

RETREATS

*Art of Eating, Moving,
Breathing and Being*

'May 26'



We invite you to step away from the everyday and reconnect with yourself on every level. These immersive, science-backed experiences combine the best of holistic health, advanced therapies, and nourishing practices to guide you toward renewal. Set in a nurturing environment, each retreat is designed to help you cleanse, recharge, and return home with tools, knowledge, and inspiration to continue your journey of vibrant wellbeing.

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Introduction

Step away from the everyday and return to yourself.

At Art of Eating, Moving, Breathing, and Being, our transformational wellness retreats offer a space to pause, reconnect, and realign.

Through science-informed therapies, mindful movement, nourishing food, and restorative practices, you'll rediscover balance and vitality—and leave with the tools and inspiration to live well every day.

About Us

Wellness has always been at the heart of my journey. From a childhood filled with vibrant, home-cooked meals and an active, sporty lifestyle, I learned early on how food and movement shape the way we feel. That passion grew into a career in sports rehabilitation, where I worked with elite athletes before realising that true healing doesn't end in the clinic—it's also about what we eat, how we sleep, and the way we live each day.

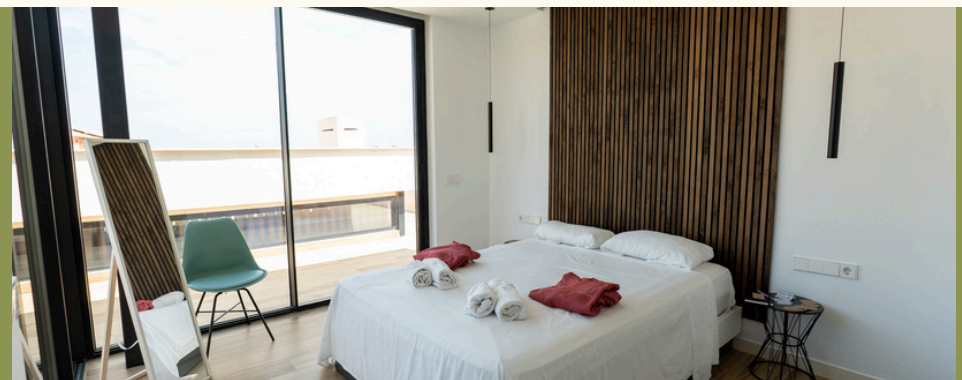
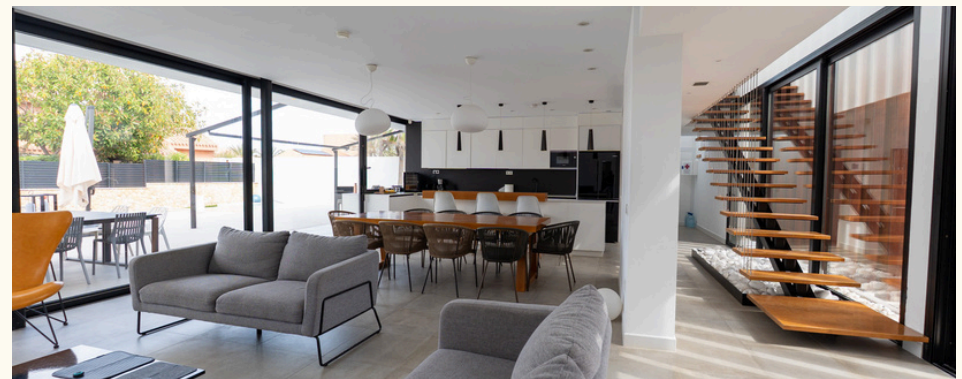


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- 1 x hour nutrition consultation prior to the retreat
- 6 x night in a luxury beach side villa
- Transfers from the Aeroport

WHAT YOU *receive*



THE ART OF EATING

- Organic food and juices designs by naturopathic Nutritionists, with a 3-day heavy metal liver cleanse built into the retreat, plus fun food workshops like chocolate making, raw cake making, fermenting and pickling.
- Next level Practitioner strength supplements and herbs to biohack your way through the week from the health bar. Get the chance to try thing you may have been thinking of buying.
- Next level Nutrition talks and workshops by Niki Charnock (naturopathic nutritionist) and Dr Zoue Lloyd Wright (integrative doctor).
- Burning Topics like- Importance of specific Minerals, vitamins and understanding the Gut-Brain connection.
- Getting to grips with functional tests.
- Anti Cancer Nutrition and Supplements.
- Vaccine Injury protein spike protocols and parasite cleanses explained.



Nicola Charnock

At the heart of the retreat is a menu designed with intention and care. All organic food and juices are crafted by naturopathic nutritionists, ensuring that every bite and sip actively supports your health journey. A built-in 3-day heavy metal liver cleanse provides a gentle yet effective reset, while hands-on food workshops bring the joy back into the kitchen. Whether it's learning the art of raw cake making, experimenting with chocolate, or discovering the age-old practices of fermenting and pickling, you'll leave with both a lighter body and a fuller skillset.

For those curious about supplementation, our on-site health bar offers practitioner-strength herbs and formulas not commonly found on store shelves. This is your chance to biohack your way through the week and sample products you may have been considering investing in—without the guesswork. Each offering has been carefully chosen to complement the body's natural processes, so you can experience the difference for yourself.

The educational element of the retreat is just as transformative as the food and treatments. Nutrition talks and workshops will be led by two highly respected experts: naturopathic nutritionist Niki Charnock and integrative doctor Dr. Zoue Lloyd Wright. Together, they will unravel complex health topics in an engaging, easy-to-digest way, making it simple to apply cutting-edge science and practical wisdom to your daily life.

