



# A Journey of Trust and Freedom

Slow down.

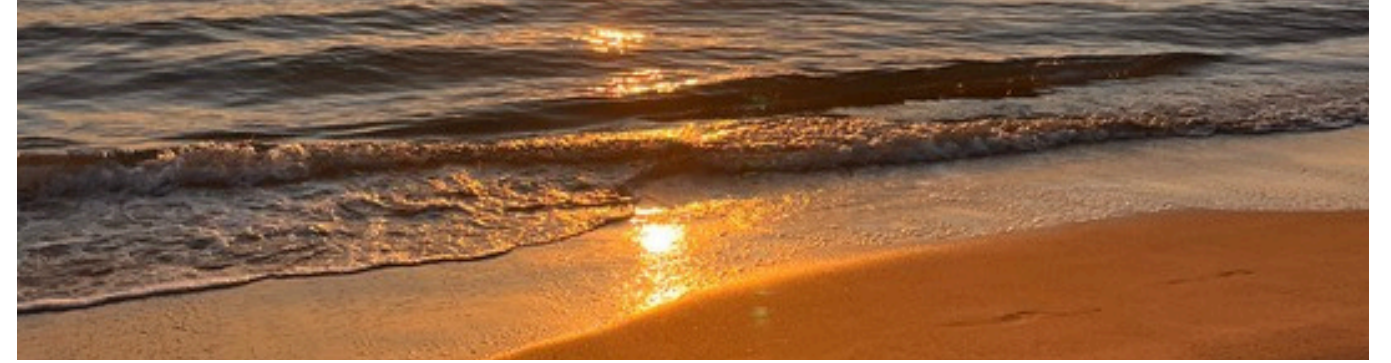
Listen to yourself.

Choose to trust — first of all, yourself.

**May 5–10, 2026**

**Valencia, Spain**

**Suniai Oliva Retreat Center**



# Welcome

This is not just a holiday.  
It's an invitation to return to yourself.

Five days surrounded by sea and nature,  
where yoga becomes a tool  
for **trust, freedom, and inner renewal.**

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# Why This Retreat?

In a world that constantly asks you to rush,  
**choosing to slow down**  
is an act of self-love.



This retreat is your space  
to pause, breathe,  
and reconnect with your inner  
strength —  
**returning home with clarity and  
trust.**

# Who This Retreat is for?

This retreat is designed  
for women who wish to **rediscover  
balance and harmony in everyday life.**

It's not a typical yoga retreat.  
It's an invitation  
to stop and truly listen.





# Daily Yoga Practice

Through daily yoga practices and guided moments of reflection, you'll **reconnect with the natural rhythm** of your body and breath.

The mind becomes clearer.  
The heart, lighter.



# What you'll take home - Presence

**Listening. Presence. Connection.**

You'll learn to feel in tune  
with yourself,  
with the natural environment around  
you,  
and with a circle of women  
sharing a similar path.

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# What you'll take home - New Energy

Yoga, sunlight, fresh food, and moments of silence will nourish you deeply.

You'll return home with **renewed energy, vitality, and a sense of calm that stays with you.**

