An aerial photograph of a beach with turquoise waves crashing onto the shore. The water is a vibrant blue-green, and the sand is a warm, golden-brown. The waves are breaking in a rhythmic pattern, creating white foam. The overall scene is serene and beautiful.

LOVE YOURSELF RETREAT

FALL 2024

BY ECO CHIC

What is **LOVE YOU MORE?**

It is a retreat where we focus on creating the life we want, personally and consciously. Recharge your batteries and fill yourself with inspiration and motivation to address your plans, goals and dreams from a new perspective.



LOVE YOURSELF



The first step to the life you want to create

LOVE YOURSELF by Eco Chic is a four-day retreat where you can reconnect with yourself/o and define the steps you need to achieve your goals. It is an experience created for you, where you will acquire tools to improve your body - mind - soul balance.

¿Why LOVE YOURSELF?

Because we have such a busy life that our mind, body and soul need to stop to reflect on where we are.

What goals do you plan to achieve in the medium or long term? What steps do you need to take to achieve them?
Are you moving forward?

The answers to these questions are yours, you just have to learn to find them.



This retreat is for you if...

- › You need to recharge your energy.
- › You're looking to make changes in your life.
- › You have an idea, but you don't know how to carry it out.
- › You want to improve and adopt new healthy habits.
- › You want to meet people to share with.

If the answer to any of these questions is yes, it means that LOVE MORE is your ideal plan.

PROGRAM

THURSDAY 6TH

15.00 - 15.30 | Welcome and reception

17.00 - 18.00 | Emotional intelligence, self-love talk and effect Damasio workshop

B R E A K & R E L A X

19.00 - 20.30 | Conscious fooding

21.00 - 21.30 | Meditation under the stars

FRIDAY 7TH

8.00 - 8.30 | Fast therapy

8.30 - 11.00 | Sea bath and meditation

12.00 - 13.00 | Organic cocktail

B R E A K & R E L A X

16.30 - 17.30 | Ikigai workshop

18.00 - 19.00 | Meditation

19.00 - 20.00 | The secrets of oriental medicine

20.00 - 21.00 | Aromatherapy

21.00 - 23.00 | Eco-BBQ

23.00 - 23.30 | Lantern launching

PROGRAM

SATURDAY 8TH

8.00 - 8.30 | Fast therapy

9.00 - 10.00 | Route

10.30 - 11.30 | Guided meditation in silence

12.00 - 13.00 | Mindfulness through arte

13.00 - 14.00 | Brunch, show cooking

15.00 - 16.00 | Photography workshop

16.30 - 17.30 | The power of stones

B R E A K & R E L A X

19.00 - 23.30 | Vegan night life breath outing

00.00 - 00.30 | Discovering the stars

SUNDAY 9TH

9.00 - 10.00 | Stretching and breathing

11.00 - 12.00 | Brunch, show cooking


12.30 - 13.00 | Health benefits workshop

B R E A K & R E L A X

15.30 - 16.30 | Workshop: soul's seven virtues

17.00 - 18.00 | Healing of memories, music therapy

19.00 - 19.30 | Farewell and transfer to the airport

A woman with blonde hair is lying on her back on a massage table, covered with a white sheet. Her eyes are closed, and she appears to be in a state of relaxation. Two hands are visible, gently massaging her upper back and shoulder area. The background is softly blurred, showing what looks like a spa or wellness center with warm lighting and wooden slats.

*Loving yourself will
make you free*

It is not just a weekend of disconnection, LOVE YOURSELF is a conscious and daily work, which requires acquiring habits and keeping them in time.

Therefore, we have prepared several workshops related to awareness, self-knowledge or the search for your Ikigai.

A photograph of a table set with various fresh food items. In the center is a large white bowl filled with a salad of leafy greens, diced yellow fruit, and other vegetables. To its left is another bowl with a similar salad. In the foreground, there are several smaller bowls: one with sliced carrots, one with a green dressing, and one with a light-colored grain or rice. A bottle of dressing is also visible on the table. The background shows a person's hands and a white cutting board, suggesting a food preparation or serving area.

Conscious fooding

We will awaken the five senses through food to get our maximum performance during the retreat, with the most nutritious and delicious food.

You will receive feeding guidelines that will help you pay full attention to what you eat and how you eat. The menu will be 100% natural, without gluten, lactose or additives that condition your metabolism.



Meditation and breathing

Movement and stillness are vital tools for finding the balance we seek.

We will use conscious breathing techniques, mindfulness and relaxation to connect with our mind, focusing on what we want to perceive.

Workshops and activities

Through the discovery of disciplines, you will find new ways to connect internally and externally.

