

# ALCHEMIZER

RETREAT IMMERSION





Women Only Retreat

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# ABOUT ALCHEMIZED

Experience the "Alchemized" Retreat – a transformative journey of self-discovery, empowerment, and growth. Ignite your inner fire, release limitations, awaken the inner alchemist and embrace your true power. Join us and unlock the magic within. Are you ready?

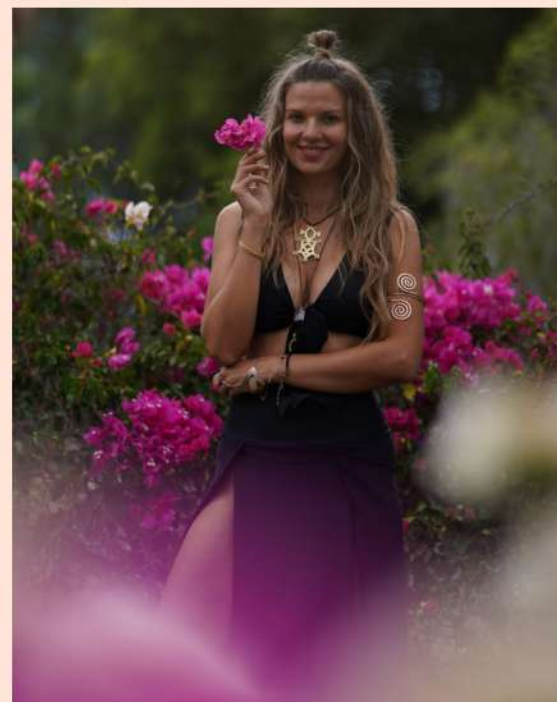


Tenerife, 2023





Women Only Retreat



2023

# ALCHEMIZED



This retreat is a powerful catalyst for tapping into the limitless energy of yourself. It is specifically designed to support you in breaking through limiting beliefs, letting go, and reconnecting with your authentic Truth.

Get ready to embark on a transformative journey of self-discovery, empowerment, and manifestation.





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# SACRED LOCATION

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Our Sanctuary

Nestled deep within the Tenerife *Hinterland* lies a hidden paradise, meticulously crafted by over 80 artists and architects. This enchanting sanctuary is a tribute to the sacredness of the land, an embodiment of art, collective spirit, healing, and ceremony. This is where we will gather, laugh, cry, heal, sing, dance, and enjoy being alive every moment and held in sisterhood.





# PATIO

Private Rooms

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Our Sanctuary

Within the guest house, you'll have three cozy single rooms awaiting your arrival. Each room offers a comfortable single bed for a restful night's sleep. You'll have access to a shared bathroom, a delightful small living room, a serene atrium, and a convenient kitchenette. It's the perfect space to relax, unwind, and make yourself at home.





