

EXCLUSIVE ACCESS

AHOD

W O R L D

TAILOR YOUR RETREAT
BESPOKE

A LIFECHANGING EXPERIENCE

FIND YOUR
BEST SELF

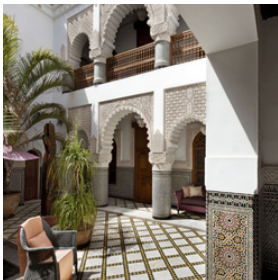
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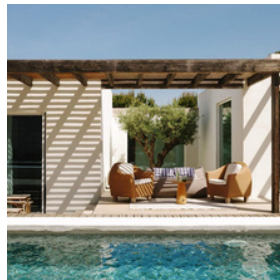


PICK YOUR DESTINATION

Embark on a transformative journey in a destination that speaks to you. Whether you seek the serene landscapes of the Moroccan desert, the lush beauty of the Mediterranean, or the tranquil energy of a secluded retreat, each location is carefully selected to offer a unique and immersive wellness experience. Choose the setting that aligns with your vision, and let us guide you on a path to renewal, balance, and deep connection.



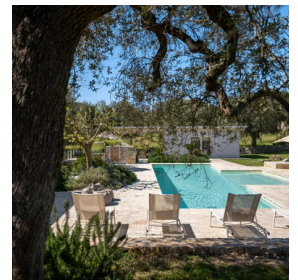
Marrakech, Morocco



Algarve, Portugal



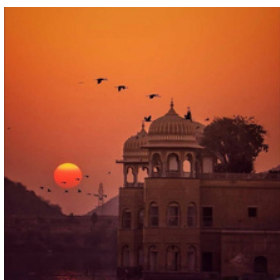
Sao Paolo, Brazil



Puglia, Italy



Comporta, Portugal



Rajasthan, India



Maasai Mara, Kenya



Your Destination?



SELECT YOUR DATES

Your retreat, your schedule. Choose the dates that work best for you, as long as they span a total of five days—arrival, three full retreat days, and departure. To ensure the best experience, we recommend booking at least 4 to 5 months in advance. Let us know when you're ready to begin your journey, and we'll take care of the rest.

Some recommendations:

August 29th to September 2nd

September 19th to September 23rd

October 17th to October 21st

November 14th to November 18th

December 5th to 9th



PRE-RETREAT OVERVIEW

Pre-Retreat Preparation:

Before you embark on your journey, you'll experience a pivotal moment in an introductory call with your dedicated expert therapist. This call serves as the gateway to your transformation, where you'll delve deep into your aspirations, fears, and hopes, laying the groundwork for profound change.

ALL HANDS ON DECK

RETREAT OVERVIEW

Guests will arrive at the Airport and our chauffeur will be waiting to take you to the private accommodation.

Upon arrival you will be greeted by the team and given time to settle into your room and make yourself familiar with your surrounding.

We encourage guests to tour the premises to take advantage of all the different facilities offered by our accommodation of choice.

As the sun starts to set, guests will be invited to join a welcome ceremony whereby you will meet the team and begin your wellness journey, followed by a candlelit dinner under the stars.



RETREAT OVERVIEW

DAYS 1-3

Days 1-3 will consist of a perfect blend between relaxation, wellness and self-improvement.

THERAPY PLAN

3 X SESSIONS OF 60 MINS

Day 1: Introduction

Therapy Session: Visionary Consultation Begin your journey with an intimate session where your goals take shape, setting the stage for personal transformation.

Day 2: Deepening the Practice

Session: Emotional Healing Dive deep with your therapist to break down emotional barriers and reveal your true self, using powerful techniques.

Day 3: Integration and Closure

Forward Momentum Consolidate your insights in a final session, crafting a clear path forward to integrate your newfound wisdom into daily life.





RETREAT OVERVIEW

DAYS 1-3

In addition to daily therapy sessions, guests will also be enjoying in the following.

One-on-One Session For Men and Women with Our Colour and Fashion

Expert Carole Grimm:

2 X SESSIONS OF 60 MINS

Carole begins by thoroughly discussing your current appearance and then rebuilds it using various analysis tools. Her goal is to refine and enhance your existing habits and style. How you present yourself externally plays a crucial role in fostering inner comfort and confidence.

ALL HANDS ON DECK

Massage and Massotherapy

3 X SESSIONS OF 60 MINS

Day 1: Bioenergetics Body-Mind Massage

Begin with a deep, transformative body-mind massage focusing on 107 marma (nadi) energy points. This session integrates your nervous system, relieving pain, cleansing arteries, and aligning Prana energy. It's designed to enhance your connection to your soul, nature, and loved ones, using Matland and Bowen techniques for holistic healing.

Day 2: Energetic Cleansing & Flowkey Method

Experience advanced energetic cleansing through the Flowkey method, which purges stagnant energy and reprograms cells and neurons. This session uses deep tissue myofascial release to unlock emotions, improve energy flow, and eliminate toxins, providing a true sense of renewal.

Day 3: Functional Integration & Stress Relief

End with a relaxing stress-relief massage that lowers cortisol, boosts happiness hormones, and rejuvenates your body. You'll feel muscle tension ease, circulation improve, and your body detoxify, leaving you energized and restored.



RETREAT OVERVIEW

DAYS 1-3

Kundalini Awakening with Virginie and Yoga:

3 YOGA SESSIONS OF 60 MINS FOLLOWED BY
30 MINUTES OF MEDITATION AND KUNDALINI

Kundalini awakening is a powerful spiritual experience that channels energy through your chakras, leading to heightened awareness and personal growth. It revitalizes your energy centers, helping you tap into your inner potential and achieve greater balance in life.

Yoga offers the perfect blend of physical activity and mindfulness, helping to strengthen your body, improve flexibility, and promote relaxation. The practice harmonizes the body and mind, releasing tension and bringing a deep sense of peace.

Together, these practices will rejuvenate your body, calm your mind, and awaken your spirit, leaving you refreshed and revitalized. We're excited to guide you on this journey towards holistic well-being.



RETREAT OVERVIEW

FAREWELL DINNER

The farewell dinner is a meaningful conclusion to our 3-day retreat, offering a special opportunity for reflection and connection. It marks the culmination of our shared journey, allowing us to come together one last time to celebrate the experiences, insights, and bonds formed over the past days. This dinner is not just a meal, but a moment to express gratitude, share personal reflections, and reinforce the sense of community that has been built. It's a time to honor the growth we've achieved, say heartfelt goodbyes, and leave with lasting memories and a renewed sense of well-being.





PACKAGES AND PRICES

OUR PACKAGE INCLUDES:

- Airport pick-up to accommodation
- The complete therapy and activity programme
- Accommodation at our private luxury accommodation
- Daily breakfast, lunch and dinner by our chef
- Juices and herbal drinks
- Airport drop-off

ADDITIONAL:

Guests will also have the opportunity to enjoy activities beyond the retreat. Whether it's exploring ancient landmarks, discovering hidden natural wonders, or experiencing local traditions, each destination offers unique adventures. From guided cultural tours to scenic excursions and vibrant marketplaces, immerse yourself in the rich heritage and atmosphere of your chosen retreat location.

ALL HANDS ON DECK

ALL INCLUSIVE PACKAGE PRICES:

SINGLE GUEST: STARTING FROM 5900 EUR
DUO GUEST: STARTING FROM 4900 EUR PER PERSON



GALLERY





AHOD

BESPOKE WELLNESS RETREATS

INQUIRIES & BOOKINGS

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

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



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