

Welcome and thankyou for your interest in our **Co-living Community House at La Gomera**, as well as the **Body, Mind & Soul Retreats** we offer here.

I am more than happy to share some information about what we call our *'peacefull sanctuary'* with you...

Body, Mind and Soul Retreat 2025

Re-charge and Re-connect from a magical place.

Imagine this...

You find yourself in a serene location, surrounded by nature, with a breathtaking view of the ocean. A place that invites you to **pause**, organize your thoughts, and consciously **slow down**. From a deep sense of inner peace, space is created to **reconnect with your authentic self** and rediscover your truest **desires**. Step away from your daily routines and the hustle of life.

Join us for an unforgettable experience at our **Body, Mind & Soul Retreat** in March 2025, on the beautiful island of **La Gomera**.

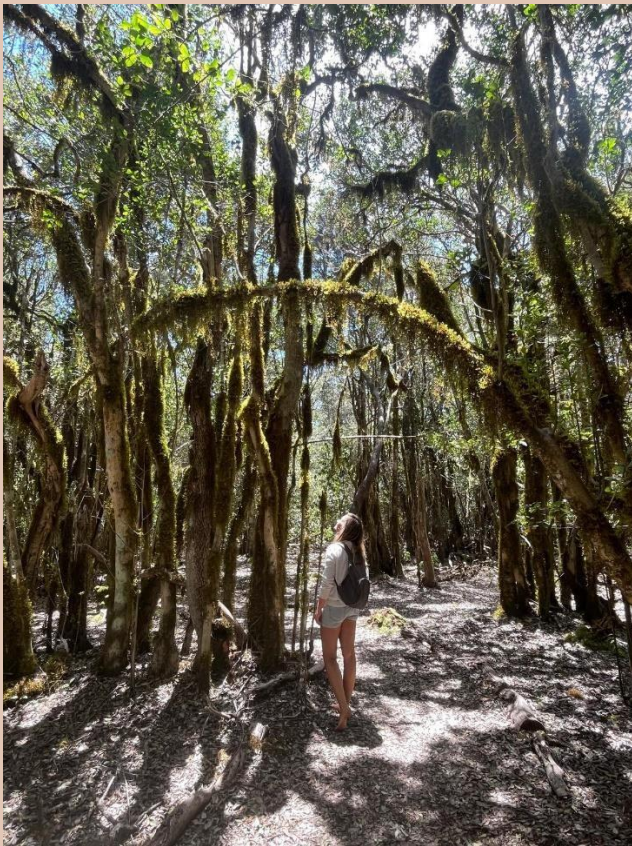
The Island

Nestled in the heart of the Canary archipelago, right in the middle of the Atlantic Ocean, lies a truly magical paradise: **La Gomera**.

Far from the crowds of mass tourism, this island still has its authentic charm and a unique energy that you can feel the moment you arrive. Drive along the breathtaking coastline and discover the wide variety of landscapes that this volcanic island has to offer. Wander through one of the highlights — the **UNESCO Garajonay National Park**— during one of our guided day trips and lose yourself in the heart of this ancient laurel forest.

Relax and connect with nature — La Gomera is the ideal destination for those who are seeking: inner peace.

The mild climate of the Island automatically invites you to lean back, forget about the daily hustle of life and deeply **recharge your soul**.