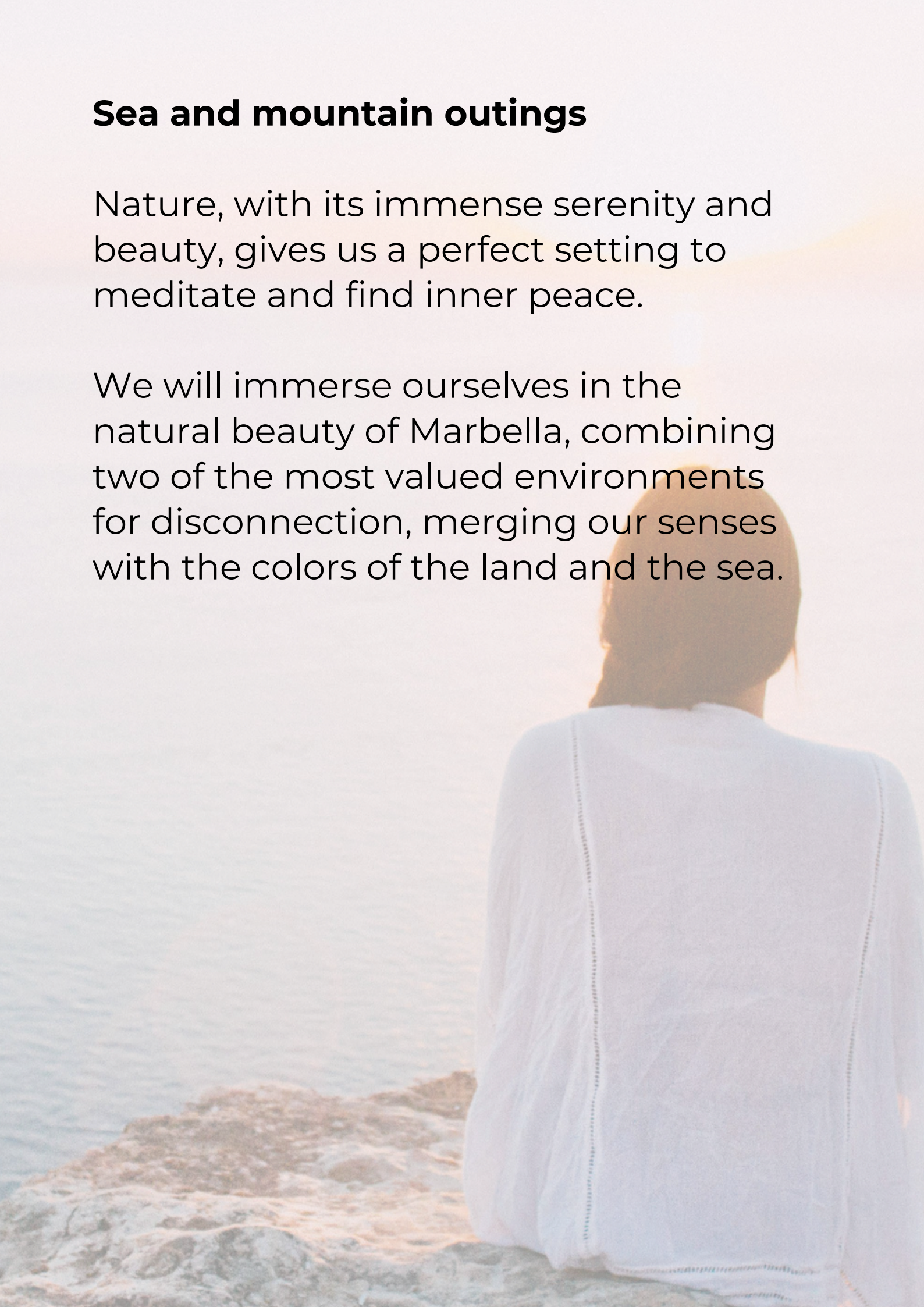
Aromatherapy sessions, massages, music therapy, the secrets of Oriental medicine or the power of stones will help you acquire habits to ensure correct emotional care..



Sea and mountain outings

Nature, with its immense serenity and beauty, gives us a perfect setting to meditate and find inner peace.

We will immerse ourselves in the natural beauty of Marbella, combining two of the most valued environments for disconnection, merging our senses with the colors of the land and the sea.



Much more than a retreat

What we will do during the retreat does not end there. You can be part of a private community that is encouraged and accompanied after the experience.

In addition, you will receive information about the upcoming events or retreats that we organize, if you are looking to live similar experiences in the future.



Make your booking

1. Write us a WhatsApp at +34 605 799 822 or send an email to aida@eco-chic.net to check that there are still places available.
2. Make the deposit by paying 50% of the total amount of the withdrawal.
3. Send a deposit receipt by email to aida@eco-chic.net.

Payment conditions

50% of the total payment is made to formalize the reservation of the place and the remaining 50% is paid the week from 3 to 9 June. Payment of the reservation must be made in the following account.

Eco Chic S.L

ES35 3008 0238 2344 4820 5221

Or through Bizum al: +34 605 799 822

* Non-refundable if you decide not to come after confirmation of the first payment.

We look forward

LOVE
YOURSELF

FALL 2024

