

ROOM TO BREATHE EXPERIENCE THE POWER OF BREATHWORK

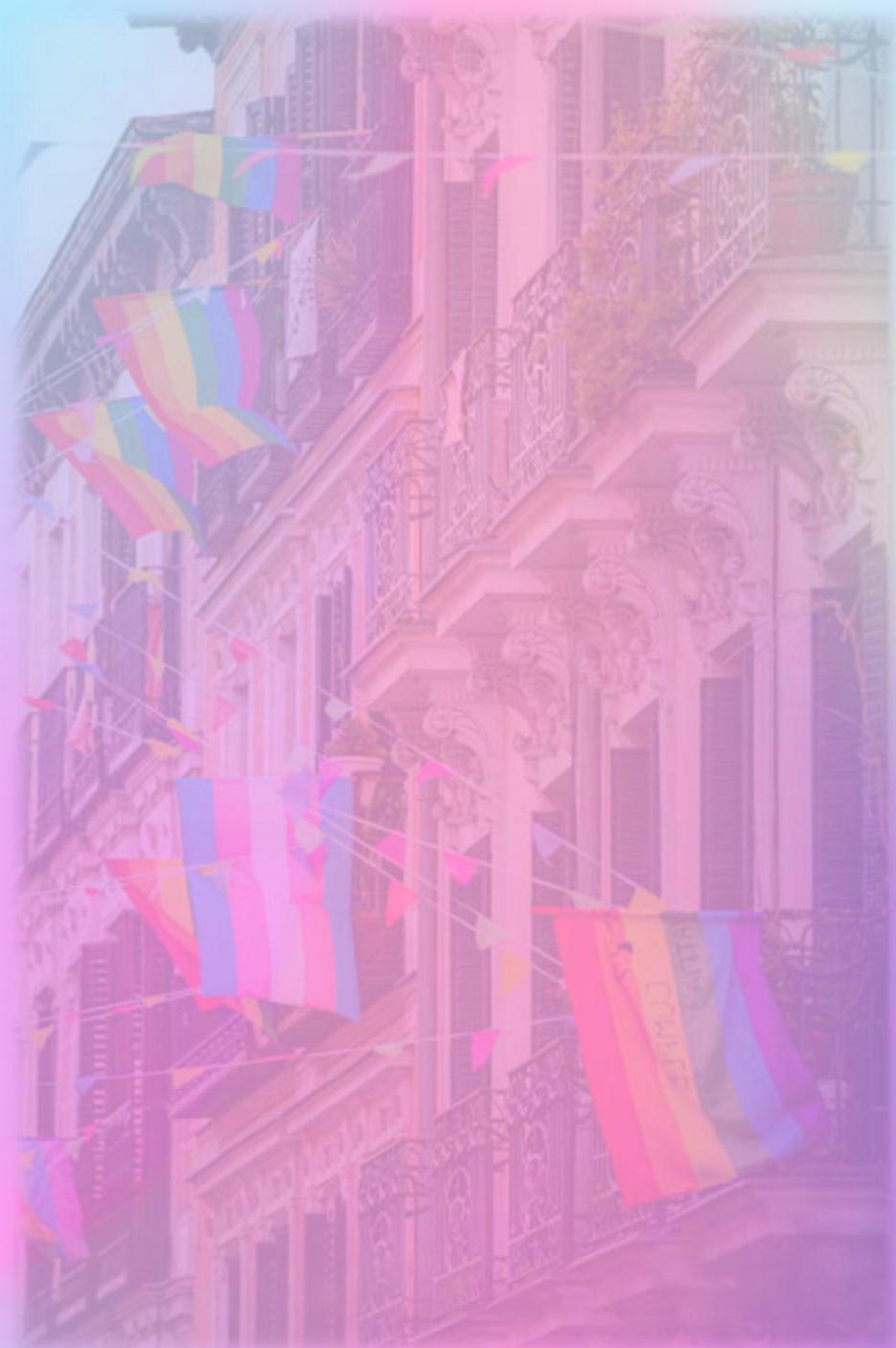
And Queer Communal living at Terra Rosa & in Sitges, Spain

Experience the Magic over 7 Nights and 8 days (August 17-24, 2026)

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.

Room to Breathe is a Sanctuary for Your Authentic Self. An Opportunity to Reclaim Your Peace; both Mental & Physical Wellness. Space for Healing & Transformation by Releasing Stored and Stuck Emotions and Trauma in the Body. A place to be Inspired & Empowered by Connecting with Nature and your Authentic Self. While Cultivating Resilience and Aligning with the spirit of your spark.

Take a breath with me...