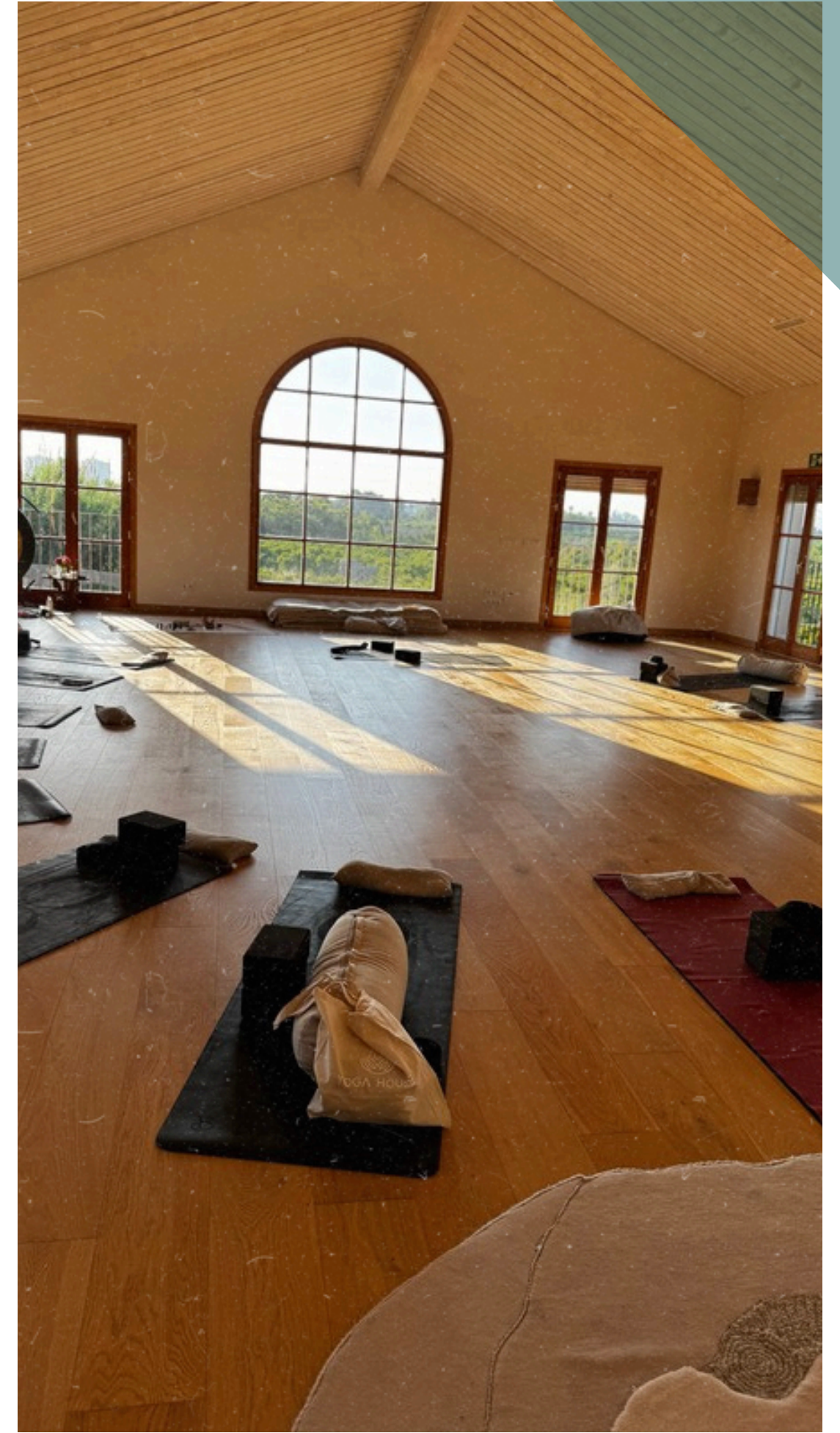
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# Rituals & Special Experiences

During the retreat you'll experience heart-opening and grounding rituals, such as: **Cacao Ceremony, Gong Bath and Intuitive / Ecstatic Dance**

Each experience is designed to support emotional release and clarity.