# YURT

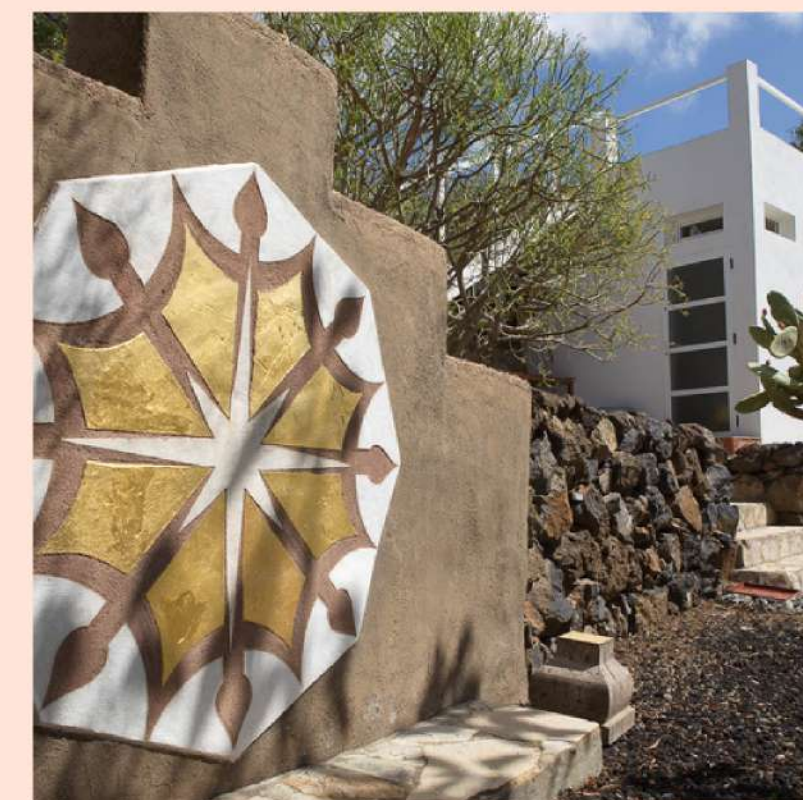
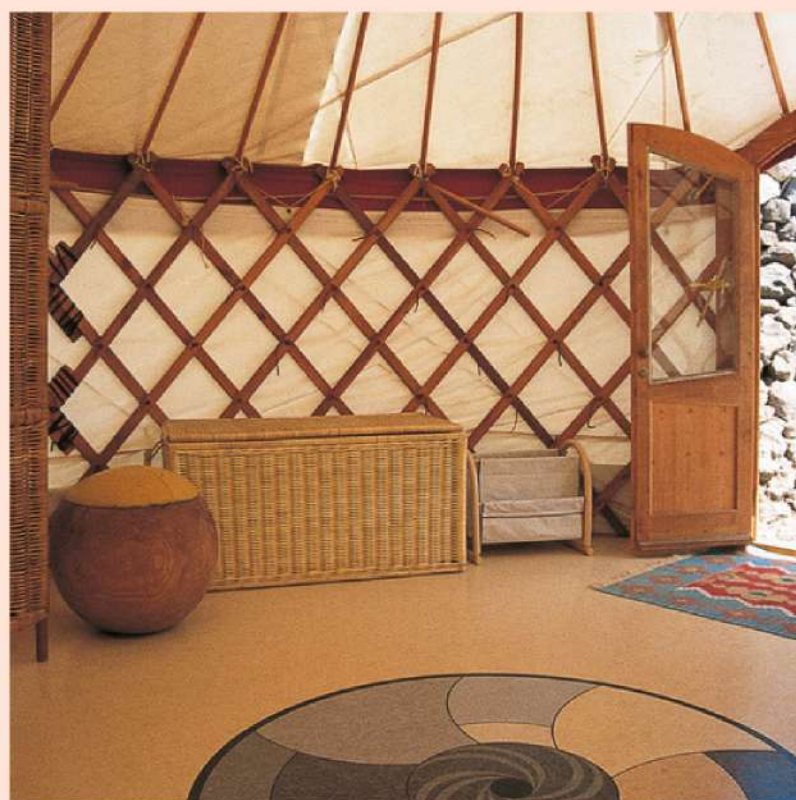
Shared Rooms

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## Our Sanctuary

Nestled on a serene terrace overlooking the majestic Atlantic Ocean, you'll find our three enchanting Mongolian yurts. Each yurt is thoughtfully furnished with two to three cozy single beds, ensuring a peaceful night's sleep amidst nature's beauty.

Conveniently located next to the yurts is a bath house, featuring two separate bathrooms with refreshing showers and two separate toilets. Additionally, an open kitchenette with a charming sitting area awaits you, providing the perfect spot to rest or engage in delightful conversations.





