

STEP OUT OF THE FAMILIAR. RETURN TO THE WOMAN UNDERNEATH THE NOISE.

The Deep Return Retreat.

A private one-to-one body, mind and soul retreat on Tenerife for the woman ready to step out of the noise, return to her body and meet what is waiting underneath.



COSMIC BUSINESS WOMAN

Maybe this is the space *your life* has been asking for.

Maybe you opened this booklet because Tenerife feels beautiful. The ocean. The sun. The volcanic land. The idea of stepping away from everything for a few days. But I don't think beauty is the only reason you are here.

Something in you may be tired of the same rooms, the same thoughts, the same roles, the same way of holding everything together.

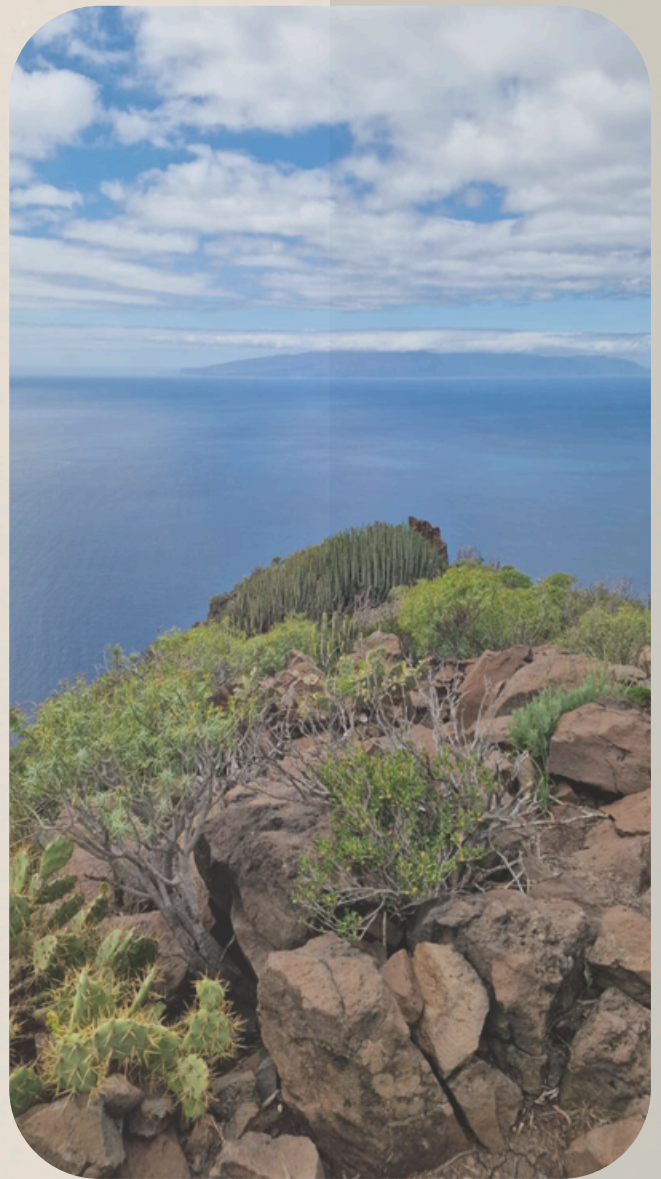
You may not need another course, another explanation or another voice telling you what to do.

Maybe you need space.
Real space.

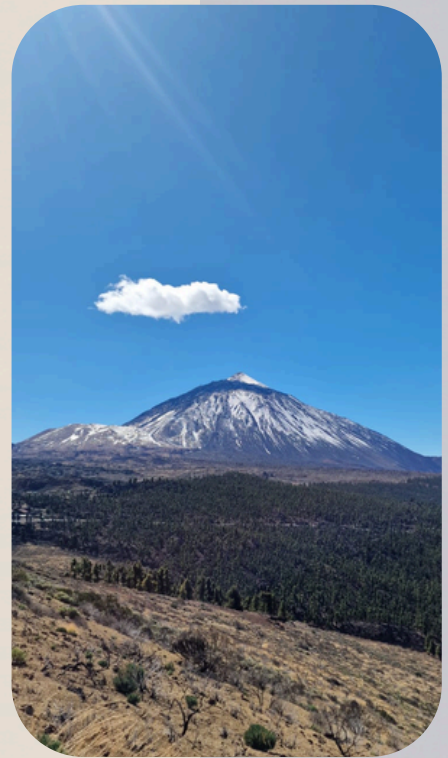
A private container where your body can soften, your mind can stop gripping, and the deeper part of you can finally be heard without the usual noise around you.