Expect to dive into burning topics that matter. From exploring the role of specific minerals and vitamins, to unlocking a deeper understanding of the gut-brain connection, you'll walk away with actionable knowledge to support long-term wellbeing. You'll also gain clarity on how to interpret functional tests, empowering you to take control of your health with confidence.



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- Fun Daily Functional movement classes in Animal flow, Tia chia, yoga, KO8 suspension and Water Resistance workouts.
- Water Sport Activities, Paddle Boarding and Paddle Tennis available.

THE ART OF *Moving*



THE ART OF BREATHING & BEING

- Sunrise walks, swims and breath-work sessions on the beach.
- WIM Hof Breath-work and cold-water immersion with a certified instructor.
- Heart Coherence Workshop to improve HRV.
- Vision Boarding,
- Journaling, Values and Self Belief workshops.
- Self myofascial release massage and assisted stretching workshops.
- Restorative yoga and meditation classes.
- Drumming beach ceremonies.



Nicola Charnock

Each day begins with sunrise walks, swims, and breathwork on the beach, easing you into a state of clarity and calm. For those seeking a deeper challenge, Wim Hof breathwork and cold-water immersion with a certified instructor offers a powerful boost to resilience, energy, and mental focus.

Workshops throughout the week focus on both body and mind. A Heart Coherence session will guide you in improving HRV and managing stress, while vision boarding, journaling, and values exploration help you reconnect with your core beliefs and strengthen self-trust. These practices offer a unique blend of reflection and empowerment, designed to leave you with a clearer sense of direction.

Movement and recovery are equally celebrated. Self-myofascial release massage, assisted stretching, and restorative yoga classes provide simple, practical techniques for releasing tension, improving mobility, and supporting long-term wellbeing. Gentle meditation rounds out the experience, bringing the mind and body back into balance.

The retreat closes with drumming beach ceremonies, an unforgettable opportunity to connect through rhythm, community, and the elements. These gatherings create a soulful sense of unity and celebration, grounding the retreat experience in nature and shared energy.

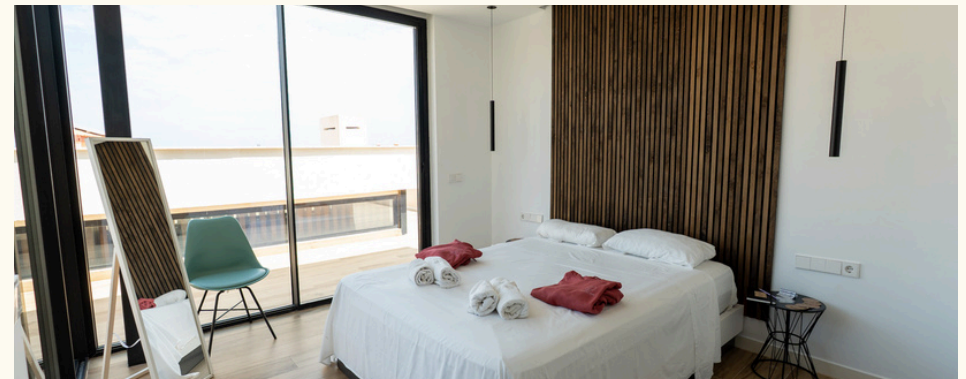


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LOCATION

& the Villa

A 5* Scandinavian Style Villa set in La Manga del Mar Menor, Villa Gawy offers accommodation with free WiFi, air conditioning, free bikes and access to a garden with an outdoor pool, private balcony's with top floor rooms, all bedrooms are en suite.



B O D Y W O R K T R E A T M E N T S

- Unlimited use of infrared mat and sauna and ionising foot detox bath.
- Unlimited Kinesio Taping.
- Out of the world Body work treatments from practitioners with over 20 years experience
- Sacro cranial,
- shiatsu,
- Stomach massage,
- Aurvedic massage,
- Deep tissue,
- Myofascial release and relaxation massages).



Out of this world practitioners

Throughout the retreat, you'll have unlimited access to powerful detox and recovery tools, including an infrared mat, sauna, and ionising foot detox bath. These therapies are designed to boost circulation, support detoxification, and promote deep relaxation, leaving you feeling lighter and more energized.

We also provide unlimited kinesio taping, a supportive therapy that helps improve posture, reduce tension, and assist recovery from physical strain. Whether you're active or simply looking to ease discomfort, it's a simple but highly effective addition to your wellbeing toolkit.

The bodywork on offer is nothing short of extraordinary, with practitioners who bring over 20 years of experience to their treatments. Each session is tailored to your individual needs, ensuring a therapeutic and restorative experience.

From craniosacral therapy and shiatsu, to stomach massage, Ayurvedic massage, deep tissue, and myofascial release, every treatment is designed to dissolve stress and restore balance. For those who prefer a gentler touch, deeply relaxing massages provide a soothing way to recharge and reconnect with your body.

Occupancy Options

Single

Single Own

Own Double Room

£2300 pp

Double

value for money

2 x Participants

Couples
Double Room

£2800 room

Single (shared)

Single Room

shared (best fit)

£1900 pp

Dates

16th to 22nd May

£500 per person deposit secures your place, remaining to be cleared 1 month prior to retreat commencing.

Flight Details 16th - Out

LTN 06:55 - RMU 10:35 (FR 3452)
MAN 08:25 - RMU 12:15 (FR 4116)

Flight Details - 22nd Return

RMU 11:15 - Gatwick 13:00 (EasyJet)
RMU 13:35 - MAN 15:25 (FR 4117)

Transfers are included from the airport if you're travelling at the suggested time. It's always better for the flow of the week if everyone arrives together where possible. If you plan to arrive outside of these flights, you'll need to arrange your own transfer to the villas.