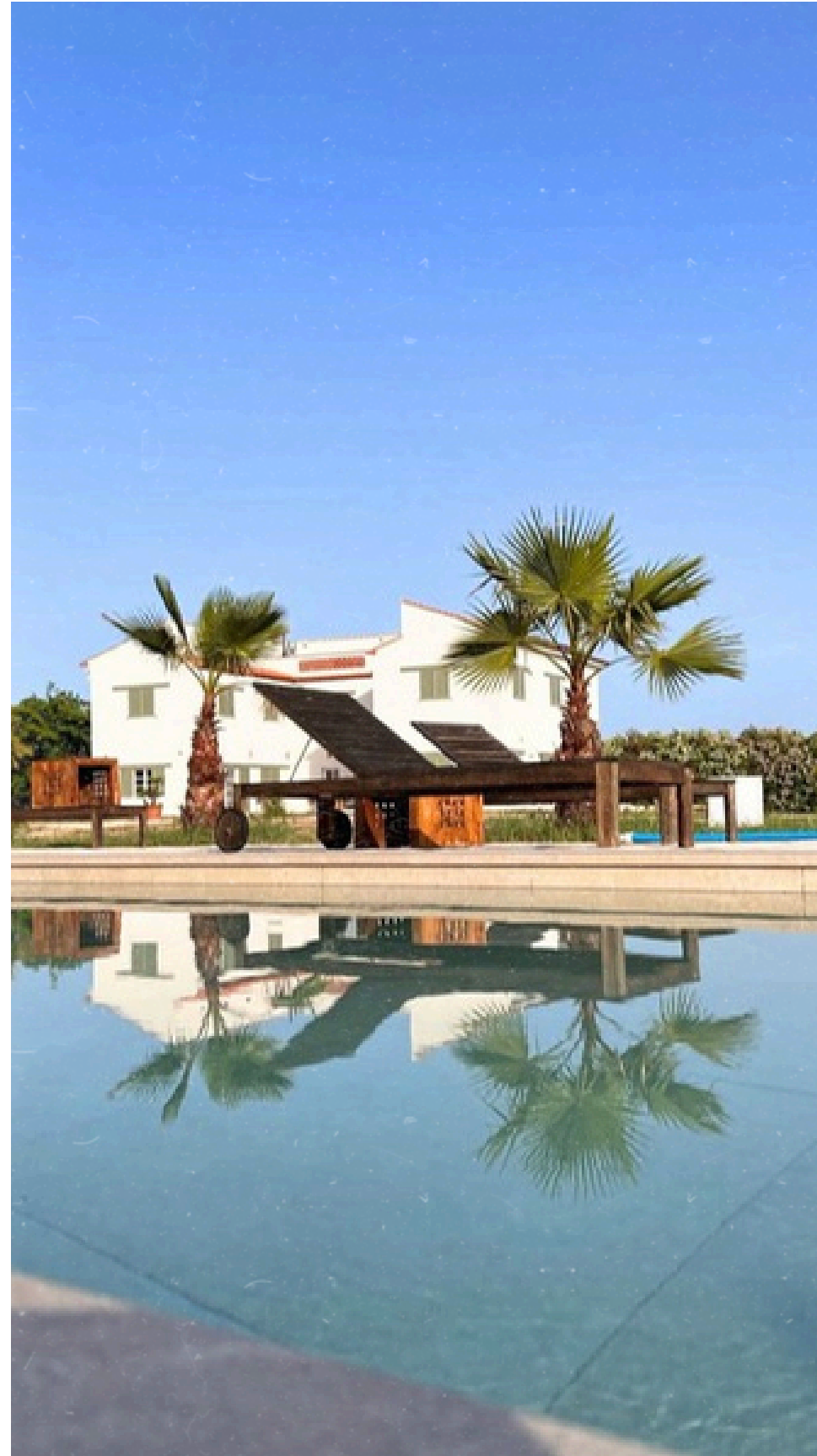


# The Location

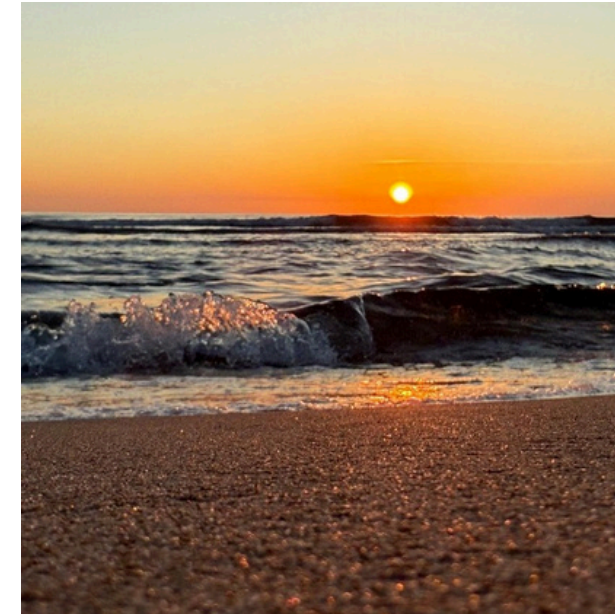
## **Suniai Oliva Retreat Center**

is a peaceful sanctuary surrounded by orange groves, gardens, and the sea.

A space created to help you feel at home, held, and deeply restored.



# Start Dreaming





# Immerse yourself in an enchanting environment

**Mediterranean  
nature,  
pool and sea,**

open spaces to rest and  
regenerate.

**Yoga Shala**

A bright yoga shala  
with natural materials  
will welcome you for  
each practice.

*Every detail serves your well-being*

# Who Will Guide You

My name is Valentina.

I am a yoga teacher focused on **authenticity and women's self-worth.**

I guide women through embodied practices that support listening, presence, and a deeper connection to themselves — nurturing body, mind, and inner life.



# A Deep Transformation

This retreat was created with the intention of offering a **truly transformative experience.**

Something you'll carry with you into everyday life as a new way of being.



# What's Included

- 5 nights in bright rooms with private bathroom
- Vegetarian & vegan meals
- 2 yoga sessions per day, workshops & rituals
- Free time to relax by the pool or beach
- Women's sharing circles
- All events & ceremonies



