



CAL REIET

H O L I S T I C R E T R E A T

V-ALKEMICAL *Day* RETREATS with Veronica at Cal Reiet

Transform shadow into light



V-Alkchemical Day Retreats are intimate, immersive transformational journeys created to guide small groups of **minimum 3 and maximum 8 participants** into emotional, physical and spiritual renewal.

Through a carefully curated blend of **somatic movement, shadow and light work, alchemical workshops, rituals and sound journeys**, held within the nurturing environment of Cal Reiet, these day retreats offer a safe and empowering space to explore, integrate and grow.

Each retreat is designed to support deep self-inquiry, embodiment and transformation, inviting participants to reconnect with their inner wisdom and move toward greater clarity and balance.



Verónica An

Yoga, Qi Gong & Singing Bowl Therapist



Veronica is a RYT 500h Hatha Yoga teacher, trained in Rishickesh, India. Her personal practice includes Bhakti Yoga, where her intuition and inner guru guide her through devotional chanting along with the harmonium. Verónica is also a professional sound healing therapist and Master Gong certified by the International Academy of Sound Healing, India, who has always feel amazed by the healing power of sound and vibration.

Dates in 2026

14th March
19th April
31st May
14th June
20th Sept
18th October
7th Nov

Program

10:30 – 12:30

Somatic Yoga & Movement

13:00

Nourishing plant-based lunch
Free time at the pool & sauna area

15:00 – 16:30

Closing & integration

Total experience: **195€**

Includes somatic movement, lunch, recreation at pool and sauna area.

Book your place
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