ALERA RETREATS

ALERA RESET

The Female Longevity & Glow Retreat

30 APRIL - 4 MAY 2027 · IBIZA

4 nights · 5 days · Maximum 12 women

PERSONAL. TRANSFORMATIVE. LASTING.

A premium women-only retreat bringing together female longevity, mindful movement, nutrition, beauty, recovery, expert knowledge and meaningful connection - in an intimate setting at Casa Munich, Ibiza.

Prepared for Tripaneer · 30 April - 4 May 2027

Retreat at a glance

Retreat name	ALERA RESET - The Female Longevity & Glow Retreat
Brand	ALERA RETREATS
Dates	30 April - 4 May 2027
Duration	5 days / 4 nights
Location	Casa Munich, Ibiza, Spain
Audience	Women
Group size	Maximum 12 participants
Instruction language	English
Price	EUR 3,990 per person - completely private apartment
Positioning	Luxury reset · female longevity · wellbeing · nourishment · movement · beauty · recovery

Short listing description

ALERA RESET is a five-day, four-night luxury women's retreat in Ibiza created for women who want to step away from daily demands and reconnect with themselves. In an intimate group of up to 12 women, the experience combines yoga, mindful movement, Pilates, lymphatic activation, breathwork, female nutrition, longevity, women's health, beauty rituals, personal treatments, recovery experiences, organic food and protected time to simply be.

Every guest is welcomed personally before arrival through a 1:1 call, allowing the ALERA team to understand her goals, dietary needs, movement considerations, treatment preferences and what she wants to take away from the retreat.

The ALERA RESET concept

ALERA RESET is built around one central idea: a meaningful reset should not end when the retreat ends. Guests experience practices, knowledge and rituals that can become part of everyday life - from morning nourishment and mindful movement to a deeper understanding of female health, longevity, recovery and self-care.

What makes the experience distinctive

- **Highly personal:** a 1:1 pre-retreat welcome call and an individual treatment schedule.
- **Intimate:** maximum 12 women.
- **Multidisciplinary:** movement, longevity, nutrition, beauty, recovery, creativity and emotional wellbeing.
- **Balanced:** anchor experiences paired with generous free time and personal treatment windows.
- **Luxury without stiffness:** beautiful surroundings, thoughtful details and warm hosting.
- **Designed to last:** guests leave with knowledge and rituals they can continue at home.

> “Come for the retreat. Leave with something that stays.”

Accommodation & setting

The retreat takes place at **Casa Munich in Ibiza**, a calm Mediterranean setting chosen for privacy, nature and the ability to host movement, treatment and recovery experiences in one environment.

Accommodation

Private Apartment - EUR 3,990 pp	A complete Casa Munich apartment reserved exclusively for one guest for the four-night stay.

On-site retreat environment

- Yoga / movement space
- Treatment rooms
- Sauna and cold plunge
- Red-light wellness sessions
- Human Regenerator experience
- Tennis and outdoor spaces
- Casa Munich's organic garden
- Protected quiet time and personal space

Check-in: 15:00-17:00 on 30 April. **Official end:** 15:30 on 4 May 2027.

Food philosophy

FROM OUR GARDEN TO YOUR TABLE

Food is a central part of ALERA RESET. The concept is healthy without feeling restrictive: fresh, colourful, satisfying meals with whole foods, vegetables, herbs, quality proteins, healthy fats, fruit, nuts, seeds and Mediterranean sharing plates.

Core principles

- Fresh, seasonal and organic-focused ingredients
- Ingredients inspired by Casa Munich's own garden
- No added sugar
- No fried food
- No ultra-processed food
- No bread as part of the ALERA RESET concept
- Breakfast, lunch and dinner included
- Dietary needs and allergies discussed before arrival

Morning ritual

- Warm lemon water with a small pinch of Himalayan salt
- Fresh ginger and turmeric shot
- A different functional juice each morning
- Optional functional add-ons such as spirulina, moringa, chia, flaxseed and hemp

No deprivation - just nourishment. The goal is for guests to take simple, enjoyable routines home with them.

Experiences & inclusions

Movement & body

- Yoga and mindful movement
- Lymphatic activation and mobility
- Ibiza nature hike and grounding

Mind, connection & creativity

- Breathwork Experience
- Sound Dance Experience
- Cacao Ceremony & Pillow Talk
- Creative Painting Session
- Welcome and Closing Ceremonies

Female health, nutrition & longevity

- Female Longevity Expert Session with Eterna Longevity Club
- Female Nutrition with Caro

Beauty, recovery & personal care

- Face Yoga & Gua Sha Masterclass with Aiste
- One personalised 60-minute treatment
- 30-minute Human Regenerator session
- Red-light wellness sessions
- Sauna
- Cold plunge

