



NATURA RETREAT

NATURA MASTERY

30 DAYS • 29 NIGHTS

Sustained presence, nature and personal
vision.

WELLNESS IMMERSION / COLOMBIA

THE INVITATION

TIME FOR YOURSELF

*Thirty days to fully inhabit the present,
listen to your own rhythms and discover
fresh perspectives in every encounter
with the forest.*

Natura's longest experience is built on continuity: presence, peaceful exploration, connection with the land and generous space for personal integration.



DEPTH ALSO LIVES IN SILENCE.

THE JOURNEY

A JOURNEY IN STAGES

Less rush. More meaning.

Guided sessions are balanced with ample pauses. The forest is a companion, not a source of pressure.

01

WEEK 1

BODY & ARRIVAL

Find your own rhythm, rest and settle into the surroundings. Day 7: personal integration.

02

WEEK 2

MIND & RELATIONSHIPS

Observe everyday narratives with compassion. Day 14: personal integration.

03

WEEK 3

THE LAND

Nature, community and responsibility. Day 21: personal integration.

04

WEEK 4

PERSPECTIVE & RETURN

Look ahead without a formula. Day 28: personal integration and gradual closing.

THE EXPERIENCE

THE ESSENTIALS

Calm is something we cultivate.

A month-long immersion for presence, guided reflection, forest connection and integration time that lends depth to every stage.

CONTINUITY

Rediscover the forest and your own rhythms throughout the month.

PRESENCE

Essential guided sessions without overloading the day.

INDEPENDENCE

Four protected days for personal integration.

THE LAND

A respectful relationship with biodiversity and local communities.

YOUR SANCTUARY

YOUR PRIVATE SPACE

A sanctuary to reconnect with yourself.



PRIVATE CABIN

Twenty-nine nights in a private cabin with a private bathroom, heated bubbling hot tub and catamaran net overlooking the forest. A luxurious sanctuary to rest and integrate your experience.

WHAT IS INCLUDED

GUIDANCE AND SUPPORT

What is part of your stay.

Thirty days designed around presence practices, guided reflection, nature, rest and personal integration across four stages.

YOUR EXPERIENCE INCLUDES

- 30 days and 29 nights in a private cabin.
- Scheduled meals throughout the experience.
- Guided reflection workshops and approved nature outings.
- Coaches and guides during planned sessions.
- Days 7, 14, 21 and 28 protected for personal integration.
- Cali-Natura-Cali transfers, per approved logistics.
- Printed personal-integration workbook.

NOT INCLUDED BY DEFAULT

Flights, personal expenses, massages and other optional services. Pacific excursions are arranged separately at additional cost.

THE LAND



NATURA RETREAT / DAGUA, VALLE DEL CAUCA

Nature is more than a backdrop.

In a tropical forest setting at kilometer 34 of the road to the Pacific, near Cali, Natura Retreat envisions peaceful hospitality across 26,635 m² of landscape and biodiversity. Our relationship with the forest and local communities is grounded in respect.

IS IT FOR YOU?

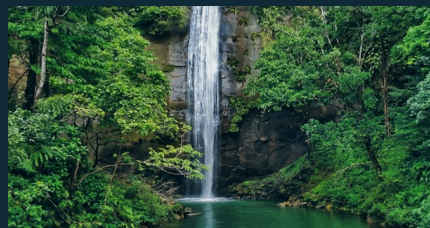
For those who want to devote a month to well-being, connecting with nature and deepening their priorities, relationships and personal vision.

Time to cultivate presence, listen to what matters and return to everyday life with a perspective of your own.

REGIONAL EXPERIENCES / OPTIONAL ADD-ON



MANGROVES



WATERFALLS



BEACHES

From the forest to the ocean.

The Colombian Pacific, a world to discover.

The vast ocean, sounds of the rainforest and coastal communities offer a different way to experience this land.

WATER & RAINFOREST

Mangroves, estuaries and waterfalls amid tropical rainforest.

SEA & HORIZON

Beaches and coastal landscapes.

PACIFIC LIFE

Culture and biodiversity; whales in season only.

OPTIONAL EXPERIENCE • ADDITIONAL COST

Optional experience at additional cost.

Itinerary, pricing and availability will be confirmed separately, subject to logistics, season and safety.



NATURA RETREAT

Mastery is not about gaining more information. It is about making room.

GET EARLY ACCESS

Receive opening news and details when the program becomes available.

<https://naturaretreat.com.co/contacto/>

EXPECTED OPENING 2028 • DATE NOT GUARANTEED

Pre-launch: no published prices, payments, bookings or confirmed availability.