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# AHOD PUGLIA GETAWAY 2024

September 20th to 24th



Puglia, Italy



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## What are wellness retreats?

Immerse yourself in an unparalleled journey of transformation with our holistic Wellness Retreats. These retreats now take place in new, serene locations carefully chosen to enhance your rejuvenation experience. Our all-inclusive retreats offer you a comprehensive experience from the moment you arrive. From chauffeur services to luxurious accommodations, from nourishing meals to tailored activities, every detail is meticulously arranged to ensure your comfort and growth.

The retreats encompass a wide spectrum of experiences, drawing inspiration from a collective wealth of expertise. Beyond relaxation and self-care, our retreats focus on life coaching, career reorientation, healing past traumas, relationship enhancement, and a myriad of transformative processes. Our seasoned facilitators guide you through therapeutic modalities, relaxation techniques, and introspective explorations, offering a holistic blend of approaches to personal development.

These retreats provide a nurturing environment that fosters self-discovery, emotional healing, and personal growth. As you traverse this immersive experience, you'll not only absorb insights from experts across domains but also gain tools to address challenges, manifest change, and cultivate a life of fulfilment.

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## Puglia

Exclusive villa in the heart of Locorotondo, Puglia

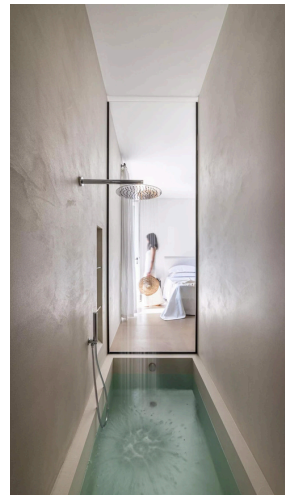
Just a short drive from Bari, 30 minutes from the Adriatic beaches of Puglia, and surrounded by the enchanting landscape of Bari with its ancient olive groves and a serene way of life.





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# Luxury Accommodation





# Therapy Programme

## **Pre-Retreat Preparation:**

### Transformational Preparation Call:

Before you embark on your journey, you'll experience a pivotal moment in an introductory call with your dedicated expert therapist. This call serves as the gateway to your transformation, where you'll delve deep into your aspirations, fears, and hopes, laying the groundwork for profound change.

## **Day 1: Arrival and Introduction**

### **Therapy Session:**

#### Visionary Consultation and Goal Setting:

Upon your arrival, you're greeted with the promise of a new beginning. In a sacred space, you'll engage in an intimate session with your dedicated expert therapist, charting the course for your personal odyssey. Here, your aspirations crystallize into tangible goals, igniting the spark of potential within.

## **Day 2: Deepening the Practice**

### **Therapy Session:**

#### Soulful Journey of Emotional Healing:

Embarking on a transformative pilgrimage, you'll engage in profound one-on-one sessions with your dedicated expert therapist. Through introspection and guidance, emotional barriers crumble, unveiling the raw essence of your soul. Techniques such as cognitive-behavioral therapy (CBT) and narrative therapy guide this profound excavation of the self.

## **Day 3: Integration and Closure**

### **Therapy Session:**

#### Harmonious Integration and Forward Momentum:

As the retreat draws to a close, you stand on the threshold of your newfound self. In a final communion with your dedicated expert therapist, insights gained during the retreat converge into a symphony of transformation. Together, you'll forge a roadmap for the future, anchoring newfound wisdom into the fabric of your daily lives.



# Activity Programme



Airport Pick-up and Welcome  
Dinner

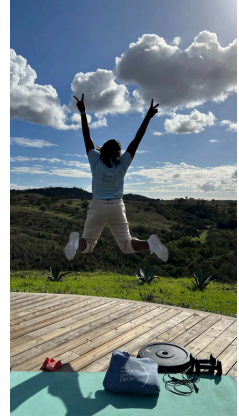
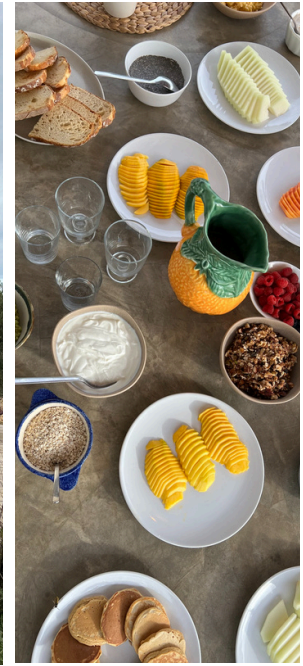
1. Daily One-to-one session with our Holistic Therapy Expert Bettina Decker
2. Daily one-to-one and group sessions with our expert Dida Silder
3. Massotherapy (3 x sessions of 90 minutes)
4. Facials (1 x session of 60 minutes)
5. Daily Yoga and meditation
6. Daily sports
7. Bonding activities



Farewell Dinner and Airport Drop-off Next  
Morning



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## Packages and Prices

The package includes:

Bari airport pick-up - Accommodation  
Daily bespoke breakfast, lunch and dinner  
Juices and herbal drinks  
The complete Program  
Full-time chauffeur  
Pool access  
Bari airport drop-off

Package prices:

- Suite, King Size Bed  
Single Occupancy 6'500 Euros  
With child: 5'500 Euros per person

Booking deadline: 15th June 2024



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## Meet the Team

Virginie  
Maillard



Virginie, the radiant force behind All Hands on Deck, is on a mission to ignite transformation and touch the deepest corners of your soul. Hailing from Switzerland and a proud mother of three incredible grown children, she has fearlessly embraced a life of boundless adventure. From India to Kenya, the United Arab Emirates to Portugal, Virginie has immersed herself in diverse cultures, seeking profound experiences that enrich her own growth. With an infectious zest for life, Virginie extends an impassioned invitation to embark on this extraordinary journey of self-discovery. Through All Hands on Deck, she unveils a sacred sanctuary where souls unite, transformation blooms, and dreams take flight. Brace yourself for an odyssey worth pursuing, where you will unravel the tapestry of your being and unleash the limitless potential within.

[www.ahodworld.com](http://www.ahodworld.com)

Bettina  
Decker



"One on one session" with Bettina, a Professional Certified Coach, bringing one back to their heart resonance. Adapting to your individual needs, she uses different approaches to guide you through your journey to manage and understand your emotions, clearing and breaking through repeated and unwanted patterns while turning wounds into wisdom.

[www.findyourinnerstar.com](http://www.findyourinnerstar.com)

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## Meet the Team

Dida  
Sidler



Meet Dida, a highly experienced French Therapist with over 20 years of expertise in human psychology. Her passion lies in bringing well-being and balance to individuals of all generations. With a remarkable level of intuition and experimentation, Dida excels in analyzing problems from multiple perspectives, leading to the discovery of sustainable solutions.

Dida's approach is delicate, founded on trust and confidentiality, while remaining pragmatic and respectful of each person's unique personality. Through a few sessions with Dida, you can expect to gain clarity in your life goals and be empowered to take meaningful actions, resulting in fulfilling and positive changes.

Tatyana  
Salimova



"Our sessions will include BioEnergetic Vibrational Quantum bone and muscle techniques to help you look into yourself, wake up the Divine Energy and see your inner sun. I facilitate the removal of pain in the muscular system, improve cardiovascular circulation, respiratory health, hormonal systems, immune functions, and the central nervous system of the organism.

[www.facebook.com/aliviardorterapias/](http://www.facebook.com/aliviardorterapias/)

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## More of Puglia







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## Inquiries

For any questions , booking or extra information please use the following:

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