

GENERAL INFO



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WWW.MYDREAMLIFEMETHOD.COM



@PITA_LALITA



@UBUNTUWAY
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InnerDancer Retreat

YOGA | PERSONAL GROWTH | MOVEMENT

JUNE 1 - 8, 2026

GROW AS A PERSON
GROW AS A DANCER



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JUNE 1 - 8, 2026

InnerDancer Retreat

*Grow as a person &
you will grow as a dancer*

JOIN US FOR A TRANSFORMATIVE WEEK DESIGNED FOR DANCERS, SEEKING TO GO DEEPER AND FEEL TRULY FREE AND EMPOWERED - ON AND OFF THE DANCE FLOOR.

THIS IS THE FIRST RETREAT WITH AN UNIQUE APPROACH OF CONNECTING BODY, MIND AND SOUL IN A PLAYFUL WAY. MOVEMENT IS THE GUIDING PRINCIPLE IN ALL WORKSHOPS, FOR YOU TO CONNECT WITH NATURE, EXPLORE PERSONAL GROWTH, AND EXPERIENCE A POWERFUL JOURNEY OF SELF-DISCOVERY IN A SMALL GROUP.

BY THE END OF THE WEEK, YOU FEEL GROUNDED, MORE CONNECTED TO YOURSELF AND OTHERS, AND EMPOWERED TO BRING YOUR AUTHENTIC SELF INTO EVERY STEP—IN LIFE AND IN DANCE.

BE UNIQUE : LET YOUR INNER DANCER OUT

JUNE 1-8, 2026

The Elements:

Body

MOVE AND EXPAND THE BODY WITH A VARIETY OF ACTIVE WORKSHOPS, DURING THE RETREAT, WE'LL START EACH DAY WITH YOGA, AND DEPENDING ON THE SCHEDULE THERE WILL BE SURFING, DANCE & FISIO TO ENERGIZE YOU, UNDERSTAND YOUR BODY AND MASTER YOUR MOVEMENT.

THE INFLUENCE OF OUR MIND IS SO POWERFUL. THERE WILL BE DAILY INNER GROWTH WORKSHOPS AT THE RETREAT, TO UNBLOCK THE MIND, EXPRESS FREELY, CONNECT TO YOUR EMOTIONS, BREAK WITH LIMITING BELIEFS & FEEL CONFIDENT - TRULY CONNECTING WITH YOUR INNER DANCER.



Mind

EXPECT THE GROWTH WORKSHOPS TO PROVIDE YOU WITH TOOLS TO FIND WHAT DRIVES YOU, CONNECT WITH YOUR SOUL AND THE AUTHENTIC SELF. THE BETTER YOU CONNECT WITH YOURSELF, THE BETTER YOUR CONNECTIONS WITH OTHERS WILL BE. YOUR FOCUS WILL SHIFT AND YOU OPEN UP TO YOUR FULL POTENTIAL.

Soul





JUNE 1 - 8, 2026

InnerDancer Retreat

*Unique retreat by dancers -
for dancers*

YOU SHOULD JOIN IF:

- YOU ARE INTERESTED IN PERSONAL DEVELOPMENT, READY TO GROW - WANTING TO FEEL MORE POWERFUL AND AUTHENTIC, BOTH IN YOUR PERSONAL LIFE AND IN DANCING
- YOU'RE LOOKING FOR A UNIQUE AND MEANINGFUL EXPERIENCE THAT OFFERS MORE DEPTH THAN TYPICAL WORKSHOPS OR EVENTS
- YOU WANT TO CONNECT WITH LOVELY, LIKE-MINDED PEOPLE
- YOU LIKE NATURE, THE SEA, SUNSHINE, AND THE SOUND OF BIRDS
- YOU LOVE TO EXPLORE YOUR BODY BY MOVING & DANCING (ANY STYLE)

**WANT TO BE PART OF THIS EXPERIENCE?!
SIGN UP THROUGH THE FORM IN INSTAGRAM BIO**

JUNE 1-8, 2026

Your Hosts:



Gonzalo Rojas
(Spain)

@UBUNTUWAY

REGISTERED YOGA TEACHER 800H,
PHYSIOTHERAPIST & OSTEOPATH,
CREATOR OF FISIODANCE METHOD,
LOVES TRAVELING AND DANCING

Pita Margary
(Netherlands)

@PITA_LALITA

CERTIFIED ENERGY WORKER AND
HEALER, PHD CANDIDATE, CONNECTOR
OF BODY, MIND AND SOUL, AND
PASSIONATE DANCER



Fiorella Colantuono
(Netherlands)

