

ALL
HANDS
ON
DECK

WELLNESS GETAWAY

MAY 2026

SPAIN

27-31 MAY 2026



This May, escape to the sun-kissed serenity of Spain, for an immersive five-day luxury wellness retreat designed entirely for you by **AHOD World**.

Surrounded by nature and the Spanish elegance, this curated experience brings together leading wellness experts, soul-nourishing rituals, and tranquil Mediterranean beauty to help you reconnect, reset, and rise.

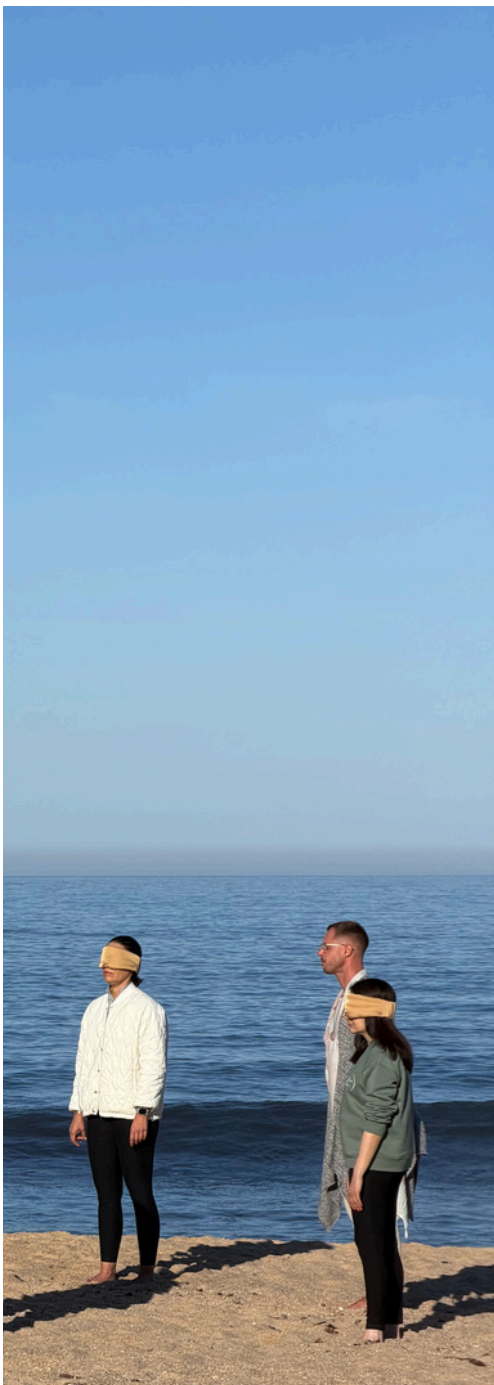
This retreat invites you to slow down, reflect, and return to yourself. Release what no longer serves you, gain clarity on what lies ahead, and step back into life renewed, realigned, and reenergised.

Each day offers movement and meditation sessions, insightful human design exploration, and deep relaxation experiences, all guiding you gently back to balance.





Retreat Programme



Morning Meditation & Aromatherapy

Begin your day with aromatherapy to awaken gently and set a mindful tone.

Yoga by the Sea

A grounding group yoga session to awaken the body and connect with your breath.

Guided Meditation & Kundalini Awakening

A practice designed to elevate your energy and deepen your sense of presence.

Nourishing Meals

Enjoy a nutritious, beautifully prepared meals made with seasonal, local ingredients.

Human Design Readings

Daily one-on-one sessions offering personalised insight into your energetic blueprint and how to live in alignment with it.

Massage

Enjoy a restorative massage designed to release tension and restore balance.

Manifestation Ceremony

Enjoy a restorative massage designed to release tension and restore balance.

Oracle Readings

Discover your Signature Path with bespoke oracle readings that invite you to simply ask an angel.

A person with their back to the camera, sitting cross-legged on a dark blue rug in a room with large windows. The windows offer a view of a coastal landscape with trees and a body of water under a sunset sky. The text 'AHOD WORLD' is overlaid at the top in white capital letters. To the right, another person is partially visible, also sitting on a rug. Various items like a water bottle and bowls are on the floor near the person in the foreground.

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Pre-Retreat

Pre-Retreat Preparation Call:

Before you embark on your journey, you'll experience a pivotal moment in an introductory one-on-one call with us.

Guest Arrival

When you land in Spain, a private chauffeur will welcome you and take you by car, to your secluded villa where the journey begins. Virginie and the AHOD team will greet you warmly as you arrive and begin to settle into this soul-nourishing retreat experience.