# PALOMA HOUSE

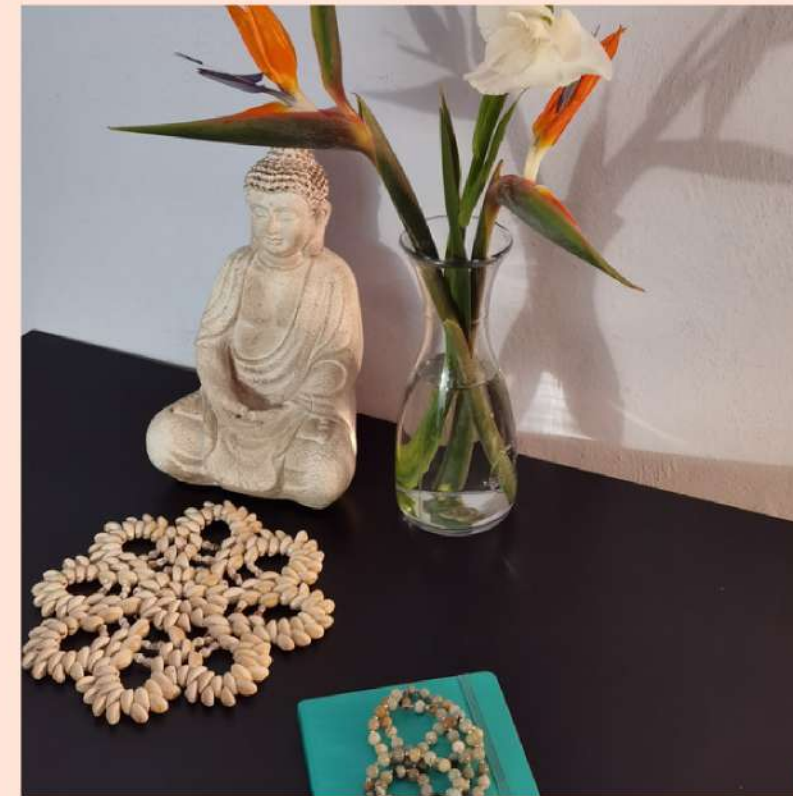
Private Apartment or Shared Apartment

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Our Sanctuary

Perched atop the highest point of the cultural park, the Paloma guest house offers an awe-inspiring panoramic view of the mesmerizing southwestern shoreline of Tenerife.

Situated on the first floor, the apartment boasts a delightful double bedroom that grants access to a charming terraced roof. With a well-appointed bathroom and a kitchen adorned with breathtaking vistas, you'll find yourself immersed in beauty at every turn.





# TOWN

Private Rooms