ROOM TO BREATHE

a Queer Escape & Reboot at Terra Rosa & 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: Releasing 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

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 Release 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



EXPERIENCE THE POWER OF BREATHWORK

And Queer Communal living outside of Barcelona, Spain

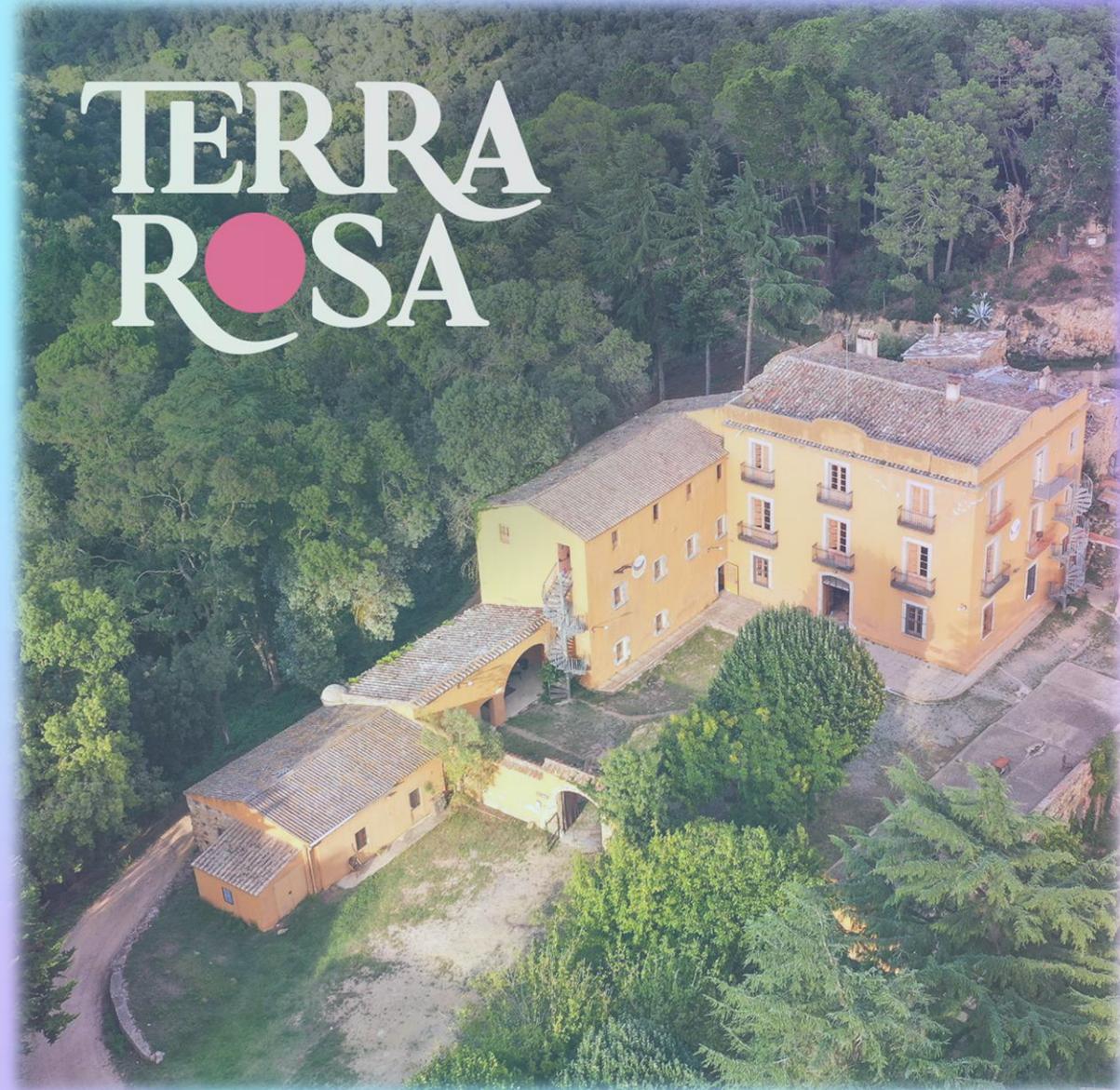
Be part of the Magic at Terra Rosa... (Mon, Aug 17 – Fri, Aug 21)

“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

We will spend four beautiful nights and five transformational days at Terra Rosa, nestled in the mountains, outside of Barcelona overlooking the Mediterranean Sea. Nourished with on-site vegetarian meals and more.

Available Accommodations:

- 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



REBOOT & RENEW IN BEAUTIFUL SITGES

Top gay beach destination in Europe south of Barcelona, Spain

Room to Breathe as we transition to Sitges... (Fri, Aug 21 – Mon, Aug 24)

As we arrive at our restful, connected and beautiful sea side Villa in Sitges renowned for its welcoming and inclusive environment for the LGBTQ+ community, with queer and nude beaches. The town is also famous for its vibrant nightlife, with many queer clubs and bars, restaurants and shops.

Ashram Villa Sunshine – Is were we will spend three beautiful nights and two-plus days in our own private seaside villa allowing time for group and individual integration. Our villa is 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)



YOUR HOST CHAD PUTMAN, MSW

I do this because I know the power of the experience...

He holds a professional background in social work, with years of experience in clinical work, program development, and leadership within the addiction treatment and recovery field.

