

ALL
HANDS
ON
DECK

WELLNESS GETAWAY

SEPTEMBER 2026

WHEN:

SEPTEMBER
23RD - 27TH 2026

WHERE:

PRAIA DO MECO
PORTUGAL

A H O D W O R L D



This September 23-27, escape to the quiet beauty of Praia do Meco near Comporta, Portugal, for an immersive five-day luxury wellness retreat designed entirely around you.

Nestled in nature and wrapped in comfort, this curated experience brings together industry experts, soul-nourishing rituals, and serene surroundings to help you reconnect, reset, and rise.

This retreat invites you to pause, 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.

Daily movement sessions, guided meditation, integrative human design and colour readings, and nourishing cuisine are all part of your journey back to balance.



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 AHOD founder Virginie.

This session serves as the gateway to your transformation, a space to explore your aspirations, questions, and inner landscape. It lays the foundation for a personalised journey rooted in your unique Human Design blueprint, setting the tone for deep insight and aligned growth.

RETREAT OVERVIEW

Day One - 23rd September

Guest Arrival:

Upon arrival at Lisbon Airport, you'll be welcomed by our private chauffeur and transported in comfort to the villa, your sanctuary for the days ahead. Virginie and the AHOD team will be waiting to receive you with open arms and gentle introductions as you step into this soul-nourishing experience.

We invite you to take your time settling into your room and soaking in the beauty of your surroundings. Let yourself unwind. Whether it's a quiet moment by the pool, a stroll through the gardens, or simply sinking into stillness, the house is yours to explore and enjoy. Every detail has been curated for your comfort and care.

As the sun begins to set, we'll gather for an intimate welcome dinner and opening ceremony. This evening is designed to ground you, connect you with the community around you, and introduce the team who will guide your journey. Together, we'll walk through the intentions, flow, and magic that await in the days to come.

Retreat Programme

A curated rhythm of renewal, designed with intention.

Over the course of three immersive days, you'll experience a thoughtfully balanced blend of movement, restoration, and self-discovery. While the sequence of activities may vary slightly each day, every element has been handpicked to guide you back to alignment, body, mind, and spirit.

Each day will include:

- Daily one-on-one **Human Design readings** that offering insight into your **energetic blueprint**
- Two one-on-one **bespoke color and style analysis sessions**. Discover and wear your **Signature Style**.
 - **Herbal juices and calming teas** to begin the morning mindfully
 - A grounding **1-hour group yoga session**, awakening the body and breath
- A 30-minute **guided meditation and kundalini awakening** session to elevate your energy and deepen presence
 - A **nutritious breakfast**, nourishing and beautifully prepared
 - A selection of holistic treatments, including **massotherapy, pressotherapy**
 - **Rejuvenating facials**, tailored to enhance natural radiance and promote inner glow
- Tranquil garden **lunches** and **dinners**, shared in nature and designed to nourish from within
 - **Private chauffeur** at your service to be used whenever and however you choose

From sunrise to sunset, your experience is held with care, luxury, and depth. Offering you the space to reset, realign, and rise into your fullest self.

Final Evening

An evening of reflection, connection, and quiet celebration

As our days together draw to a close, we gather one last time, not to end, but to honour everything that has unfolded.

This evening is a celebration of connection, transformation, and the inner shifts that have taken root. Under the soft glow of candlelight and surrounded by nature's embrace, we will share a beautifully prepared final dinner: slow, soulful, and rich in meaning.

Expect heartfelt reflections, gentle laughter, and a moment to acknowledge your journey, both personal and shared. As we toast to what has been and what is still to come, may you leave feeling nourished in every sense: body, mind and spirit.

Day Five - 27th September

Guest Departure:

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

As your time with us draws to a close, we invite you to take a final moment to breathe it all in, the stillness you've uncovered, the insight you've gained, and the version of yourself that now feels closer to home.

Following a nourishing breakfast and slow morning, our private chauffeur will escort you to Lisbon Airport, allowing you to travel with ease and spaciousness. The AHOD team will be there to see you off, offering heartfelt goodbyes and gentle encouragement as you re-enter your world, now with renewed purpose and presence.

This isn't the end, but rather a continuation. You leave not only with memories and connections, but with the clarity to make aligned decisions, the tools to honour your unique path, and the inner grounding to move forward from a place of truth.

Know that what has been awakened here will continue to unfold long after you've left.

HUMAN DESIGN

A deeper dive into what it actually is

What Is Human Design?

The blueprint your soul chose, revealed.