## Our Sanctuary

Nestled within the serene and picturesque old town of Arona, the guest house exudes a tranquil ambiance and boasts a charming garden, offering a peaceful sanctuary for your stay. The private rooms are generously spacious and exquisitely appointed, providing a luxurious retreat. Each room features an en-suite bathroom, a plush and cozy double bed, and is equipped with fresh towels and a hairdryer for your convenience.

Casa Arona is conveniently located just 1 kilometer away from our retreat center. Please note that when choosing this accommodation, you will be responsible for arranging your own transportation, whether by foot or by car, ensuring flexibility and independence throughout your stay.





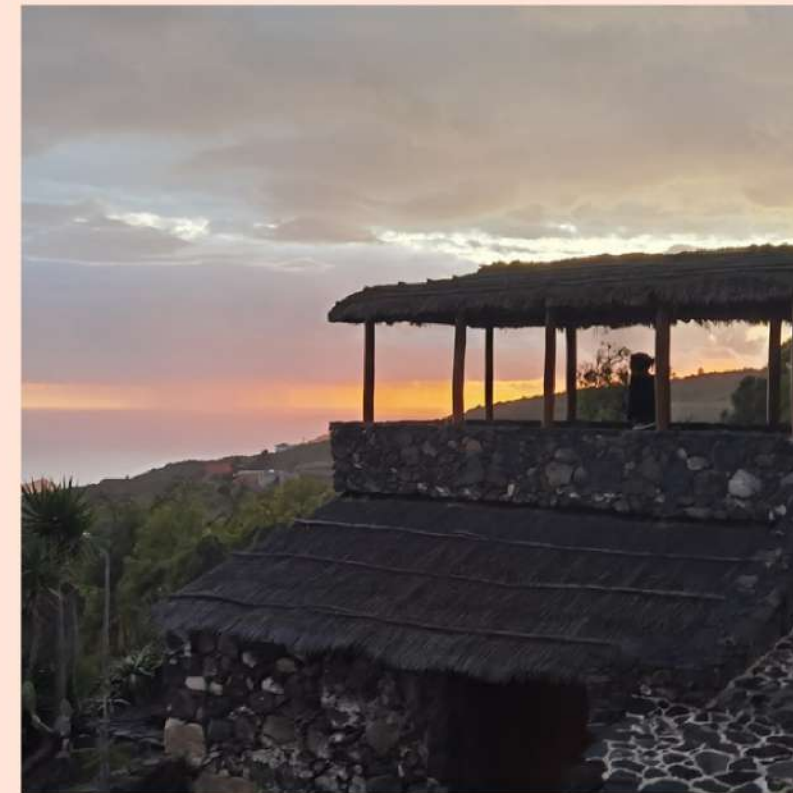
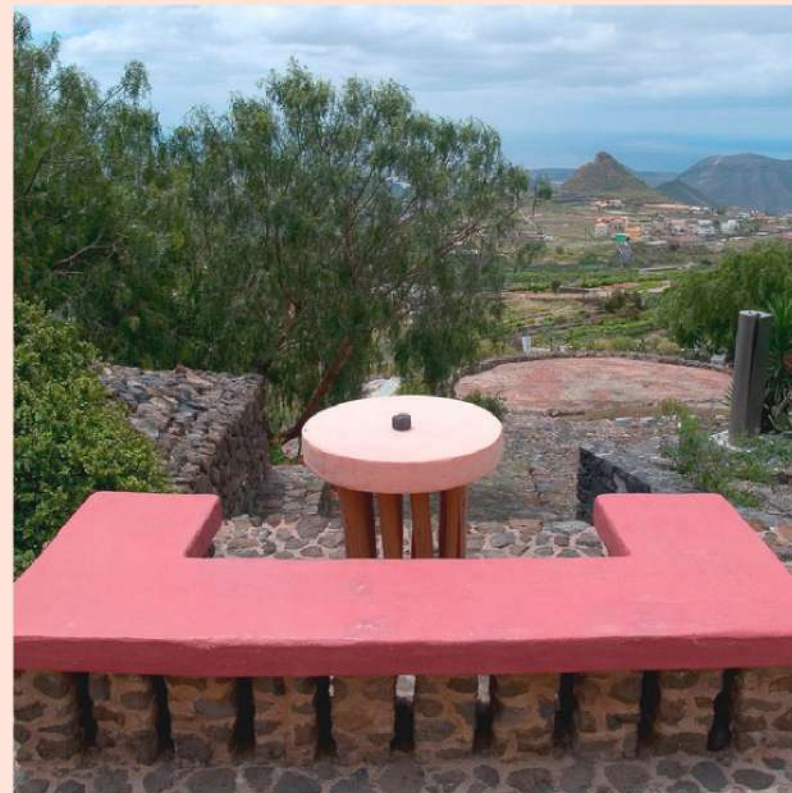
# THE STAR HOUSE