Breathwork and Tantra: He has studied under seasoned tantric and energy gurus and offers individual services like Intimacy Coaching and Tantra Touch, which incorporate grounding, breathwork, and guided meditation.

Queer-Inclusive Retreats: He has led and co-facilitated group massage, kink, and "sacred temple" workshops, and his offerings include a queer-inclusive (men's) retreat in Tulum, Mexico.

Approach: His background and empathic nature create a supportive, affirming, and safe environment for insight, growth, and healing, with an intentional focus on the queer community.



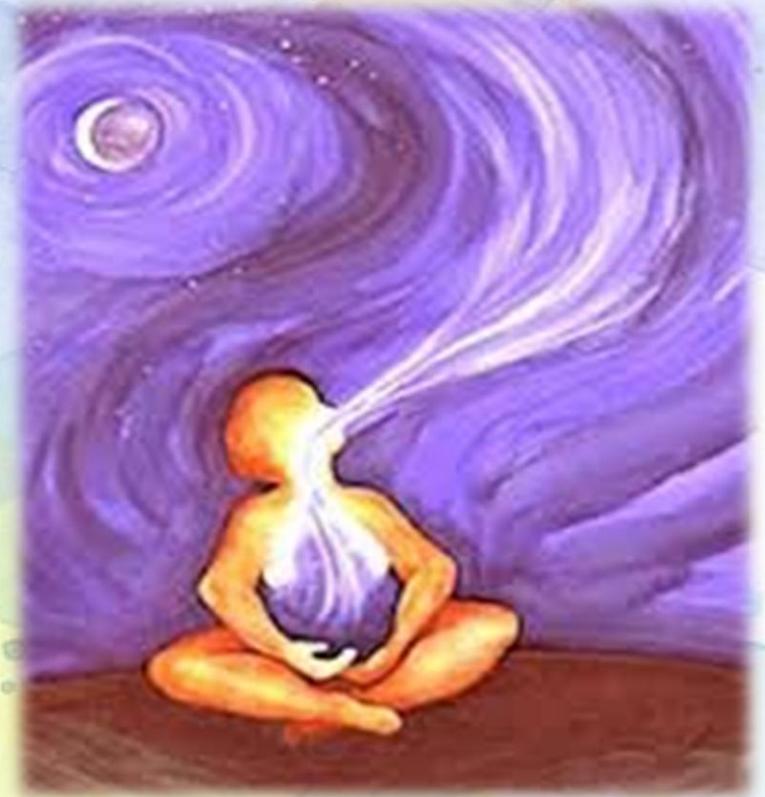
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Cost, Accommodations, Shuttle Service and Deposit, etc.

Price: \$1,670.00 / Includes 7 Night Accommodations:

- I. **Accommodations over 4 Nights, 5 days & 11 Vegetarian Meals** at Terra Rosa (Queer Communal Community)
- II. Transformational Programing over 4 full days and 2 half-days lead by Certified Breathwork Facilitator and practicing master's level social worker
- III. **Accommodations 3 Nights, 4 days** in our exclusive Ashram Villa Sunshine in Sitges (Top Queer Beaches in Europe)
- IV. Integration through breathwork, group and individual process opportunities over 2 full days.
- V. Shuttle Service from Barcelona to Terra Rosa on August 17, from Terra Rosa to Sitges on August 21, and from Sitges back to Barcelona on August 24

**Register and Pay in Full by May 1, 2026 and Save \$200. Deposit of \$500 to secure your reservation. Full payment due by July 15, 2026. No refunds after June 15, 2026*



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Cost of International Travel, Queer Collective Engagement & Investment in Self

Fee: \$1670 (save \$200 pay by 5/1/26) \$1470

Breakdown:

- Terra Rosa (\$90 night, minimum 4 nights) = \$360 / Retreat communal experience
- Ashram Villa Sunshine $\$3,900 \div 12 = \325 (for 3 nights)
- Transformational Breathwork workshops over 3 full days and 2 half days (22 hrs @ 100 per hr) = $\$2,200 \div 10 = \220
- Integration with breathwork, group and individual sessions in Sitges (6 hrs at 100 per hr) = 600
- Shuttle Service = \$350
 - Barcelona to Terra Rosa \$100
 - Terra Rosa to Sitges \$150
 - Sitges to Barcelona \$100

Equals: \$1,855 (savings of \$385 when you pay in full by May 1, 2026)



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You've heard some of my story, but the other part is that I truly enjoy connecting with others, exploring the world and having new and amazing experiences. As often as I can, I chose to ditch convention and old pathways. I've learned the hard way through my own personal struggles. At anytime I can embrace my own journey and desires, welcome change and to say "YES" to opportunities the scare the sh*t out of me. It's with that spirit I invite you to join me, not for a vacation, but for a queer escape and reboot. Starting today and this summer, embrace the change you want to be and see in the world.

Got questions?

Text Chad at 518-225-0957 or email

chadputman1@gmail.com

for more information.