourself to be guided individually on your journey, within the heart of a collective adventure, with a preparatory coaching session before your stay. Together, set a personal intention and carry this guiding thread with you throughout your journey deep within yourself. In addition, a follow-up “reflection” coaching session after the retreat will help you fully consolidate and amplify your personal growth.

GOOD NEWS: Two retreats are planned for May 2026!

- **14-21 May 2026:** Advanced retreat, designed for women already familiar with personal development (extension possible).
- **24-31 May 2026:** A first step on this journey, a retreat specially designed for beginners (extension possible).

DARE! Life is here and now!

You will like

- 👉 Guidance from top-notch professionals
- 👉 Exploration of magical locations
- 👉 Connection with the elements and a journey back to yourself
- 👉 Daily coaching activities
- 👉 A rich spiritual and human experience
- 👉 Healthy, balanced, and delicious meals

🌿 Lush greenery and abundant natural surroundings

Barometer

Rencontre



Marche



Confort



Spiritualité



Temps de route



Immersion



Culturel



Aventure



Nature





Practical information

- 🕒 **Age & public** : For adults
- 🕒 **Durée** : 8 days on site
- 🕒 **Dates & périodes** : 2026 travel dates: TBC
- 🕒 **Nombre participants** : 8 to 10 travellers
- 🕒 **Formule du voyage** : A Journey to the Heart of Oneself ("Vibration" package)
- 🕒 **Régions & paysages** : Valleys, nature, beaches...
- 🕒 **Hébergements** : Double/twin room
- 🕒 **Transport** : Private vehicle
- 🕒 **Portage** : None

Program

Legend: B L D = meals included in the price of the trip (**B**reakfast, **L**unch and **D**iner)

Note : the outline of this program (steps, activities, etc.) is given for information purposes only.

It may undergo modifications or adjustments depending on technical criteria, safety requirements, current climatic conditions and availability. Our guides always do everything possible to make the best possible decisions and options.

little note :

Tout voyage qui sort des sentiers battus comporte parfois des événements imprévus (grève, route coupée, fête locale...) ; votre capacité d'adaptation aux conditions locales (transports, nourriture, hébergements, imprévus, aléas climatiques), comme à des événements inattendus sera aussi une clé à la réussite de votre voyage.

Nous comptons sur vous pour avoir un esprit délibérément « positif » et ne jamais oublier votre sens de l'humour.

Nous vous souhaitons un très beau et riche voyage .

Relax and immerse yourself for the duration of this retreat in an intimate estate, set in the heart of lush, vibrant nature.

Find your bearings in this little corner of paradise and gently savour the estate and its surroundings. Immersed in an authentic natural setting, delight in fragrant gardens brimming with flowers, fruit trees, and olive groves.

Savour the picturesque, bucolic charm of the estate. The delightful blend offered by La Villa Dolce Valle invites you to reconnect with yourself, with others, to the simple pleasures of life, and above all, to a timeless sense of tranquillity.

The swimming pool, a true oasis surrounded by local stone walls, is shaded by lush greenery. This magnificent pool awaits you for a moment of pure relaxation. Or perhaps you'd prefer some farniente in one of the many peaceful nooks scattered across the estate's 10 hectares of nature?

Throughout your stay, allow yourself to be carried by the unknown, the joy of discovery, and the carefully tailored activities of this coaching experience!

Typical Day Schedule (intermittent fasting: lunch at midday, afternoon snack, and evening meal)

- Waking up and morning routine / intermittent fasting

- Set off on new adventures / discover unique locations across Sicily
Group workshop + ELEMENT eco-ritual in an incredible Sicilian setting
- 1:00 PM – 2:00 PM: Lunch
(prepared by a nutritionist)
- Embark on new adventures / explore Sicily's hidden gems
- Free time / personal reflection / nap / swimming / stroll... at the Villa
- 6:30 PM – 8:00 PM: Sharing circle and rituals
- 8:00 PM: Dinner and evening by the fire – conversation, relaxation...
(prepared by a nutritionist)

Day 1: Welcome & Discovery

"It is through the five senses that you will discover the lands of Sicily"

Arrival at the airport and transfer to your accommodation.

Settle into an exceptional setting and explore your wonderful lodgings and the estate...

Day 2: Element FIRE

"Let go of what no longer serves you"

Day 3: Element EARTH

"At the heart of your origins, you will find yourself"

Day 4: Element WATER

"Water is life; it dances in every one of your cells"

Day 5: Element AIR

"Every breeze is an invitation to dance with life"

Day 6: Element ETHER

"There is a treasure buried within each of us"

Day 7: Connection and Celebration

"Give me your hand... and take mine"

Day 8: Return Home

"The journey is my home"

Airport transfer and return journey

Prices and conditions

Price per person (flights not included)

- 8 to 9 travellers: Shared accommodation – €1,895
- 10 travellers: Shared accommodation – €1,695

Supplements

- Return flights + luggage: approx. €350
- Transfer for arrivals/departures at a different time than the first participants: from €75 per transfer/person

Trip Extensions

- Optional extension with breakfasts – 3 days: +€250 | 4 days: +€295

- Fancy staying a few extra days to fully enjoy this enchanting place?
Want to explore more of this incredible island?
Keen to go even deeper within yourself...
Information available [on request](#)
- Extension in the Aeolian Islands – Stromboli [on request](#)
- Extension in the Madonie Mountains [on request](#)
- Extension in the Nebrodi Park [on request](#)
- Longer or shorter trips, and tailor-made itineraries available [on request](#)

Alternatives to flying

- It is possible to travel by train, bus, and ferry all the way to Sicily

Included in the price

- Trip organisation – travel booklet and itinerary booklet
- Welcome and airport transfers
- Transport throughout the trip
- Guidance by Nele
 - 2 coaching sessions with Nele (before and after the trip)
 - Coaching and personal development activities throughout your stay
- Accommodation: flat, double/twin room
- Local guides
- Meals are included and prepared by a nutritionist
 - *Intermittent fasting (lunch, snack, and dinner)*
- Pharmacy (*first aid*)

Not Included

- Anything not mentioned in the “Included” section
- Any changes to the itinerary during your stay
- Fuel
- Transport to the destination:
 - *International flight,*
 - *Return train journey (option to travel by train from Belgium to Sicily)...*
- Additional activities not included in the programme or listed as optional
- Any optional extensions of stay
- Carbon offsetting of your flight and travel (on a voluntary basis)
- Tourist fees:
 - *€7.50 for the stay, plus €0.75 per person per day for an extension*
- Travel and cancellation insurances (strongly recommended and at your own responsibility)
- Meals not outlined in the programme
 - *Approx. €15 per person per meal*
 - *Option to cook in your accommodation*
- Drinks
- Tips and personal expenses

Contact

Discover these colorful countries, the heart & values that drive us and comments from former travelers.

Contact person for your trip :



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« **Emotion Planet**, the world is never far away when its men are not strangers to us. »