Private House or Shared House

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Our Sanctuary

Nestled in the heart of the retreat center, the Star House offers breathtaking views, a cozy double bed, private shower and bathroom, a fully equipped kitchen, a terrace, and an immersive connection with nature. Experience pure serenity and beauty in this tranquil haven.







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# THE GARDENS



Immerse yourself in the expansive park with its lush gardens, inviting pool, and ample spaces to relax, connect, or find solitude. Enjoy breathtaking views, serenity, and a sense of deep peace and tranquility throughout your stay.



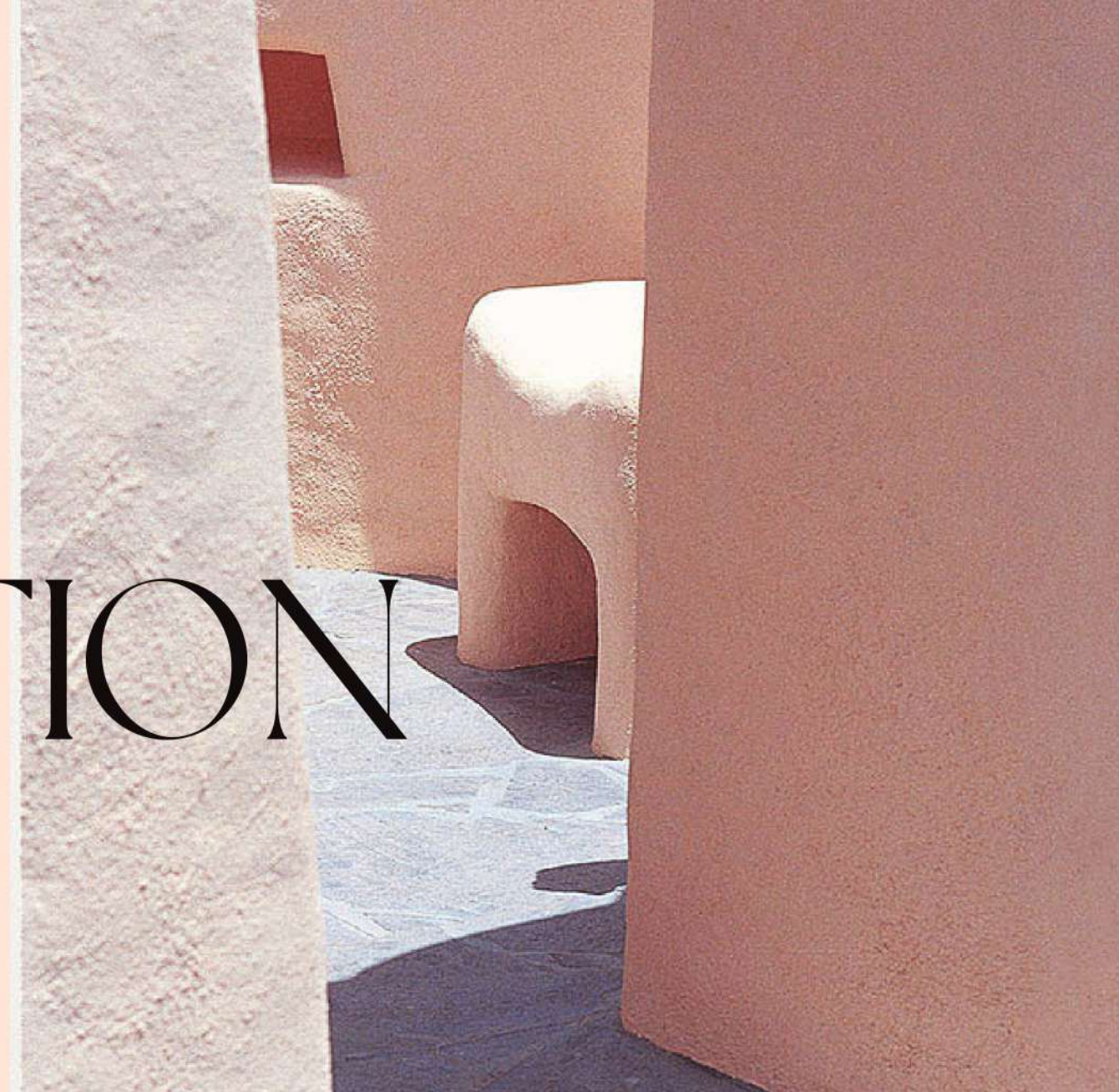
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# MEDITATION CAVE



