

Wellness Retreat

She Reconnects

19-23 AUGUST 2026
IN SPAIN

A retreat for women who want to reconnect with themselves
and learn practical tools for a more balanced life.

AIKO

WELCOME TO THE AIKO WELLNESS RETREAT

Thank you so much for your interest in the AIKO Wellness Retreat.
We're so excited you're here.

This retreat is more than a getaway.
It's a gentle 5-day journey to reset, reconnect, and rediscover what truly matters, in your body, your mind, and your everyday rhythm.

Set in the peaceful hills of Catalonia, this retreat offers you space.
Space to breathe. To slow down. To come back to yourself.

Through movement, breathwork, journaling, sound healing, and time in nature, you'll reconnect with your body, clear your mind, and begin to build a more intentional approach to wellbeing, one that actually fits into real life.

No experience is needed. Just curiosity, openness, and the willingness to show up for yourself.

Can't wait to welcome you.

A handwritten signature in black ink, appearing to read "Tanya". The script is fluid and cursive, with a long, sweeping tail on the final letter.The logo for AIKO, featuring the letters "AIKO" in a serif font. The letter "O" is stylized with a thin, curved line that loops around its bottom and right sides.

WHERE YOU'LL STAY

Torres de Selma

A peaceful eco-retreat in the hills of Catalonia



Our retreat takes place at Torres de Selma, a peaceful off-grid eco-retreat tucked into the hills of Catalonia, just 1,5 hour from Barcelona.

- Restored stone farmhouse with 8 cozy rooms, each with a private bathroom
- Surrounded by olive groves, vineyards, and endless stillness
- 100% solar-powered, with spring water and a zero-waste mindset
- Meals prepared with produce from the on-site organic garden and nearby local eco farms
- Relax in the natural swimming pool, unwind in the infrared sauna, or find stillness in one of the quiet outdoor corners
- All rooms have eco soaps and natural care products, so you can travel light and live clean
- Designed for slow, intentional living, a space to truly rest and reconnect

WHAT WE WILL DO



- Daily yoga, meditation & pilates guided with intention and care
- Workshops on meditation & breathwork and nervous system regulation
- Sound healing journeys designed to deeply relax the nervous system
- Ceremonial cacao experiences to open the heart and connect intentionally
- Intimate sharing circles in a safe and supportive space
- Ecstatic dancing to move freely, release and reconnect with your body
- A sunrise hike and mindful experiences in nature
- Space for deep rest, reflection and personal integration
- Connection with a carefully curated group of like-minded women

THE CHANGE YOU'LL FEEL



- A calmer mind and a body that finally feels safe to relax
- Space to breathe, physically, mentally & emotionally
- Tools you can actually use at home to support your wellbeing
- A renewed connection with your body, intuition, and needs
- More clarity about what truly matters (and what can go)
- A softer, slower rhythm you'll want to carry into your daily life
- The confidence to choose yourself without guilt

RETREAT FOCUS & LEVEL

This retreat is designed as an introduction to holistic wellbeing. Accessible to beginners, yet nourishing for anyone who wants to slow down and tune in.

- No yoga or pilates experience needed
- All practices are gentle, inclusive and guided step-by-step



WHO WILL BE THERE



A small group of like-minded women who are ready to slow down, reconnect, and invest in their well-being

- Expect honest conversations, shared laughter, and quiet moments
- Surrounded by women who, just like you, are seeking more balance, softness, and intention in their lives

*You don't need to come
with anyone*

Just come as you are



BOOK YOUR SPOT

Price per person

- Shared Room (3-4 people): €1.250
- Twin Room (2 people): €1.450
- Private Room (1 person): €1.650

Early Bird Discount: €50 (for bookings before 15 June)



Includes:

- 5 days and 4 nights accommodation in a serene eco-wellness retreat
- Daily yoga, meditation & pilates
- Guided workshops & integration moments
- Sound healing, cacao & sharing circles
- Sunrise hike and other activities
- Daily home made nourishing breakfast, lunch and 3-course dinner
- Healthy snacks, juices & herbal teas throughout the day
- Use of sauna & natural swimming pool
- Goodies and gifts to remember your journey
- Like minded community you've always dreamed of

Flights not included

Transfers from Barcelona Airport are not included but will be arranged for the group.

TO SECURE YOUR SPOT,
EMAIL US AIKO.WELLNESS@OUTLOOK.COM
OR SEND A MESSAGE ON INSTAGRAM.

AIKO

YOUR HOST

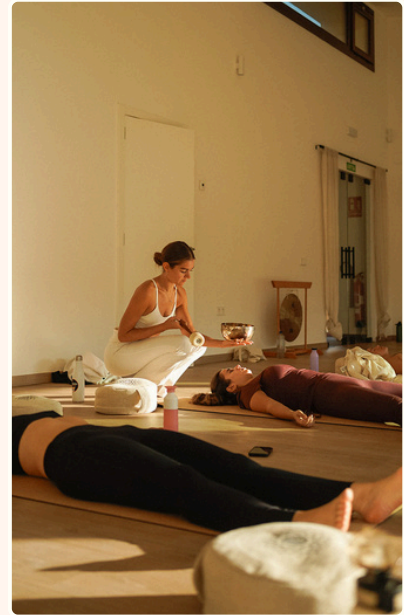


The retreat is guided by Tiny Lissens, a former corporate professional who traded long hours and high stress for a more balanced, intentional way of living.

After leaving her career behind, she traveled through Asia, completing a yoga teacher training in Bali, learning about holistic wellbeing across cultures, and deepening her practice in India.

Now based in Belgium, Tiny integrates everything she's learned into daily life and into this retreat. Her approach is practical, grounded, and supportive, helping you slow down, reconnect, and create meaningful shifts that last beyond the weekend.

WHAT MAKES IT UNIQUE?



- Hosted by Tiny Lissens, ex-investment banker turned yoga & wellness teacher, who knows how high stress feels and how to reset in a grounded, accessible way
- Combines real tools and inspiration, you'll return not just relaxed, but equipped to make real change
- Exclusive off-grid eco-retreat, far from the noise
- No big groups, no pressure
- More than yoga: journaling, sound healing, nature, mindset, a full mind-body-soul reset
- A retreat for women who want to feel good, not just look good
- Comes with ongoing inspiration & practical tools after the retreat

READY TO JOIN US?

This isn't just a week away. It's the start of a new rhythm that fits you.

If you're ready to make space for yourself, to reconnect with your body and mind, and to bring more balance into your everyday life... this retreat is for you.

Places are limited to keep the experience personal and intimate.

To reserve your spot fill in the registration form and for more information send an email to aiko.wellness@outlook.com

We'll send you all the details, payment terms, and our cancellation policy.

We can't wait to welcome you.

Reset now — for the life you want to live every day.

