

The mystery of the feminine:

BODY WISDOM

Discover dance as a gateway to the
knowledge of what your body already knows.

GRAN CANARIA - SPAIN

29-31 MAY 2026

by Sara López

Since ancient times,
the female body has held
within it the mystery of
the creation of life,
a demonstration of
a sublime bodily wisdom
that surpasses the
rational understanding
that dominates in today's
society.

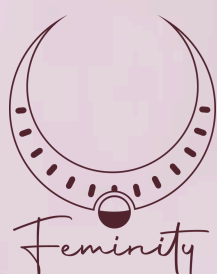


Unraveling the
mystery of...

BODY WISDOM



"The body says
what words
cannot"



AT FEMINITY RETREATS...



1.

We use **somatic dance** because it emphasizes the internal **experience of one's own body** rather than its external form.

Its goal is not to dance "well" but to feel, listen to, regulate, inhabit, and express the body from within.

We work with **different techniques**:

- **Body connection.**
- **Reflection** through women's circles and journaling.
- **Free and emotional expression** through movement.
- **Symbolic language and myth** through dance.



2.

We recorded a choreography **all together** that expresses some of the aspects we have discussed at the retreat to send **our message to the world** through art (besides being an unforgettable and precious memory for us).



3.

Our retreat involves **transformative** work, both conscious and unconscious, that is **reflected in your worldview and in your connection with yourself and others.**



4.



THE MYSTERY OF THE FEMININE: Body Wisdom

It's for you if...

- You are a sensitive woman seeking to connect with yourself through dance.
- You would like to discover the symbols of femininity and their meaning.
- You are curious and want to experiment with new ways of listening, releasing, and expressing yourself with your body.
- You seek a space of pause in your life to reflect and feel.
- You believe the bond between women needs healing, and that our unity makes a profound difference.



What are you taking away from this experience?

More connection with your body and a more balanced relationship with yourself.

Through somatic dance and emotional work, **self-confidence and self-love** will be enhanced.

A new vision of the feminine.

You will learn to listen to your body, recognizing your intuition as a guide in **everyday life decisions**.

Discover limiting beliefs and transform them.

The reflections, learning, and sensitivity developed during journaling and women's circles will allow you to get to know yourself more deeply, giving birth to **a new version of yourself**.

Recognizing yourself in the archetypal feminine to get closer to your feminine essence.

Discovering and bringing forth the wisdom of your body **will change your perception of what it means to be a woman**, allowing you to embrace your power, your intuition, sensitivity, and creative ability.

A supportive community and a sense of emotional renewal.

You will meet women who share your quest; you will no longer walk alone.

You will experience a sense of **renewal, empowerment, and gratitude**, and you will feel that you have awakened a wisdom that has brought you closer to your essence and will allow you to **live with greater freedom and authenticity**.

Nature and dance.

Enjoy three days in full contact with nature and the sea, and take home an unforgettable souvenir: **a video of our choreography** recorded and edited by a professional.



What does it include?

**MORE THAN 14 HOURS OF DANCE
CLASSES AND ACTIVITIES**

PROFESSIONAL VIDEO OF THE CHOREOGRAPHY

INDIVIDUAL AND GROUP PHOTOS

FULL BOARD ACCOMMODATION

**DRINKS AND SNACKS DURING THE
ACTIVITIES**

**AND FEMINITY SURPRISES THAT WE CAN'T
REVEAL YET...**



A paradise GRAN CANARIA

A sanctuary island where you'll immerse yourself in the calm, beauty, and healing energy of the sea.

A space to breathe, dance, and connect with the purest essence of femininity.

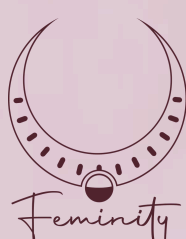




A sanctuary for transformation

The retreat will take place in a space specifically designed for retreats, featuring a spacious 100 m² yoga studio, a jacuzzi for up to 20 people, a massage room, a yoga platform, and an outdoor gym.

High-end bedrooms and bathrooms ensure comfort and convenience, creating the perfect setting for an unforgettable retreat.



First Day

We arrive in Gran Canaria, an island that welcomes us with its wild energy and ancient calm.

From the very first moment, our space becomes a refuge for you. A place to slow down, let go of the noise, and return home: to your body.

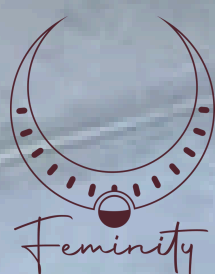
Here, the **Femininity Welcome** awaits you: a first encounter filled with intention, presence, and emotion.

Afterward, we'll share dinner, and then... the sacred begins.

Our first women's circle:

thus opening the retreat experience, where every woman is seen, heard, and celebrated.

Night envelops us; something within you knows that **the transformation has begun...**



Second Day

We embark on a journey to the very depths of our essence as women, exploring **the transformation of femininity since ancient times**, delving into its mystery, and considering **how it affects us today**.

Through **workshops on somatic dance and emotional expression**, led by Sara López, we will awaken the ancestral wisdom within us—that magnetic, free, and creative energy that resides in each of us.

Through laughter, reflection, and movement, we will weave the **choreography that will be our message to the world**.

We will close the day with the **Femininity Ritual**: a magical experience to integrate what we have experienced, seal the transformation, and honor the woman who has awakened within you.



Third Day

We begin the day questioning beliefs and **consciously choosing the woman we want to be from now on.**

Our bodies guide us once again, and through the workshops, we allow our feelings to find form, movement, and truth.

We review the choreography, and then... it's time to prepare for **the final video!**

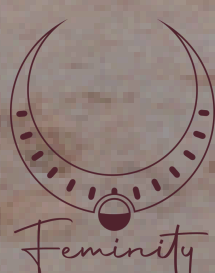
We go out to meet the sea, with the wind caressing our skin, the ocean as our witness, and **we record the choreography in nature**, free, powerful, transformed.

An act of feminine expression and celebration impossible to forget.

We close the retreat there, embraced by the earth, the sea, and the women with whom we have seen ourselves reflected during these days.

It's time to return home, with open hearts...

And for those who want more...
PAJAMA PARTY! (optional)



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This retreat is an invitation to shed what limits you, connect with your body, and unveil the mysteries of the feminine that reside within you.

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