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Indulge in the serene ambiance of our meditation cave, adorned with thousands of mesmerizing Amazonite stones, and let your mind and body unwind in blissful tranquility.





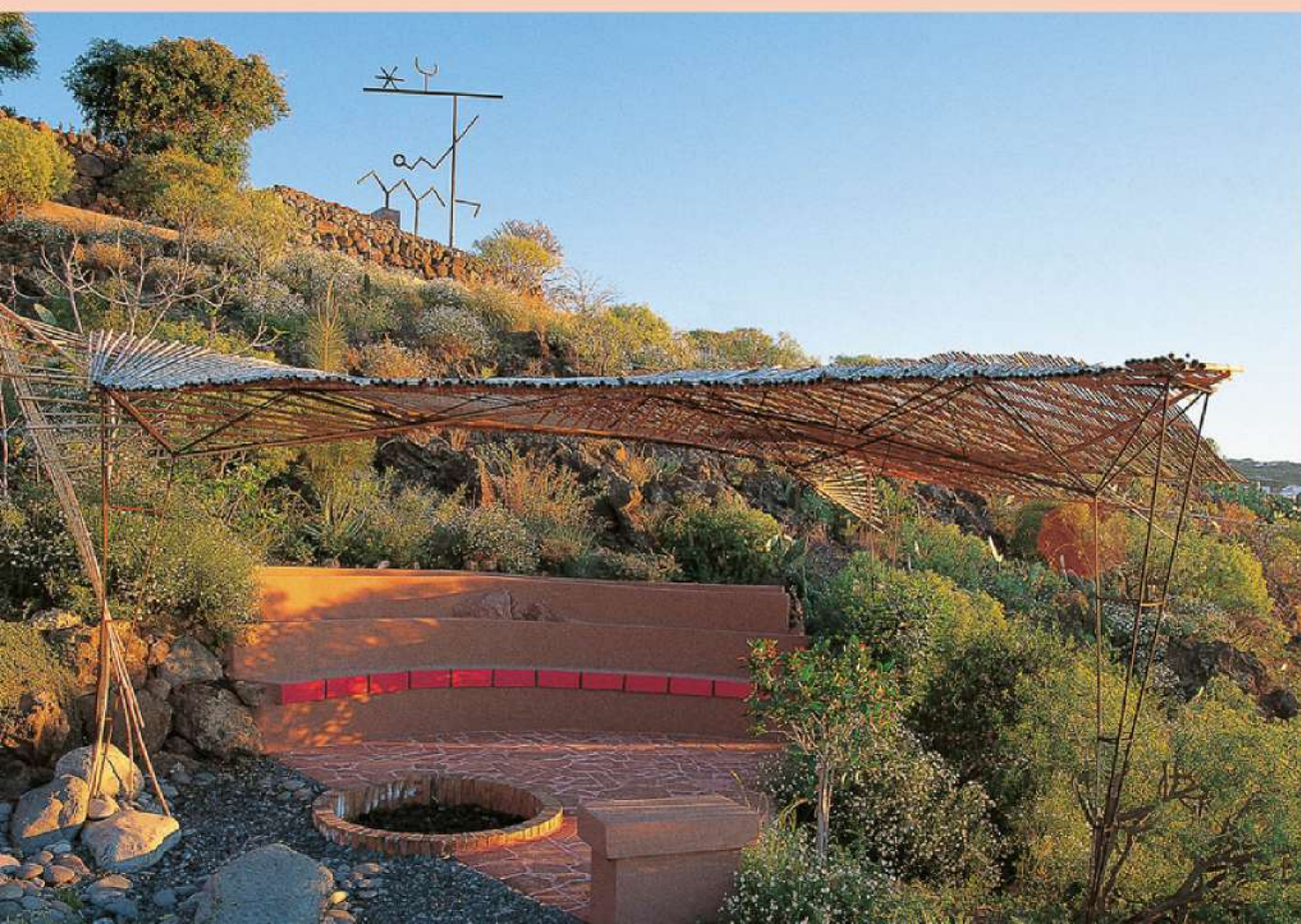


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# FIRE CEREMONY SPACES



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Discover two enchanting spots within the retreat where you can experience the transformative power of fire ceremonies or gather around a cozy, warming fire in the evening. Allow the flames to ignite your spirit and create a sacred space for connection, reflection, and transformation.





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IS THIS  
RETREAT  
RIGHT FOR ME?







## ALCHEMIZED

Do you have the feeling there is so much more for you, than what you are experiencing right now?

Are you ready for deep transformation and embodiment?

Do you feel that you are on the edge of a breakthrough, but you feel stuck?

Are you ready to be deeply alchemized? Are you ready to connect with your body, enjoy being you, and enjoy loving yourself and your body?

Do you seek guidance and wish to be seen, held, and supported?

Are you calling in sisterhood and lifelong connections?

Are you open-minded and ready to flow?

You are not afraid to tap into the unknown waters of feminine energy?

Are you ready to connect with and empower yourself and your sisters?

THEN THIS IS *EXACTLY* RIGHT FOR YOU





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# AND YOU ARE INVITED TO

Get deeply nourished on an emotional and spiritual level

Alchemize your emotions and feelings into empowering states of being

Connect with the feminine energy fields within and around you

Give yourself permission to feel everything that moves you, everything that is within you

Let go of limiting beliefs and past traumas

Make lifelong friendships with your new soul sisterhood

Immerse yourself in the healing powers of nature

Commit to your personal growth & spiritual expansion

Discover yourself and step onto the path of lifelong self-love

Tune into your goddess potential

Express yourself creatively





# WHAT IS INCLUDED

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Daily Feminine Centered Yoga Sessions

Guided Meditations, Tantric Meditations

Embodied and Experienced Mentor, that is ready to hold you

Empowering Sisterhood

Safe Space for Your Souls Journey

Transformative Workshops

Sacred Cacao Ceremony

Breathwork Session

Embodiment Sessions

Release Ritual

Live Concert and Sound Healing Journey

Beautiful Workbook, that you can use during and after the retreat

Freetime to get to know your new sisters, Journal, Nap, Swim in the Pool or enjoy the

lush gardens in our sanctuary

Yoga Nidra Session

Ecstatic Dance

Goddess Photoshooting

Deepening your connection with nature and your Highest Self

Creative Expression Activity or Voice Activation

Accommodation in a breathtaking art space and park

Food, drinks, water, teas and snacks

After the Retreat 1:1 Online After Retreat Integration Session with me

Please note that the itinerary is still being adjusted and some things are subject to change!