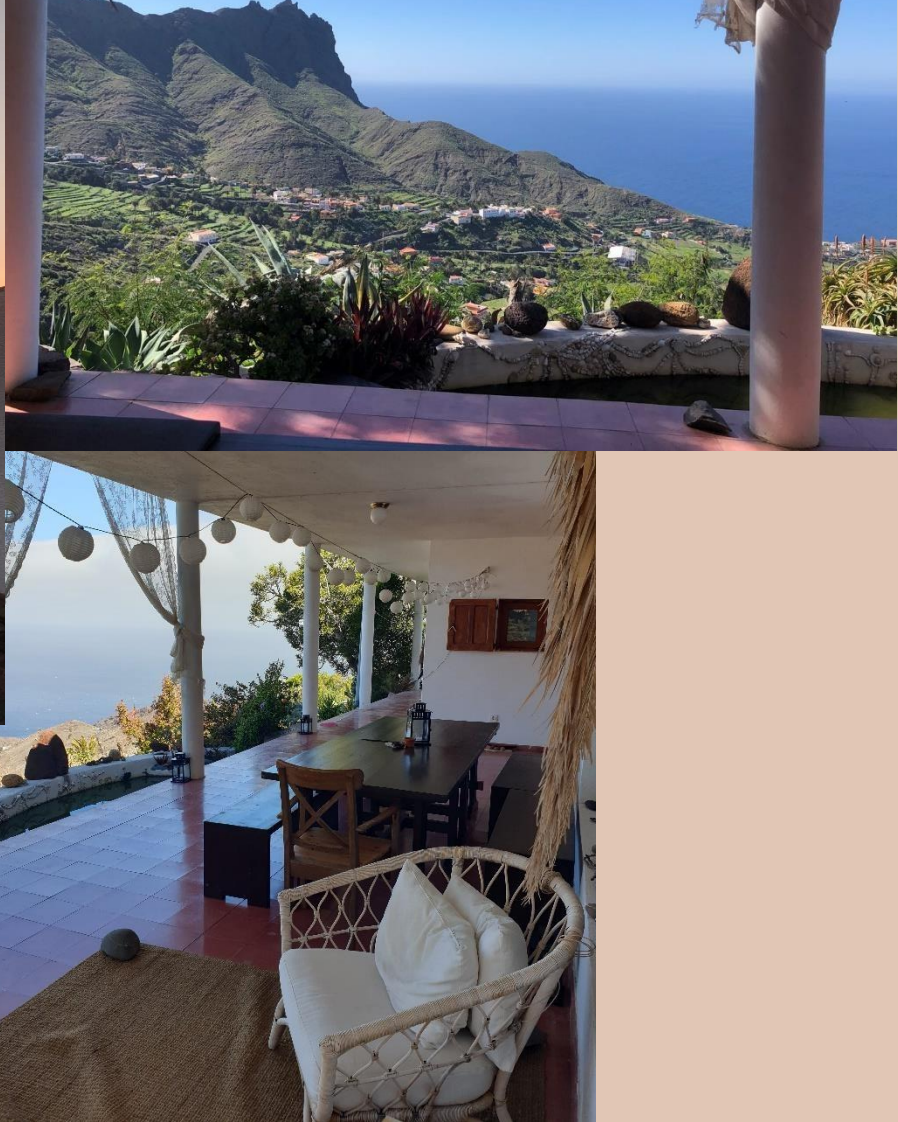


The Casa – Conscious Community

'*Casa Tagumerche*' started as a creative residency and it still welcomes guests with that spirit. Nowadays, we are excited to offer tailor-made **Health & Wellness Retreats** focused on '*taking good care of yourself*' in many ways. We believe that living a **Conscious and Holistic Lifestyle** is the foundation for happiness and success in life, empowering you to be your best — for yourself and for the world around you.

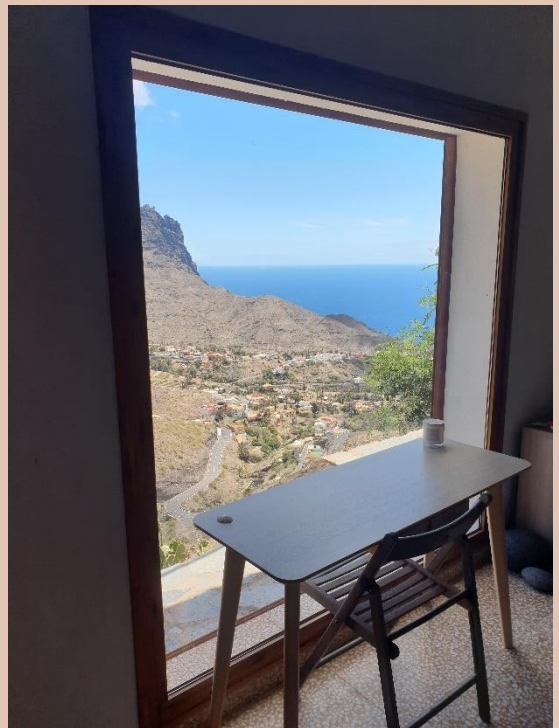
Our unique and intimate community is designed for anyone seeking a private space to work on personal projects, focus on overall-health, or simply unwind in a spectacular setting. We aim to create a true '*home away from home*,' where we support you on your personal journey—whether professional or private.

Expect to meet inspiring people and connect with others who may even become lifelong friends. All while enjoying spectacular sunsets, ocean views, and extraordinary starry skies by night together.