# Price & Offer

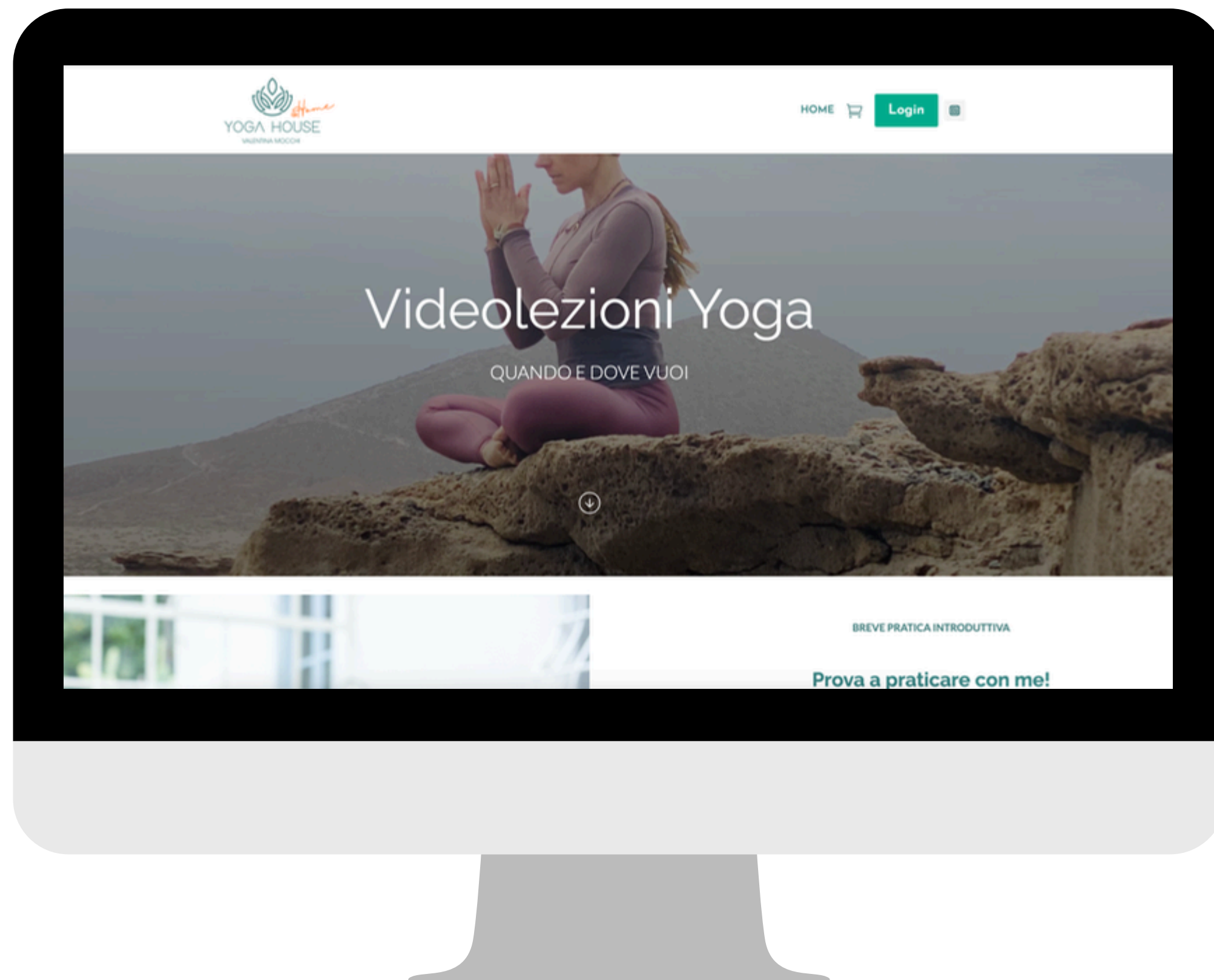


**1.999€**

(payable in 3 installments via PayPal)

# Exclusive Bonus

6 months of **free access**  
to the online yoga library  
to continue your journey after  
the retreat.



# FAQ

## DO I NEED YOGA EXPERIENCE?

No experience is required.

You'll be guided step by step in a supportive and welcoming environment, at your own pace.



# FAQ

## WHERE WILL WE STAY?

At Suniai Oliva Retreat Center, a peaceful retreat immersed in nature between orange groves and the sea.

Every space is designed to support rest and ease.



# FAQ

## WHAT SHOULD I BRING?

Comfortable clothes for yoga.

The shala is fully equipped with mats, cushions, blocks, and blankets.

Bring swimwear —  
and an open heart.



# FAQ

## HOW TO BOOK?

You can book a free call with me to ask questions and feel if this experience is right for you.



# Are you wondering if this is the right retreat for you?

Let's talk.

**Choose trust.**

**Choose space.**

**Choose yourself.**

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# What are you waiting for?

This experience could be the breakthrough you've been looking for!

Let yourself be guided, and treat yourself to a journey of trust and freedom.

**CONTACT ME**

**+39 3392117017**

**[info@valentinamocchi.it](mailto:info@valentinamocchi.it)**