@THE.DANCING.PSYCHOLOGIST_

PSYCHOLOGIST (MSC.) & COACH BY DAY,
INTERNATIONAL BACHATA ARTIST BY
NIGHT, AND CREATOR OF 'THE DREAM
LIFE METHOD' COACHING PROGRAM





JUNE 1 - 8, 2026

InnerDancer Retreat

Our retreat center:

NEXO SURFHOUSE
EL PALMAR, CADIZ, SPAIN



SEE MORE: WWW.NEXOSURFHOUSE.COM



JUNE 1 - 8, 2026

InnerDancer Retreat

Price includes:

- 7 NIGHT STAY* IN AMAZING B&B NEXT TO THE BEACH
- FULL PENSION 3 MEALS A DAY**
- 35+ HOURS OF WORKSHOPS: YOGA, INNER GROWTH, SURF, MOVEMENT, TECHNIQUE, CACAO CEREMONY
- UNIQUE SELF-DEVELOPMENT EXPERIENCE IN NATURE
- FUN, SMALL GROUP (MAX. 35) OF LIKE-MINDED PEOPLE

Book now
1399€^{*} / Person**

*DOUBLE OR TRIPLE ROOM WITH AC

** 7X BREAKFAST, 5X LUNCH, 5X DINNER

*** SUPER EARLY-BIRD PRICE TILL 31.08.2025

EARLY BIRD PRICE 1499€ FROM 01.09.2025 TILL 31.11.2025

REGULAR PRICE FROM 01.12.2025: 1599€/PERSON

CONTACT US FOR QUESTIONS AND SAVE YOUR SPOT!

JUNE 1-8, 2026

Our Aim:

WE WANT TO OFFER A UNIQUE EXPERIENCE AND CREATE A SAFE SPACE TOGETHER WITH YOU, TO OPENLY EXPLORE OUR TRUE SELVES, FOCUSING ON GROWTH, CONNECTION TO FEEL MORE LIGHT AND JOY. MOVEMENT IS A BEAUTIFUL TOOL TO UNDERSTAND OURSELVES, AND EXPRESS AND DEVELOP OUR INNER FIRE

FREE YOURSELF FROM SELF CONCIOUSNESS AND DOUBTS AND UNLEASH YOUR INNER DANCER!

PITA, FIORELLA & GONZALO MET BECAUSE OF A SHARED DREAM. OUR PASSION FOR DANCE AND INNER WORK LED US TO CREATE THIS RETREAT. TWO WORLDS THAT THE THREE OF US WANT TO COMBINE, TAKING THE BEST OF BOTH WORLDS TO BECOME THE BEST VERSION OF OURSELVES AS A PERSON - AND AS A DANCER.

*Love,
Fiorella, Pita &
Gonzalo*



JUNE 1-8, 2026

Cancellation Policy

WE UNDERSTAND THAT PLANS CAN CHANGE, AND WE STRIVE TO ACCOMMODATE OUR GUESTS AS MUCH AS POSSIBLE. HOWEVER, AS OUR RETREAT REQUIRES CAREFUL PLANNING AND COSTS, WE HAVE A CANCELLATION POLICY IN PLACE TO COVER THESE COMMITMENTS.

1. CANCELLATION 60+ DAYS BEFORE THE START DATE

- REFUND: 100% OF THE TOTAL AMOUNT PAID, MINUS A NON-REFUNDABLE ADMINISTRATIVE FEE OF €100.

2. CANCELLATION 30–59 DAYS BEFORE THE START DATE

- REFUND: 50% OF THE TOTAL AMOUNT PAID.

3. CANCELLATION LESS THAN 30 DAYS BEFORE THE START DATE

- NO REFUNDS ARE AVAILABLE FOR CANCELLATIONS MADE WITHIN 30 DAYS OF THE RETREAT START DATE.

NOTE: REFUNDS WILL BE PROCESSED WITHIN 30 DAYS OF THE CANCELLATION REQUEST. WE ALSO RECOMMEND TRAVEL INSURANCE IN CASE OF UNFORESEEN CIRCUMSTANCES.

JUNE 1-8, 2026

**InnerDancer
Retreat**

Payment Details

PLEASE TRANSFER YOUR €999,- DEPOSIT

- PUT IN THE DESCRIPTION: 'INNER DANCER RETREAT + YOUR FULL NAME (+ ROOM MATE NAME(S) IF APPLICABLE)

BANK DETAILS

NEXO BEACH HOUSE, S.L.

IBAN: ES08 0049 2631 2821 1405 3801

BIC: BSCHESMMXXX

SEE MORE: WWW.NEXOSURFHOUSE.COM