

Spain

La Gomera: A Journey into Serenity and Discovery

This journey to La Gomera is a unique retreat – an invitation to slow down, breathe differently, and step out of the usual pace to reconnect with what truly matters.

Over the course of a week, you will have the chance to deeply reconnect with yourself and savour the simple joy of being alive, supported by powerful and nurturing workshops guided by Anne Habets, our hypnotherapist and holistic coach.

Day by day, you will experience immersive workshops, gentle walks, sharing circles, moments of music or spontaneous dance, and encounters with the living world. Everything has been thoughtfully designed to let you progress at your own rhythm, in a warm, open and profoundly human atmosphere.



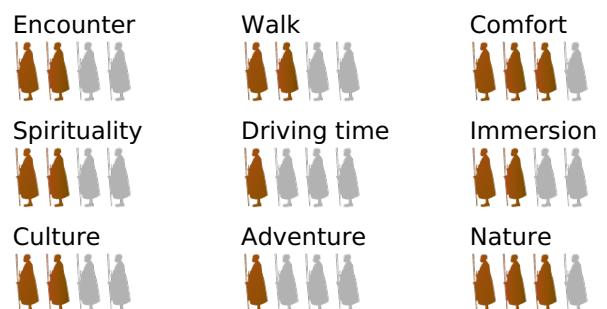
This journey to La Gomera yage à la Gomera is a unique retreat that blends exploration, joy and reconnection through an immersive experience on this unspoilt island. Each day unfolds like a deep breath – a delicate balance of guided workshops, moments of dance, sensory discoveries and the freedom to follow your own rhythm. And, of course, the island's enchanting landscapes and simple pleasures.

More than just a week of discovery, it is an inner journey in harmony with nature – a space where time slows down, where you reconnect with yourself, and where you return feeling more aligned, serene, nourished and invigorated. Treat yourself to a revitalising escape on this wild, preserved island, set in the inspiring natural surroundings of the Canaries.

You will like

- 🕒 An unspoilt natural setting, far from the everyday
- 🕒 Moments to recentre and recharge
- 🕒 A warm, caring and uplifting atmosphere
- 🕒 Meaningful experiences, rich in discovery
- 🕒 The freedom to enjoy the retreat at your own pace – between inner reflection... and joyful bursts of energy

Barometer





Practical information

- 🕒 **Age & public** : Adults (small groups)
- 🕒 **Duration** : 7 days on site (6 nights)
- 🕒 **Dates & travel periods** : From 10th to 16th November 2025
- 🕒 **Number of travellers** : 8 to 12 travellers
- 🕒 **Travel package** : Rejuvenating retreat with reconnection workshops and island exploration ("Vibration" package)
- 🕒 **Regions & landscapes** : La Gomera Island, Forests, Ocean, Volcanic Mountains
- 🕒 **Accommodation** : Small hotel
- 🕒 **Transport** : Boat transfer, minibus, bicycle, and on foot
- 🕒 **Luggage handling** : 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 .

Day 1: Arrival at La Gomera, first steps towards letting go (-D)

On arrival, you'll be invited to gently soak up the atmosphere of Valle Gran Rey. Take time to wander, settle in, and find your first bearings in this welcoming place.

At the end of the day, a welcome session and programme overview set the tone for the retreat - a chance to get to know one another in a relaxed, warm and joyful atmosphere.

Day 2: Opening up and connecting (BLD)

This first day is dedicated to discovering the group, exploring the local culture, and introducing the first grounding tools. You'll be guided through a workshop blending sharing, gentle movement, and an introduction to hypnosis and meditation. The day closes with a first session of conscious, connected breathing - a precious moment to pause, connect with yourself, with others and with the energy of the place, while already allowing the joy of sharing to emerge.

Day 3: Sensory immersion and reconnection (BLD)

In the morning, you'll head out to sea for a magical exploration of the volcanic coastline and encounters with whales and dolphins. A memorable experience, suspended between sky and sea, wonder and presence.

Back on land, a wellness and reconnection workshop allows you to anchor this experience through the body, notably through Biodanza – a “dance of life” accessible to everyone.

Day 4: Exploring the island and getting inspired by its landscapes (BLD)

A day of exploration in the heart of La Gomera, filled with visits to charming villages, breathtaking panoramas, and striking natural landscapes.

A walk, followed by a meditation in Garajonay National Park, brings a moment of inner grounding to this outward journey. The day also offers a direct connection to the land with a visit to a local plantation, celebrating the pleasures of the senses.

Day 5: Treating yourself to a space of freedom (B-D)

This day is left free for each participant to enjoy as they wish: sightseeing, guided (or solo) hikes, rest, swimming, shopping, a massage, or simply silence and self-reflection. A time to walk, breathe, or slow down... and integrate the experience at your own pace, in complete autonomy.

Day 6: Deepening your inner journey (BLD)

The day begins with a second session of conscious, connected breathing.

In an inspiring practice space, you are invited to clarify your intentions and chart your path. Today's workshop offers a guided personal exploration.

Day 7: Integrating and celebrating (BLD)

The day begins with a gentle walk through Garajonay Park, followed by a visit to a charming local village. A celebratory gathering concludes this adventure, honouring the experience lived... with joy and gratitude.

Day 8: Final moments, hearts open (B-)

Before departure, a small surprise marks the conclusion of this inner journey.

Then comes the journey back to Tenerife, with a nourished heart, a calm mind, and perhaps the desire to carry this sense of presence into everyday life.

Prices and conditions

Price per person

- Based on a minimum of 8 participants: €1,799 – **SPECIAL OFFER €1,599**

Supplements

- Round-trip transfer from Tenerife to La Gomera: from €120 per person
- Single room: €500

Flights

- Price may vary depending on the booking date, airline, and travel dates.

Included

- Retreat organisation – travel and itinerary booklet
- Transport throughout the trip
- Accommodation
- Meals as indicated in the programme (except for lunch on Day 5, which corresponds to the free day)
- Guidance by Anne Habets, along with two facilitators in conscious, connected breathing and Biodanza, as well as her on-site team.
- An invitation to join activities designed to connect and foster meaningful relationships
- Excursions, workshops, guided practices, and supporting activities
- Tourist taxes

Not included

- Round-trip international flight to Tenerife
- Round-trip transfer from Tenerife to La Gomera
- Tips and personal expenses (drinks and small personal extras not included in the offered package).
- Travel insurance (strongly recommended)
- Carbon offset

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. »