The Deep Return is a private one-to-one retreat on Tenerife for the woman who feels there is something underneath her current life asking for attention.

Not later.
Now.



Sometimes the first real *shift* happens when you stop trying to *change* inside the same environment that keeps pulling you back into the old *version* of you.





For the woman who has *outgrown* the way she is holding her *life*

There is a point where more thinking does not help.

More planning does not help.
Another explanation does not help either.
Something deeper is asking for space.

You may still be doing everything you are supposed to do. Work, family, business, relationships, decisions, responsibilities. Life continues, and from the outside it may even look beautiful.

But inside, the way you are carrying it starts to feel too tight.

Your body may feel tired in a way sleep does not fully solve. Your mind may keep circling the same themes. Joy may still be there, but harder to reach. The woman underneath all the doing may feel far away.

This retreat is for that moment.
For the woman who does not want to collapse, but also does not want to keep performing strength.

For the woman who is ready to step away, breathe differently, be held in a private space, and finally listen to what has been trying to speak underneath the noise.

Your environment keeps *remembering* the old you

There is a reason stepping away matters.

The mind loves what is familiar. The same rooms, the same conversations, routines, emotional roles. Even when a woman is ready for change, her usual environment keeps pulling her back into the version of herself that learned how to survive there.

She may try to make a new decision from the same chair where she has been overthinking for months. She may try to feel free inside a schedule that keeps asking her to be available for everyone. She may try to hear her body while life keeps throwing noise at her from every direction.

At some point, the system needs an interruption. A different landscape, different rhythm, different kind of silence.

That is why Tenerife matters in this retreat. The island creates distance from the patterns that normally keep running in the background. The ocean, the volcanic land, the wind and the open sky give the body a different message.

There is space here.

And in that space, things that were buried under function can finally come to the surface.

Sometimes the old pattern gets quieter when the body is no longer standing in the place where it learned to repeat it.

Tenerife does something to the *body*

There are places that make it easier to keep moving.
Tenerife is not one of them.

This island asks you to slow down. The volcanic land has a quiet force in it. The ocean keeps moving, even when you have forgotten how. The wind clears the head. The sun brings the body back into sensation. The mountains remind you that life can be bigger than the room where the same thoughts keep repeating.

This is why the island is part of the retreat.
You are not only coming for sessions. You are coming into an environment that helps the body remember space, breath, beauty and safety in a different way.

There is depth here, but also pleasure.
Morning light. Ocean air. Warmth on the skin. Silence between conversations. Moments where nothing needs to be solved immediately.

For a woman who has been carrying too much for too long,
that matters.

The island becomes a living part of the container. It does not do the work for you, but it helps open the places where the work can finally happen.

The five *elements* are already waiting here

Fire lives in the volcanic land. It carries transformation, courage and the part of you that knows something old is ready to burn away.

Water moves through the ocean. It softens what has been held too tightly and brings emotion back into flow.

Earth is in the rocks, the mountains and the ground under your feet. It helps the body feel safe enough to arrive.

Air moves through the wind and the breath. It clears the mind and creates perspective.

Ether is in the silence between all of it. The deeper intelligence that becomes easier to hear when the usual noise is no longer running the room.

Come back into *relationship with yourself*

BODY. MIND. SOUL. SAFETY.
CLARITY. CONNECTION.

Maybe life is not falling apart.
Maybe from the outside, everything even looks fine.
But inside, there can be a distance.

- From your body.
- From your own yes and no.
- From joy.
- From clarity.
- From the part of you that knows what is true before the mind starts explaining everything away.

The Deep Return is created for that place.
A private retreat where you can slow down enough to feel yourself again. Where your body is not treated as an obstacle, but as an ally. Where your mind can stop gripping. Where your soul has space to speak without being forced into another performance.

Through private sessions, embodiment, nature, silence, massage, spiritual work and honest reflection, you begin to reconnect with the deeper intelligence inside you.

Not only understanding yourself.
Actually coming home to yourself.

Clarity changes when the body finally feels safe enough to tell the truth.