DAY 1

FRIDAY

30 APRIL 2027

ARRIVE · LAND · CONNECT

15:00 - 17:00	**ARRIVAL & PRIVATE CHECK-IN** Settle in, unpack and enjoy your first moments. Reception / private apartment
17:30 - 18:15	**WELCOME TO ALERA RESET** Welcome circle and introduction to the retreat journey. Bistro
18:15 - 19:00	**ME-TIME** Freshen up, enjoy the garden or pool and take a deep breath. Casa Munich
19:00 - 19:45	**GENTLE ARRIVAL & LYMPHATIC RESET** with Mariel · Release, ground and activate after travel. Yoga Dome
19:45 - 20:30	**ME-TIME & GET READY** Enjoy the evening at your own pace. Private apartment
20:30	**WELCOME DINNER** A beautiful first dinner together under the Ibiza sky. Dining area

DAY 2

SATURDAY

1 MAY 2027

MOVE · LEARN · RESTORE · GLOW

09:00 - 09:50	**MORNING YOGA & LYMPH FLOW** with Mariel · Move, breathe and activate your body. Yoga Dome
10:00 - 11:00	**ORGANIC BREAKFAST** Nourishing, fresh and seasonal. Dining area
11:15 - 12:00	**LONGEVITY TALK** with Eterna Longevity Club · Healthy aging and wellbeing. Bistro
12:00 - 13:00	**ETERNA ACTIVITIES** Discover the Eterna wellness experiences. Wellness / treatment area
13:00 - 14:30	**FREE TIME & PERSONAL TREATMENTS** Rest, explore the facilities or enjoy your scheduled treatment. Wellness area / Casa Munich
14:30 - 15:30	**ORGANIC LUNCH** Wholesome, plant-based and delicious. Dining area
15:30 - 17:15	**FREE TIME & PERSONAL TREATMENTS** Massage, Human Regenerator, red light, sauna or cold plunge. Wellness / treatment area
17:15 - 18:15	**FACIAL WORKSHOP & GUA SHA** with Aiste · Natural techniques for a radiant glow. Kids Pool workshop area
18:15 - 18:30	**GET READY FOR THE HIKE** Prepare for our walk together. Casa Munich
18:30 - 20:00	**NATURE HIKE & MEDITATION** Connect with the island through mindful walking and meditation. Salinas · meet at reception
20:30	**DINNER** A special evening together. Dining area

DAY 3

SUNDAY

2 MAY 2027

STRENGTH · CREATE · NOURISH · RESTORE

09:00 - 09:50	**INNERBLOOM - SLOW DEEP YOGA** with Yamila · Move with awareness and reconnect with your body. Yoga Dome
10:00 - 11:00	**ORGANIC BREAKFAST** Nourishing, fresh and seasonal. Dining area
11:00 - 11:30	**FREE TIME** Time for yourself. Casa Munich
11:30 - 13:00	**CREATIVE PAINTING & CACAO CEREMONY** with Alisa · Let your creativity flow through painting and cacao. Painting room
13:00 - 14:30	**ME-TIME & PERSONAL TREATMENTS** Relax, enjoy the facilities or attend your scheduled treatment. Casa Munich / wellness area
14:30 - 15:30	**ORGANIC LUNCH** Wholesome, plant-based and delicious. Dining area
15:30 - 20:00	**ME-TIME & PERSONAL TREATMENTS** Enjoy your scheduled treatment, Human Regenerator, red light, sauna, cold plunge, pool or journaling. Allow time to get ready for dinner. Wellness area / Casa Munich
20:00	**DINNER** A special evening together. Dining area
21:30	**PILLOW TALK** with Alisa · A cozy evening of connection and conversation. Yoga Dome

DAY 4

MONDAY

3 MAY 2027

UNDERSTAND · BREATHE · CELEBRATE

09:00 - 09:50	**SLOW MORNING YOGA** with Mariel · Move gently, breathe deeply and set intentions. Yoga Dome
10:00 - 11:00	**ORGANIC BREAKFAST** Nourishing, fresh and seasonal. Dining area
11:00 - 11:30	**FREE TIME** Time for yourself. Casa Munich
11:30 - 12:30	**FEMALE TALK WITH CARO** Female nutrition, nourishment, energy and balance. Bistro
12:30 - 14:30	**ME-TIME & PERSONAL TREATMENTS** Enjoy your scheduled wellness experiences or simply rest. Wellness / treatment area
14:30 - 15:30	**ORGANIC LUNCH** Wholesome, plant-based and delicious. Dining area
15:30 - 17:00	**FREE TIME** Rest and prepare for breathwork. Casa Munich
17:00 - 18:15	**BREATHWORK EXPERIENCE** with Macarena (MACA) · Release and reconnect with yourself. Yoga Dome
18:15 - 20:00	**FREE TIME & GET READY** Integrate, relax and prepare for our final evening together. Casa Munich
20:00	**ALERA DINNER UNDER THE STARS** A special evening to celebrate this journey. Outdoor dining area

