



NATURA RETREAT

NATURA RESET

4 DAYS • 3 NIGHTS

A space to return to your own rhythm.

WELLNESS IMMERSION / COLOMBIA

THE INVITATION

TIME FOR YOURSELF

*You do not have to fill every hour.
Sometimes all it takes is a change of
pace, listening to the forest and allowing
yourself to be here.*

Natura Reset is a mindful four-day pause to rest, notice your surroundings and make room for what matters. No pressure to perform.



SOMETIMES PAUSING IS HOW WE MOVE FORWARD.

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

DAY 1

ARRIVE

A peaceful welcome, time to settle in and a first connection with the land.

02

DAYS 2 & 3

BREATHE

Mindful walks, clarity workshops and everyday habits, with ample time for yourself.

03

DAY 4

INTEGRATE

A gentle closing and an unhurried return, carrying your own intention.

THE EXPERIENCE

THE ESSENTIALS

Calm is something we cultivate.

A deliberately peaceful experience with a few essential sessions, personal time and attentive guidance.

FOREST

Walk mindfully and take in the landscape without rushing.

PAUSE

Real time to read, rest, write or simply contemplate.

PRESENCE

Workshops on clarity and habits, with respect for personal boundaries.

CARE

Scheduled meals and attentive guidance during sessions.

YOUR SANCTUARY

YOUR PRIVATE SPACE

A sanctuary to reconnect with yourself.



PRIVATE CABIN

Three nights in a private cabin with its own bathroom, heated bubbling hot tub and catamaran net overlooking the forest. A luxurious sanctuary to rest, reconnect and enjoy your own pace.

WHAT IS INCLUDED

GUIDANCE AND SUPPORT

What is part of your stay.

A program designed to bring together wellness sessions, rest and personal time.

YOUR EXPERIENCE INCLUDES

- 4 days and 3 nights in a private cabin.
- Scheduled meals throughout the experience.
- Six proposed core sessions, subject to the approved itinerary.
- Coaches and local guides for the planned activities.
- Cali-Natura-Cali transfer, subject to approved logistics.
- Printed personal-integration workbook.

NOT INCLUDED BY DEFAULT

Flights and personal expenses. • Massages, treatments or optional activities. • Pacific excursions and services not expressly included.

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 natural landscape and biodiversity. Our relationship with the forest and local communities is grounded in respect.

IS IT FOR YOU?

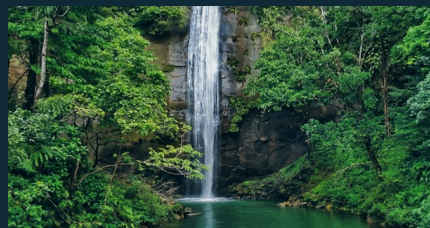
For those seeking a brief yet meaningful pause, who value tranquility, privacy and a respectful connection with nature.

An invitation to deepen your well-being and reconnect with what matters.

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

Some pauses do not put life on hold. They reshape it.

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.