

ROOM TO BREATHE

a Queer Escape & Reboot in Barcelona & Sitges, Spain

Room to Breathe is a Sanctuary for Your Authentic Self

At Room to Breathe we hold space for all of you. Breathe freely, without judgment. This is a place to unfurl your true self, leaving the weight of external pressures at the door. Escape and reboot in this trauma-informed space, centered on the queer experience.

Reclaim Your Peace: Mental & Physical Wellness

Rewire your nervous system. Use the power of your breath to shift from 'fight or flight' to 'rest and digest,' finding calm amidst the chaos. Settle your body, quiet your mind and allow a physical release of tension.

Healing & Transformation: Overcoming Trauma

Access and release what's stored within. Breathwork can be a powerful, gentle catalyst for accessing stuck and stored emotions and past trauma held in the body, allowing for profound emotional shifts in a supportive setting. Your breath is your guide to release. We use deep, conscious breathing to help you gently unpack difficult experiences, moving from a place of chronic stress to one of profound healing.

Inspiration & Empowerment:

Connect with your inner wisdom. The breath is always with you as a powerful, accessible tool to return to the present moment and reconnect with your inner voice and intuition.

Cultivate resilience, ignite your spirit

Go beyond just surviving and discover how full, intentional breathing can foster self-compassion, inspire creativity, and fuel your most vibrant self. Discover a wellspring of inspiration and use your revitalized energy to live an authentically empowered life.

ROOM TO BREATHE EXPERIENCE THE POWER OF BREATHWORK @

Queer Communal Community outside of Barcelona & Sitges, Spain

Be the Magic...

We will spend four beautiful nights and five transformational days at **Terra Rosa**, nestled in the mountains, outside of Barcelona overlooking the Mediterranean Sea. Then will move to **Ashram Villa Sunshine** where we will spend three beautiful nights and two-plus days in our own private seaside villa. Just a 5 min drive to downtown Sitges and nearby beaches.

Available Accommodations at Terra Rosa:

- En-suite Rooms (2 persons, private shower & toilet): 2 rooms available
- Twin Rooms (2 persons, shared shower & toilet): 4 rooms available
- Quad Rooms (up to 5 persons, shared shower & toilet): 4 rooms available

Available Accommodations:

- Top Floor (Sun Suite with 4 beds and balcony)
- Second Floor (4 Bedrooms / Passion, Harmony, Peace & Joy with 2 baths)
- Ground Floor (Horizon Suite with 3 beds, 1 bath, kitchenette and terrace)