DAY 5

TUESDAY

4 MAY 2027

REFLECT · RELEASE · CONNECT

09:00 - 09:50	**FINAL AWAKENING FLOW** with Yamila · A fluid and energizing Vinyasa practice. Yoga Dome
10:00 - 11:00	**FINAL ORGANIC BREAKFAST** Nourishing, fresh and seasonal. Dining area
11:00 - 11:30	**ME-TIME & PACKING** Pack, refresh and prepare for our closing experiences. Private apartment
11:30 - 12:15	**CACAO CEREMONY & PILLOW TALK** with Alisa · Reflect, share and celebrate your journey. Yoga Dome
12:30 - 13:30	**SOUND DANCE EXPERIENCE** with SUDA · A beautiful headphone movement journey. Yoga Dome
13:45 - 14:15	**ALERA RESET CLOSING CEREMONY** Gratitude, reflections and a beautiful send-off. Yoga Dome
14:15 - 14:30	**FAREWELL & CHECK-OUT** Prepare for departure and enjoy your final moments together. Reception
14:30 - 15:30	**FAREWELL ORGANIC LUNCH** One final nourishing lunch together. Dining area
15:30	**OFFICIAL END OF ALERA RESET** Carry this feeling into your next chapter. Casa Munich

Expert team

Updated expert roster.

Mariel

Yoga, Mindful Movement & Lymph Activation

Guides gentle yoga, mindful movement and lymph-focused sessions.

Yamila Morales

Yoga - INNERBLOOM & AWAKENING FLOW

Yamila shares her passion for movement through inspiring yoga classes that help guests reconnect with the body, cultivate balance and feel more present. Her teaching combines mindful movement, deep stretching and fluid sequences. At ALERA RESET she leads INNERBLOOM - Slow Deep Yoga and the final AWAKENING FLOW - Dynamic Vinyasa.

Caroline 'Caro' Redmond

Female Nutrition / Functional Medicine

Leads the Female Nutrition session with practical tools around nourishment, energy, balance and glow.

Eterna Longevity Club

Female Longevity

A private wellness space in Ibiza dedicated to recovery, performance and longevity. At ALERA RESET, the team shares insights into supporting long-term wellbeing and feeling your best from the inside out.

Macarena Musante (MACA)

Breathwork

Guides the dedicated Breathwork Experience.

Aiste Zabelaite

Holistic Beauty

Leads the Face Yoga & Gua Sha Masterclass.

Alisa Becker

Cacao Ceremony & Pillow Talk

Creates a reflective closing-day space for conversation and connection.

SUDA

Sound Dance Experience

Guides an embodied headphone-based sound and movement experience.

Personalisation & guest journey

Each guest is invited to a personal 1:1 welcome call before arrival. The conversation helps the team understand her intentions, dietary needs, movement considerations, treatment preferences and desired outcome.

- Motivation and desired feeling after the retreat
- Movement experience and physical considerations
- Dietary preferences, intolerances and allergies
- Treatment preferences
- Social connection versus Me-Time preferences
- Anything that would make the experience especially supportive

Personal treatments and selected wellness experiences are coordinated in advance wherever possible, creating a seamless guest journey.

What is included

· 4 nights accommodation in a completely private apartment

• Full ALERA RESET program

• Daily movement sessions

• Expert talks and workshops

· Breathwork and closing experiences

• Breakfast, lunch and dinner

• Morning ritual and daily functional juice

• One personalised 60-minute treatment

• One 30-minute Human Regenerator session

• Red-light wellness sessions

• Sauna and cold plunge

• Face Yoga & Gua Sha Masterclass

• Nature hike / grounding

• Creative Painting Session

• 1:1 pre-retreat welcome call

• Personalised treatment planning

Not included / practical notes

• Flights to and from Ibiza

• Travel insurance

• Personal purchases outside the stated inclusions

• Transfers unless individually confirmed

• Optional medical or diagnostic services not explicitly included

ALERA RESET is a wellbeing retreat and does not replace medical diagnosis or treatment.

Tripaneer-ready listing copy

Suggested title

5 Day Luxury Female Longevity, Yoga & Glow Retreat in Ibiza, Spain

Suggested highlights

- Maximum 12 women
- Yoga with Mariel and Yamila, including INNERBLOOM and AWAKENING FLOW
- Female Nutrition with Caro
- Female Longevity with Eterna Longevity Club

· Breathwork, Gua Sha, cacao and creative experiences

- Personalised treatment, Human Regenerator, red light, sauna and cold plunge
- Organic-focused Mediterranean meals
- 1:1 pre-retreat welcome call

Suggested opening paragraph

What if five days could shift more than you expect? ALERA RESET is a carefully curated women's retreat in Ibiza for those who want more than a holiday. Over five days, you will move, rest, learn, eat beautifully, reconnect with your body and share meaningful moments with a small group of women. Female longevity, nutrition, movement, beauty and recovery are thoughtfully brought together - with enough space to actually enjoy it.

Listing data & contact information

Organizer / brand	ALERA RETREATS
Program	ALERA RESET - The Female Longevity & Glow Retreat
Venue	Casa Munich, Ibiza, Spain
Dates	30 April - 4 May 2027
Group size	Maximum 12 women
Language	English
Price	EUR 3,990 per person - completely private apartment
Instagram	@alera.retreats
Website	alera-events.com
Email	contact@AleraEvents.com
WhatsApp	+34 608 672 725

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