



NATURA RETREAT

NATURA RECONNECT

8 DAYS • 7 NIGHTS

A gentle reconnection with body and time.

WELLNESS IMMERSION / COLOMBIA

THE INVITATION

TIME FOR YOURSELF

Imagine a whole week without constantly thinking about the next task. The forest offers another way to measure a day.

Reconnect creates eight days to return to your body, everyday emotions and the rhythms of nature, with respectful guidance and genuine personal time.



HERE, TIME DOES NOT CHASE YOU.

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

DAYS 1 & 2

SLOW DOWN

Arrive, rest, find your bearings and allow your body to settle into a gentler rhythm.

02

DAYS 3-6

RECONNECT

Nature, observation, accessible reflection workshops and optional moments of silence.

03

DAYS 7 & 8

INTEGRATE

Acknowledge the experience and prepare to return, without prescribed changes or conclusions.

THE EXPERIENCE

THE ESSENTIALS

Calm is something we cultivate.

An eight-day immersion combining wellness sessions, mindful rest, personal time and attentive guidance.

FOREST

Walks centered on observation and thoughtful interpretation of the natural environment.

BODY

Attention to rest, natural movement and your own energy.

LISTENING

Optional conversations and journaling, with no obligation to share private matters.

TIME

Generous stretches of free time to rediscover the present.

YOUR SANCTUARY

YOUR PRIVATE SPACE

A sanctuary to reconnect with yourself.



PRIVATE CABIN

Seven nights in a private cabin with a private bathroom, heated bubbling hot tub and catamaran net overlooking the forest. A luxurious sanctuary for privacy and comfort, while your experience blends nature, guided sessions and personal time.

WHAT IS INCLUDED

GUIDANCE AND SUPPORT

What is part of your stay.

Eight days designed around nature, guided practices, rest and personal time on a wellness journey.

YOUR EXPERIENCE INCLUDES

- 8 days and 7 nights in a private cabin.
- Scheduled meals throughout the experience.
- Core nature and reflection sessions per the approved itinerary.
- Coaches and guides during planned sessions.
- Cali-Natura-Cali transfers, per approved logistics.
- Printed personal-integration workbook.

NOT INCLUDED BY DEFAULT

Flights, personal expenses and other extras. • Pacific excursions or optional activities not included in the program.

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. Respect for the forest and local communities is essential.

IS IT FOR YOU?

For those wishing to spend eight days deepening their relationship with rest, the body and time, surrounded by nature and contemplation.

An invitation to reconnect with what matters and bring that presence into everyday life.

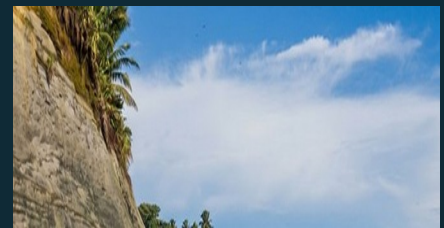
REGIONAL EXPERIENCES / OPTIONAL ADD-ON



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



NATURA RETREAT

*Sometimes you do not need to move faster.
You need to feel time again.*

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.