This is not a retreat where you disappear into *softness*

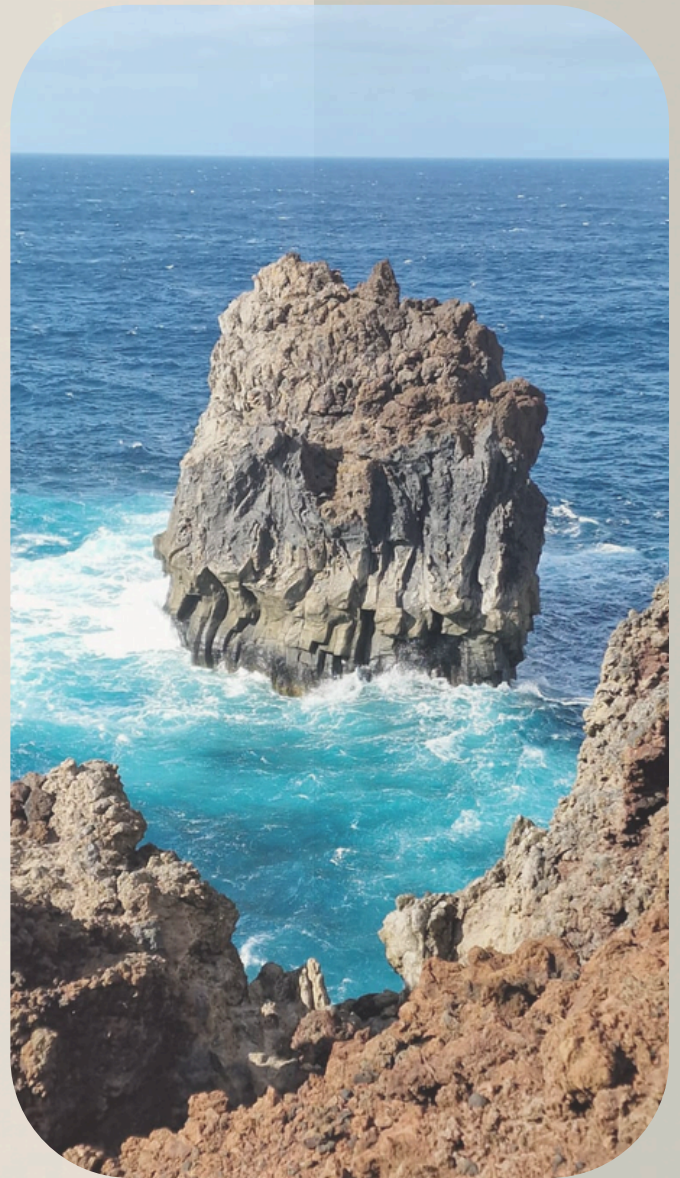
This is a loving space.
But it is not vague.

You are not coming here to be
rescued, entertained or wrapped in
beautiful words while the real
pattern stays untouched.

You are coming here to be
supported in a way that helps you
feel safe enough to be honest.

- With your body.
- With your choices.
- With what you are carrying.
- With what you keep
postponing.
- With what your soul has been
trying to tell you underneath
the noise.

There will be beauty. Rest. Nature. Warmth. Space. Pleasure.
And there will also be depth.
The kind that helps you stop floating above your life and
come back into real contact with yourself.



The *A.R.C.* Method

A clear way back to your own centre.

Inside the retreat, we work with the ARC Method. It gives the process a clear structure, without turning your transformation into a rigid formula.

Awareness

You begin to see what is really happening underneath the noise. The pattern. The old role. The place where your energy has been leaking.

Realignment

We bring your body, mind and soul back into conversation. Not by forcing change, but by listening to what each part of you has been trying to say.

Create

From that clearer place, you begin to create differently. Not from survival. Not from pressure, or from the old story. You create from connection, inner authority and the woman you are becoming now.

The work is deep, but it stays connected to real life.

- Your body.
- Your choices.
- Your boundaries.
- Your self-worth.
- Your next step.
- A new way of creating your life.

*The goal is not to become someone else.
The goal is to stop living divided from yourself.*

A retreat for your *whole* system

BODY. MIND. SOUL. NOTHING SEPARATED.



You are not coming here only to talk about your life.
You are coming to feel where your life is sitting inside your body.