# YOU CAN ADD TO YOUR RETREAT

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If you would like some extra services to make your retreat even more special, here are a few options for you:

Private Energy Healing and Reiki Session with magical Reina  
Private Sound Healing and Shamanic Journey with Alesandra or Blanca  
Private Massage Session with one of our trusted therapists on the Island  
Private Coaching with Tosca for Self-love, Tao Tantric Practices or Business Coaching, and Feminine Leadership  
Wellness and Spa Treatments

Let me know if you have any other wishes. For pricing and any additional services, please contact me directly. I'm here to assist you with any inquiries or requests you may have.

Please note that the itinerary is still being adjusted and some things are subject to change!



# UNIQUE

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Our retreats are truly one-of-a-kind, offering an experience like no other.

While we provide a structure to guide the retreat, we also leave space for the magic to happen and for organic connections to flourish, and for you to be more in your feminine and feel safe with it.

Get ready for an intimate and transformative journey where you'll create lifelong memories that will stay with you forever.

Our retreats are a safe space for you to connect with other like-minded women and meet your soul sisters!





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# OUR TEAM

Meet your mentor and host: Tosca, 500 Hours Yoga Alliance certified Yoga teacher, Meditation teacher, Embodiment and Empowerment Coach, Mindfulness Guide, Tao Tantric for Women & Self-love Expert, nomad, and world traveler, always curious and loves to hear about your story!



Tosca

*FOUNDER, FEMININE  
EMBODIMENT COACH*

Alessandra  
*SOUND HEALER*



And more to come





# MY VISION

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My vision for this retreat and in general is to create a sacred space where women can come together, empower one another, and cultivate deep connections in sisterhood.

It is a gathering that goes beyond personal growth and encompasses a collective mission to elevate the collective consciousness.

Through transformative practices and heart-centered experiences, we will tap into our inner wisdom, embrace our authentic selves, and support each other in embracing our highest potential.







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# MY VISION

During our time together, we will delve into the depths of self-discovery, exploring the layers of our being and embracing our authentic essence. Through this journey, we will empower each other to step into our true power, reclaim our sovereignty, and embody our highest potential. By nurturing the bonds of sisterhood, we will create a supportive and loving container that allows for healing, growth, embodiment and transformation.

Together, we will rise as empowered women, igniting the ripple effect of positive change in our lives, our communities, our businesses, and the world.

My vision is to guide you on a transformative path of self-love, self-discovery, and self-empowerment. As we embark on this journey together, we will unlock the dormant potential within, align with our divine purpose and radiate our light into the world.

Join me in this sacred gathering as we create a ripple of love, healing, and transformation that reverberates far beyond our retreat space..





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# SOUL FOOD



Savor carefully selected, uplifting food that nourishes both your body and soul. Our culinary team crafts each meal with love and intention, using fresh, organic ingredients to support your well-being.

From vibrant salads to nourishing plant-based dishes, every bite celebrates vitality and self-care. Indulge in delicious, soul-nurturing food and drinks that fuel your body and uplifts your spirit on this transformative retreat.