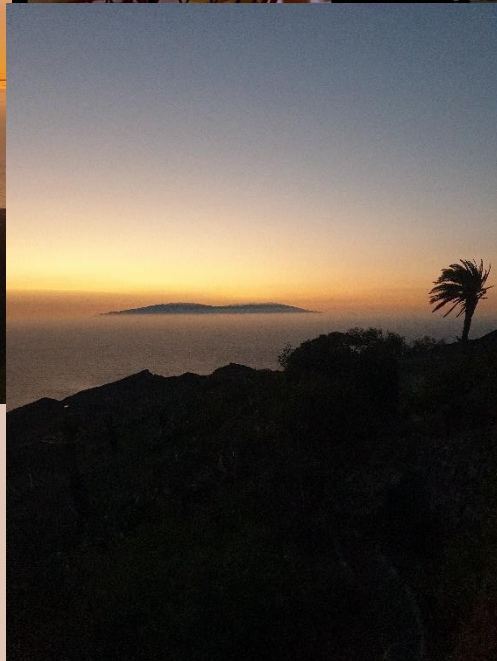
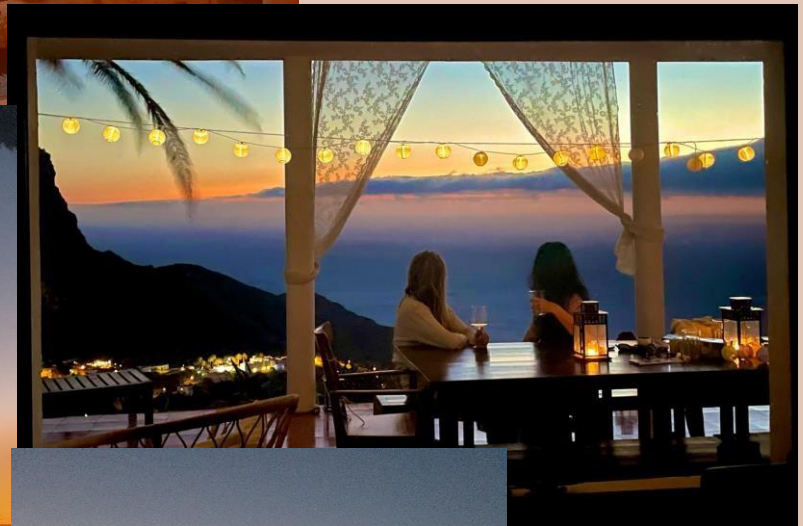


Main House

Privat guestroom 'Casita'



Terrace & our fabulous sunsets



Body, Mind & Soul Retreat 2025

Within the Body, Mind & Soul Retreat we offer a wide range of various Health&Wellness activities that **contribute to optimize your overall well-being & stimulate personal growth**. All-in a peaceful surrounding, close to nature and with ocean view from our private terrace.

What to expect?

Picture this...

Starting your day slowly and intentionally with our **Magical Morning Routine** – a ritual that includes stretching, breathing exercises, and meditation.

Followed by..

A **carefully selected daily programm** with activities designed to enhance your well-being.

Whether it's a breathtaking hike through the mountains, one-on-one coaching sessions, reflection exercises, or a relaxing massage at the end of the day – one thing is certain: each activity helps recharge your energy on a soul level.

There is also plenty of time for..

Rest, Reflection, and Relaxation

Each day features a thoughtfully designed program, but above all, the mantra is: "Nothing is mandatory, everything is optional." There's plenty of time to unwind, whether that's in the house, among the fruit trees, or on the beach just a short walk away.

Healthy Meals

With a deep focus on our inner well-being, every meal is carefully crafted and served three times a day to nourish your body and soul. Healthy snacks are provided aswell.

Calming Night Routine

This moment allows you to process the day's experiences, fully relax, and cultivate feelings of gratitude, which will also enhance the quality of your sleep.



Daily Activities...



Nourishing Experiences...



So, what will it bring me?

The **Body, Mind & Soul Retreat** is more than just relaxation. It's an experience that offers you a unique opportunity to **recharge** physically, mentally, and energetically, helping you find **balance** on all levels.

From the moment you arrive, you will be fully taken care of and pampered. The pristine nature of the island, its mild temperatures, and the outdoor lifestyle invite you to **slow down** and **step into a personal journey**. The space created in your mind helps you **reflect on what truly matters in your life**. The meditations, visualizations, and coaching tools support this process, guiding you toward **greater clarity** about the path in front of you and the direction in life you wish to take.

Nice meeting you!

My name is Michelle and as Life Coach, host of the house and facilitator of the **Body, Mind and Soul Retreat**, I am delighted to warmly invite you to be part of our community!



Located at a unique and serene environment, its a place where we work with dedication to provide you with an unforgettable experience — and offer you the support you need troughout this transformative journey.

I'd be happy to schedule a call to see if our program is the right fit for you. If you'd like more information or have any specific questions, please feel free to reach out. I'm here to help and look foward to connect with beautiful souls.

Contact us by sending an email to: info@iohealth.nl

With warm regards,

Michelle Man

Become part of the community!

Do you feel ready to step into your personal journey? Maybe not 100%... and that's exactly when the **magic** happens. The moment you start **listening to your heart** and step out of your comfort-zone, you unlock the door to an unforgettable experience...

So, take the leap, choose yourself and embrace a **life-changing adventure!**



March 2025

The next retreats takes place in **March 2025**.

2 – 7 March 2025

12 –17 March 2025

25 – 30 March 2025

Details

The retreat lasts 6 days and 5 nights in total.

Your investment in this transformative experience is €895,- which includes a private room, all meals, activities (including massage and coaching) as well as pick-up services.



Website of the community house:

www.casa-tagumerche.com

Info regarding the Retreat / coaching :

<https://iohealth.nl/retreats-la-gomera/>

(Originally in Dutch so please use automatic translation)

Questions? Please reach out to: info@iohealth.nl and we are happy to answer them!