The tension. The tiredness, old fear. The places where you hold too much, explain too much, carry too much, or keep moving while something inside you is asking to slow down.

During the retreat, we work with your whole system.
Your body, so you can feel safe and present again.
Your mind, so you can see the stories, loops and decisions that keep draining you.

Your soul, so you can reconnect with the deeper truth that has been waiting underneath the noise.
This is where clarity becomes different.

Not only something you understand.

Something you feel.

Your private *sessions*

THIS IS WHERE WE MEET WHAT IS REALLY HAPPENING.

The sessions are private, intuitive and deeply personal.

We do not follow a fixed script, because every woman arrives with a different story, a different body, a different pattern and a different threshold.

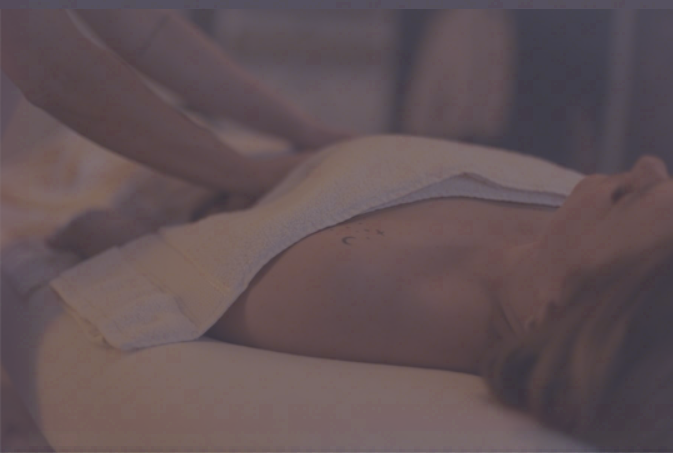
Together, we look at what is alive for you.

- What feels heavy.
- What keeps repeating.
- What your body is trying to say.
- Where your energy is leaking.
- Where your clarity has become blurred.
- Where your next step is already waiting, but not fully trusted yet.

The work may include deep conversation, embodiment, guided reflection, meditation, breathwork, energetic work and practical integration.

Everything is held with care.
But also with honesty.

Because the goal is not to give you another beautiful experience.
The goal is to help you come back to yourself in a way you can actually live.



Arrive. *See. Release.* *Choose.* Integrate.

THE RHYTHM OF THE RETREAT

You stay on Tenerife for seven days. There is time to arrive, settle, and let your body understand that it does not have to rush.

The retreat itself has a clear rhythm, but not a strict timetable. We follow what your body, your story and your process are ready to open.

We begin with breathwork, grounding and yoga, so your system can soften and feel safe enough to go deeper.

From there, the work may include private coaching, embodiment practices, energy sessions, creative reflection, walks in nature, silence, massage with the practitioner I work with, island experiences and time to integrate what comes up.

One of the special moments can be a sunset above the clouds. That experience is not only beautiful. It gives the body something many women forget to feel: space, perspective and trust.

There will be depth.
There will be beauty.
There will be moments of stillness where nothing has to be forced.

The retreat gives you structure, but also room for your own inner voice to come forward again.



Everything is chosen to support your *return to yourself.*

Your retreat includes *7 nights* private accommodation on Tenerife, with *5 full retreat days* held entirely around you.

During your stay, you receive daily *breathwork* and Cosmic Woman *Yoga: Deep Embodiment*, private one-to-one *sessions* with me, *emotional* and *energetic* work, creative *integration*, nature-based *experiences* and personal *practices* to take home.

You also receive a deeper *bodywork* and release session with the practitioner I work with, a *paragliding* experience, fresh *meals*, airport *transfers*, a welcome *gift* and private retreat *photos* from your process, shared only with you.

The retreat can be held in **English, Dutch or Polish.**

This is not a packed schedule made to impress you.

It is a private container where every part has a reason: the bodywork, the food, the island, the silence, the sessions, the beauty, the adventure, the photos, the breath.

All of it is there to help you come back into contact with yourself.

Beyond the sessions

**THE BODY CHANGES THROUGH
EXPERIENCE, NOT ONLY THROUGH
CONVERSATION.**

Some parts of you will open through words.

Others need the body.

That is why The Deep Return is not built only around private sessions. During the retreat, the island becomes part of the work. The breathwork, yoga, body-based practices, massage, nature, food, silence, paragliding and sunset above the clouds all have a place in the process.