Give yourself time to unwind and take in the peaceful surroundings. Rest by the pool, wander the coastal paths, or simply breathe in the island air. Your villa has been thoughtfully prepared for your comfort and ease.

As evening comes, we will gather for a welcome dinner and opening ceremony beneath the evening sky. This intimate moment will help you ground, meet the community, and connect with the team who will guide your journey. Together we will set intentions and open the space for the transformation that awaits.

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Days 2-4

Each day begins at 8am with gentle meditation and mindful movement, followed by a nourishing breakfast.

From there, guests move into their own schedule of curated wellness activities, creating space for growth, restoration, and personal exploration. Afternoons are designed for quiet reflection and ease, inviting you to rest, enjoy the facilities, or wander the surrounding landscape at your own pace.

As night arrives, we come together for dinners beneath the stars, with special ceremonies on select evenings that deepen connection and close the day in a spirit of intention and calm.

Guest Departure

A gentle return shaped by clarity, connection, and calm.

As your time with us concludes, take a final moment to breathe in the stillness you found, the insights you gained, and the version of yourself that feels more at ease.

After a nourishing breakfast and unhurried morning, our private chauffeur will bring you to the airport, ensuring a smooth and peaceful journey. The AHOD team will send you off with warmth and quiet encouragement as you head home renewed and realigned.

This is not an ending but a continuation. You leave with lasting memories, deeper clarity, and the grounding to move forward with truth and ease. What awakened here will continue to unfold long after you leave the retreat.



Human Design

What Is Human Design?

The blueprint your soul chose, revealed.

Human Design is a powerful self-discovery system that weaves together astrology, the I Ching, Kabbalah, the Chakra system, and quantum physics. It reveals your soul's unique energetic blueprint, how you're designed to make decisions, connect with others, and live with purpose.

This is not another personality test. It's a permission slip to be fully yourself. Human Design shows where your energy flows with ease, where conditioning holds you back, and how to return to your natural state of alignment.

When you live in harmony with your design, you stop forcing what isn't meant for you and begin moving through life with clarity, confidence, and flow.

Why it matters:

- Reconnect with your authentic self
- Make aligned decisions with confidence
- Discover your purpose and natural gifts
- Release conditioning and misalignment
- Create ease in relationships, career, and wellbeing

In a world that constantly tells you who to be, Human Design brings you back to who you already are, rooted in truth, clarity, and peace.

AHOD WORLD

Experts



AHOD Founder & Kundalini Expert
Virginie Maillard



Human Design Expert
Caline Malek



Oracle Expert
Shirine Sultani



Meditation & Aromatherapy
Peter Frak

A H O D W O R L D



Packages & Prices

What's included:

Everything from the moment you land to the moment you depart.

Rooms & Prices:

The Complete Package + Single

Occupancy Suite: 5500 EUR per person

Enjoy the privacy and tranquility of your own room , a peaceful sanctuary to rest, reflect, and reconnect. Ideal for those seeking solitude and full immersion in their personal journey.

The Complete Package + Double

Occupancy Suite: 4500 EUR per person

Share the experience in a beautifully appointed room for two. Perfect for friends, partners, or like-minded guests open to connection and shared moments, while still enjoying comfort and space.

*All bookings must be made before the 31st of December



Accommodation



AHOD WORLD



Meet the Founder

Virginie Maillard

As founder of AHOD World, Virginie Maillard curates transformational retreats in magical corners of the world, from India and Morocco to Italy, Portugal and other inspiring destinations. Her retreats are designed as holistic sanctuaries for deep renewal, offering thoughtfully crafted experiences that include soulful movement, healing therapies, energy practices, and guided inner exploration. A key part of her work is the empowerment of guests, supported through Kundalini awakening guided by Sahaja Yoga, which helps participants shift their energy, access inner clarity, and strengthen their sense of purpose. Each journey with AHOD becomes a meaningful pause, a chance to reset, reconnect, and return with renewed presence and vitality.

Swiss born, Virginie brings to AHOD a refined sensibility shaped by years of experience in luxury, wellness, and hospitality. Her background in global curation and her dedication to intentional living have evolved into a mission to create retreats that blend beauty with transformation and comfort with genuine inner depth. Her vision continues to guide AHOD as a platform that unites elegance with conscious exploration and invites guests to reconnect with their inner-self with grace and purpose.



Gallery



A H O D W O R L D

Book Your Spot

For any questions , booking or extra information please
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