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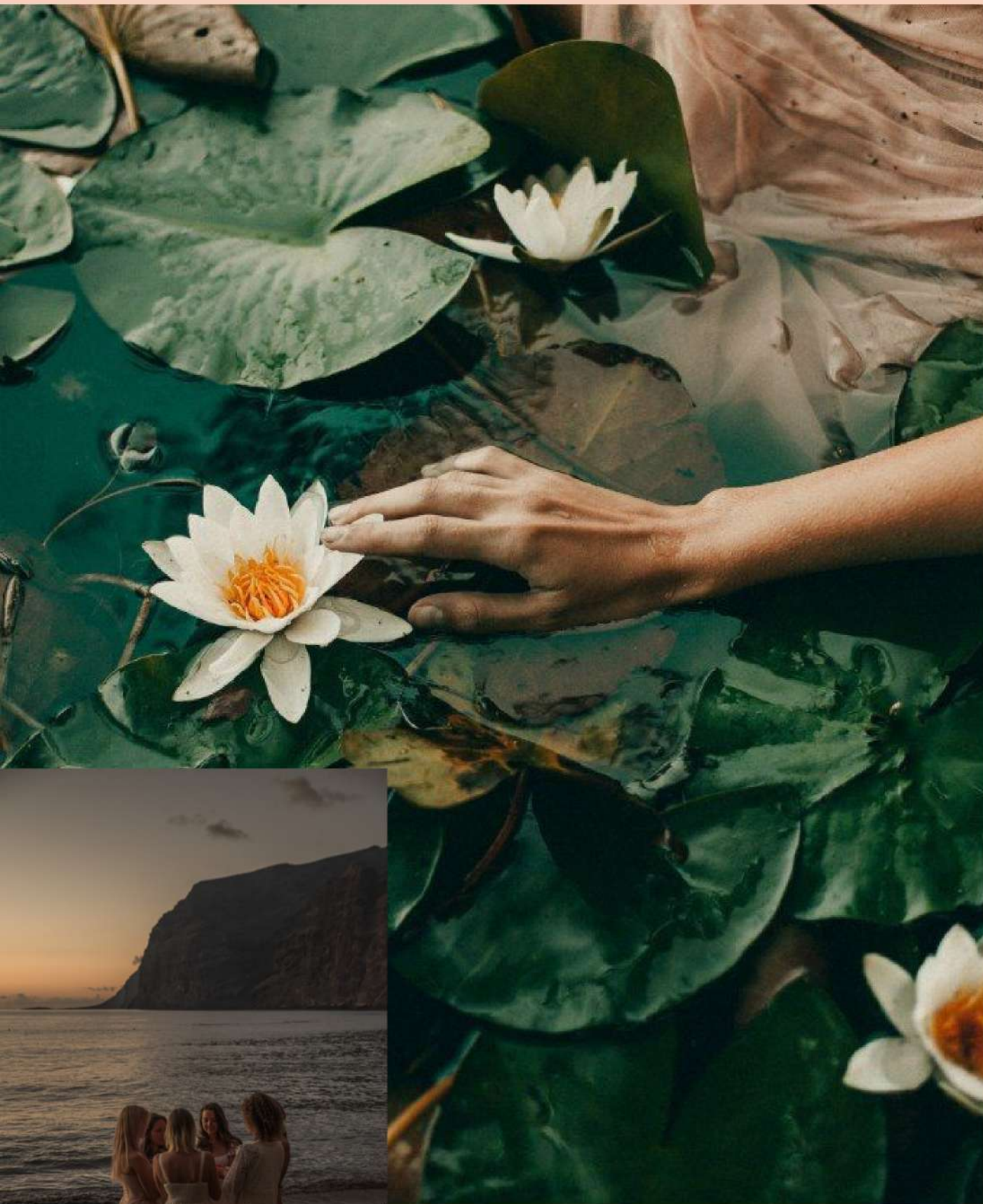
# PREVIOUS RETREATS



Over the past year, I had the opportunity to create and host 11 unique retreats, each filled with unforgettable moments. Here are just a few of my cherished highlights that I want to share with you. I could easily fill uncountable pages with these precious memories.







# INVESTMENT

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Our retreats are one-of-a-kind, offering an experience like no other. Here are the **early bird prices**. Payment plans are available. Secure your spot by paying the deposit of 500 €.

**Shared Mongolian Yurt: 1400 €** normal price: ~~1600 €~~

**Private Room in Patio: 1700 €** only 2 available normal price: ~~1800 €~~

**Shared Room in Patio: 1300 €** only 2 available normal price: ~~1500 €~~

**Shared Room in Town: 1300 €** (with option on Yurt) normal price: ~~1600 €~~

**Private Room in Town: 1900 €** normal price: ~~2100 €~~

**Shared Apartment in Paloma House: 1300 €** normal price: ~~1400 €~~

**Private Apartment in Paloma House: 2000 €** normal price: ~~2200 €~~

**Private Star House: 2200 €** (only one available) normal price: ~~2400 €~~

To secure the early bird price, it's important to reserve your spot as soon as possible. If we haven't had the chance to connect yet, I invite you to schedule a get-to-know call with Tosca to see if you're a great fit for our group. Once we've had a successful call and you've made a payment of either a 500 € deposit or a full payment for your retreat, the final confirmation will be provided by us. Please note that spaces are limited, and the offer is not available online yet. Don't miss out on this opportunity!





## ALCHEMIZED

Finding a deep and loving connection to yourself is the most important thing to do in your life. It is truly life-changing.

I am honored to be a part of your journey and help empower you to become the best and most authentic version of yourself.

Together, we will create transformative and sacred spaces where you can reconnect with your inner strength, embrace your authenticity, and experience profound growth.

Love,  
Tosca

# WORDS





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# LET'S CONNECT

I would love to hear from you! And I would love to hear from you, if and why you want to join this unique retreat. You can also schedule a free discovery call with me or book directly on the website. (when the early bird is open).

Love,  
Tosca

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