You are not sitting in a room trying to think yourself into clarity.

You are giving your whole system a different experience.

A body that has been holding too much can soften. A mind that keeps gripping can begin to loosen. The part of you that has been living on alert can start to feel that another way is possible.

This is where insight becomes more than something you understand.

It becomes something your body can begin to trust.

**REAL CHANGE DOES NOT ONLY
HAPPEN IN THE MIND. IT HAS TO
REACH THE BODY.**



Held by someone who knows the *threshold*

ABOUT BEATA

I do not hold this work from theory only.

My own life has asked me more than once to leave the familiar, rebuild from the inside, and choose a version of myself that my old patterns did not know how to support yet.

That is why I understand the woman who looks capable, but feels the tension underneath.

The woman who has done the inner work, but still meets old fears around visibility, receiving, self-worth, boundaries or trust.

The woman who does not need more noise. She needs a space where her body, mind and soul can finally come back into one direction.

My work combines deep intuitive listening, pattern recognition, body-based practices, spiritual work, emotional honesty and grounded integration.

I do not believe transformation happens by floating above life.

It happens when a woman feels safe enough to tell herself the truth and strong enough to choose from it.

**I HOLD THE SPACE WITH SOFTNESS,
BUT I DO NOT MAKE IT VAGUE.**



The *moment* you stop holding *everything*

PARAGLIDING AS A LIVING THRESHOLD

During the retreat, paragliding becomes one of the most powerful physical moments.

For a woman who is used to controlling, carrying, preparing, thinking ahead and staying responsible for everything, this is different.

You cannot control the wind.
You cannot hold the ground.
You cannot manage the sky.

At some point, your body has to do something very simple and very unfamiliar: trust.

Feet leaving the earth.
Breath changing.
Island underneath you.
Nothing to fix.
Nothing to prove.

For many women, that moment says more than another conversation ever could.

It shows the body that fear can be present without being the leader.

**YOU DO NOT OVERCOME FEAR BY
THINKING HARDER. SOMETIMES YOU
MEET IT WITH YOUR WHOLE BODY.**

The investment

AA PRIVATE RETREAT CONTAINER CREATED
AROUND YOU.

The Deep Return is a private one-to-one retreat on Tenerife. This is not a group retreat or a standard program where every woman receives the same process. The space is held around your body, your rhythm, your story and what is ready to be met.

Investment: €4,000

To reserve your retreat dates, a €500 deposit is required. This deposit is **non-refundable**, because once your space is reserved, the preparation begins. This includes holding your dates, preparing your retreat container, planning the process, organising the practical elements and beginning the work behind the scenes.

The remaining €3,500 must be paid before the retreat begins. Payment in instalments is possible, as long as the full amount is completed before arrival.

Included

- 7 nights private accommodation on Tenerife
- 5 full retreat days
- fresh meals
- airport transfers
- daily breathwork and Cosmic Woman Yoga: Deep Embodiment
- private one-to-one sessions with me
- emotional and energetic work
- creative integration
- deeper bodywork and release session
- paragliding experience
- nature-based experiences
- private retreat photos shared only with you
- personal practices to take home

This is not only a retreat. It is a private container held around your return to yourself.

Investment: €4,000 | €500 deposit | Instalments possible

Is this *your* retreat?

**THIS IS A PRIVATE SPACE. WE FIRST
NEED TO FEEL IF IT FITS.**

The Deep Return is not a retreat I offer to everyone. It is private, personal and held closely. That means the match matters.

Before anything is booked, we meet for a short call. Not to convince you.

To feel honestly if this retreat is the right space for you, for where you are now, and for what you are ready to meet. If something in this booklet kept pulling your attention, there is probably a reason.

Maybe it was the island. Maybe the body. Maybe the silence, or the part of you that is tired of carrying everything in the same way.

You do not need to have the whole answer yet. You only need to bring the honest question:

Is this the space my life is asking for now?

If yes, the next step is simple.

Book a private retreat call and we will see together if The Deep Return is the right fit.

BOOK YOUR PRIVATE RETREAT CALL

THE RIGHT RETREAT IS NOT SOMETHING YOU FORCE. IT IS SOMETHING
YOUR BODY RECOGNISES.