\$1670

Save

\$200

**book &
pay
by May
1st**



EXPERIENCE THE POWER OF BREATHWORK AT

a Queer Communal Community outside of Barcelona, Spain

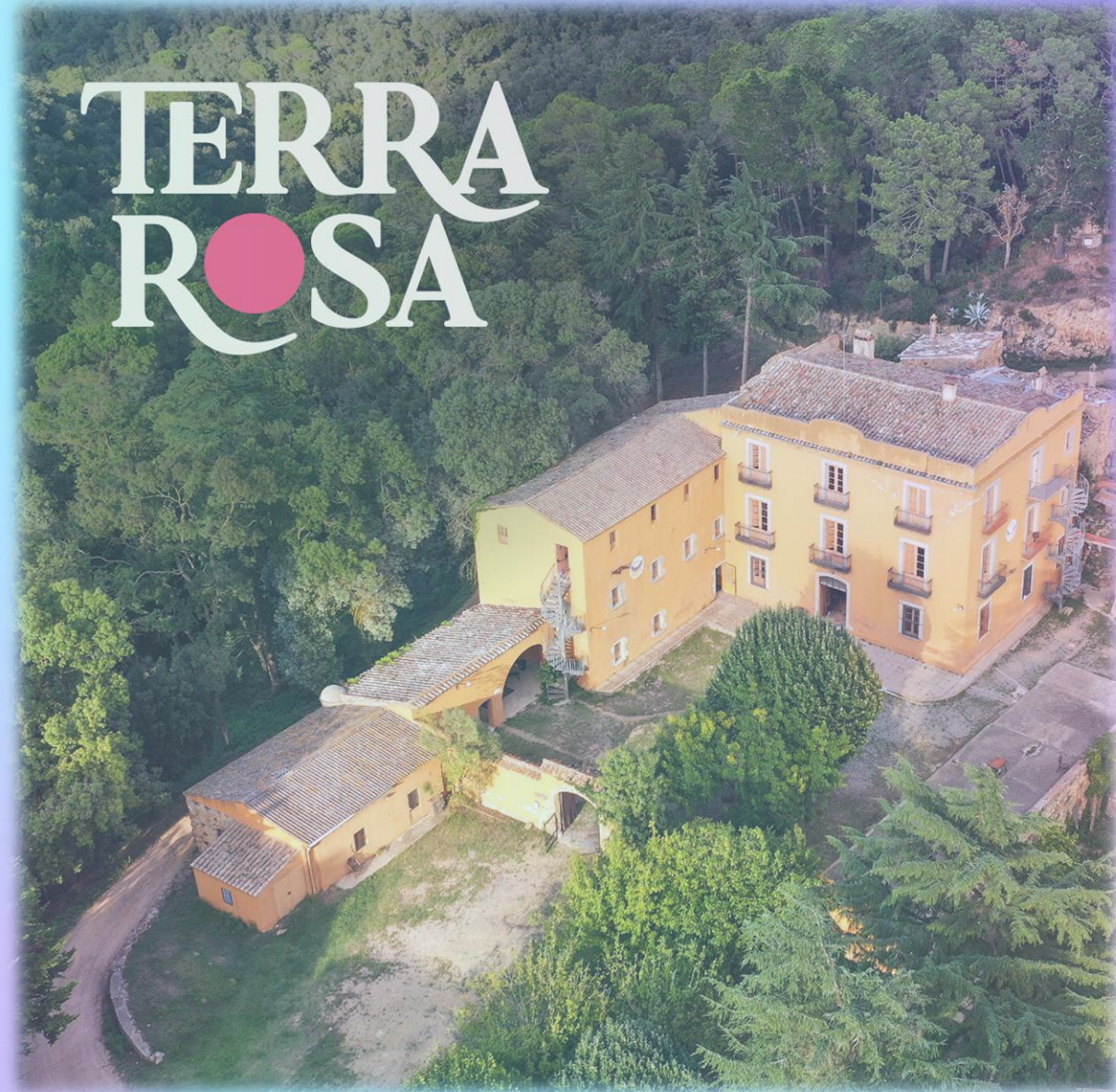
Be part of the Magic...

"A space dedicated to the personal, communal, and spiritual growth of its guests, residents, and the international LGBTQ+ community, expressing our shared desire for deep human connection, harmony with nature, and vibrant community life." - www.terrarosa.org

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ROOM TO BREATHE

Schedule of Activities at Terra Rosa

- Day 1: Welcome & Creating a Safe Container for your Authentic Self
 - Orientation, Opening Circle & Intention Setting
 - Stepping Outside Ones Comfort Zone to Experience the Magic
- Day 2: Reclaiming your Peace and Wellness
 - Nervous System Reset with Breathwork, Body Mapping & Sound Healing
 - Navigating Intense Emotions and Finding Peace
- Day 3: Deep Dive to Overcome Trauma with Breathwork
 - Trauma in the Body; Guided Meditation, Release & Healing
 - Extended Breathwork, Holding Space and Transformation
- Day 4: Cultivating Intuition and Trusting your Inner Guidance
 - Experiential Exercises with Breathwork to Connect and Trust your Intuition
 - My Body, my Compass; Manifesting your Authentic Future
- Day 5: Integration and Embarking on your Next Beautiful Chapter
 - Ecstatic Movement and Closing Circle



REBOOT & RENEW IN BEAUTIFUL SITGES

Top gay beach destination in Europe outside of Barcelona, Spain

Keep the Magic Going...

Sitges is renowned for its welcoming and inclusive environment for the LGBTQ+ community, with many gay and nude beaches. The town is also famous for its vibrant nightlife, with many gay clubs and bars, and hosts various festivals throughout the year.

Ashram Villa Sunshine - We will spend three beautiful nights and two-plus days in our own private seaside villa. Just a 5 min drive to downtown Sitges and nearby beaches. This incredible property features stunning views of the Mediterranean, private pool, fully equipped dining room and living room.

Available Accommodations:

- Top Floor (Sun Suite with 4 beds and balcony)
- Second Floor (4 Bedrooms / Passion, Harmony, Peace & Joy with 2 baths)
- Ground Floor (Horizon Suite with 3 beds, 1 bath, kitchenette and terrace)

