



UNFOLD RETREAT

By Michael Peck

Sunday 1st June

- 3:00 pm – Check in
- 5:00 pm – Welcome circle and gentle unfolding practice
- 7:00 pm – Dinner

Monday, 2nd June

- 8:30 am – Breathwork and Yoga Practice (Hip and Leg focus)
- 10:00 am – Brunch
- 11:00 am – Free time (or group beach trip on bicycles)
- 5:30 pm – Somatic Movement session - Introduction to TRE® (Tension & Trauma Release Exercises)
- 7:00 pm – Dinner

Tuesday, 3rd June

- 8:30 am – Breathwork and Yoga Practice (Shoulder and Arm focus)
- 10:00 am – Brunch
- 11:00 am – Free time
- 5.30 pm – Yin / Restorative Yoga
- 7:00 pm – Dinner

Wednesday, 4th June

- 8:30 am – Breathwork and Mixed Movement (Mobility focus)
- 9:30 am – Brunch
- 10:30 am - Depart for Guided Hike
- 11:00 am – Arrive Cala Figuera for coffee
- 11:30 am - Start hike
- 12:30 pm - Finish hike and time for sea/swim/lunch in S'Amarador Beach
- 14:30-15:00 - Depart back to REESET
- 5:30 pm - Sound Bath
- 7:00 pm - Dinner

Thursday, 5th June

- 8:30 am – Breathwork and Yoga (Core focus)
- 10:00 am – Brunch
- 11:00 am – Free time
- 5:00 pm - Tantra workshop Part I
- 7:00 pm - Dinner

Friday, 6th June

- 8:30 am – Breathwork and Yoga (Spine focus)
- 10:00 am – Brunch
- 11:00 am – Free time
- 5:00 pm - Tantra workshop Part II
- 6:00 pm - Fire ceremony
- 7:00 pm - Dinner

Saturday, 7th June

Goodbyes

- 8:30am – Optional Breathwork and Yoga (or sleep in!)
- 10:00am – Brunch
- 11:00am – Checkout

WHAT TO PACK

Clothing

Expect temperatures to be lows of 18°C in the evening and highs of around 27°C in the day.

- Lightweight/midweight layers for movement and for lounging
- Swimwear
- Trainers or comfortable shoes for cycling, hiking and exploring (beaches/markets etc)

Other

- Journal/Notebook and pen
- Toiletries including sun cream and anti-mosquito repellent
- Any medications you may need
- Euros are handy but taxis do accept card payments (rarely AMEX). If you have booked a massage, please bring euros
- Towel for the pool and beach

MASSAGES

Massage Appointments with Morgana Villén

We're so lucky to have the incredible Morgana Villén as our resident masseuse at REESET. With over a decade of experience and hands that truly listen, Morgana offers deeply restorative 60-minute treatments designed to soothe the body and settle the nervous system.

Appointments are €110. A €10 deposit is required to confirm your booking, with the remaining €100 paid in cash directly to Morgana on the day of your treatment.

Treat yourself—you deserve it.

It's first come first serve ✨



UNFOLD RETREAT

By Michael Peck