Human Design is a profound self-discovery system that brings together elements of astrology, the I Ching, Kabbalah, the Chakra system, and quantum physics. But more than that, it is the map of your soul's unique blueprint, a guide to how you are energetically designed to move through the world, make decisions, connect with others, and fulfil your purpose.

This is not another personality test. Human Design is a permission slip to be fully yourself. It shows you where your energy flows naturally, where conditioning may be holding you back, and how to return to the essence of who you truly are.

When you understand your Human Design, you stop forcing what was never meant for you. You begin to make choices from alignment, not expectation. You experience more clarity, ease, and momentum. You become less reactive and more rooted in truth, your truth.

Why it matters:

- It helps you reconnect with your authentic self
- You learn how to make aligned decisions with confidence
- It reveals your purpose, strengths, and energetic gifts
- It untangles years of conditioning and misalignment
- It gives you a practical strategy for relationships, career, and wellbeing

In a world constantly telling you who to be, Human Design brings you back to who you already are and empowers you to move forward from that place with clarity, conviction, and peace.

HD Expert Caline Malek





COLOUR & STYLE ANALYSIS

Wear your blueprint

What Is Colour and Style Analysis?

A soul-aligned style session to express who you truly are.

A style session tailored to you to help you uncover the colours that work for you and feed your soul. Personalised advice to guide you into expressing who you truly are through your fashion choices.

As you uncover your energy through Human Design at this retreat, this unique session with Carole Grimm will invite you to take your essence one step further - to wear it. Reveal your signature style and find practical ways to wear it. This is where your inner self meets your outward expression from your essence to your everyday fashion choices. This is Wear Your Signature Style.

Carole's work in colour theory and style is not about trends or rules, it is about connection. A session with Carole is about finding the colour tonalities, textures, and silhouettes that feel like you, energise you, and reflect your soul's frequency.

Carole believes that style is a language that communicates who you are to the world. Your appearance is not just how the world sees you, but how you show up in it with clarity, confidence, and intention.

Why it matters:

- The colours that naturally support your complexion will uplift your energy.
- Style elements that feel true to your essence will help you feel seen.
- Dressing in a way that makes you feel grounded, expressive, and aligned will empower you.
- Letting go of trends and societal conditioning about how you "should" look is freeing
- Creating a personal style that mirrors your soul is transformative.

When you wear your signature style, you are doing more than simply understanding who you are, you are embodying your soul with presence, ease, and confidence.

Expert Carole Grimm



PACKAGES & PRICES

The Package Includes:

- **Private airport transfer** from Lisbon airport to the villa
- **Full access to the complete retreat programme**, including yoga, guided meditation, Human Design sessions, Colour and Style sessions, massages, facials, a private chauffeur etc.
- **Luxury accommodation** at our private villa
- **Daily breakfast, lunch, and dinner** prepared by our private chef
- Freshly pressed juices and herbal wellness drinks throughout the day
- **Return transfer** from the villa to Lisbon Airport

Rooms & Prices:

The Complete Package + Single Occupancy Suite:

4500 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:

3600 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 30th of July

A H O D W O R L D

ACCOMMODATION



MEET THE FOUNDER

Virginie Maillard

*Where purpose meets presence, and transformation
begins within*

Virginie Maillard is the guiding light and founder of All Hands on Deck, a woman devoted to helping others reconnect with their truth and awaken to their highest potential. Swiss-born and now rooted in Portugal, she is also a mother of three and a true citizen of the world, having lived across India, Kenya, the UAE, and beyond, gathering wisdom from every path walked.

Deeply spiritual and profoundly intuitive, Virginie leads from the heart. Her presence is both grounding and expansive. At each retreat, she personally guides the morning meditations and Kundalini awakening sessions, sacred moments where silence speaks, and energy begins to move. This is her soul's work, and she brings to it a rare devotion, creating space for every guest to feel seen, safe, and inspired.

All Hands on Deck is more than a retreat. It is a sanctuary she has lovingly built, a space where transformation unfolds gently, where connection runs deep, and where each guest is invited to return to themselves.

Virginie's invitation is simple yet powerful:
Come as you are. Leave as more of who you are
meant to be.



GALLERY





A H O D W O R L D

BOOK YOUR SPOT

For any questions , booking or extra information please use the following:

WEBSITE:

www.ahodworld.com

EMAIL:

Loris@ahodworld.com

WHATSAPP:

+447956530475

INSTAGRAM:

[@ahodworld](https://www.instagram.com/ahodworld)

SCAN:

