



ECO-RETREAT TENERIFE

FEEL INSPIRED, NURTURED, RECONNECTED

JOIN US THIS
NOVEMBER
10-17



A unique 7-day retreat in an sustainable eco-farm, including Spanish lessons, daily yoga, bio food, art therapy, workshops and more, in the vibrant and always sunny heart of Tenerife: Puerto de la Cruz.

*"The perfect blend of relaxation and learning.
I left Tenerife not only motivated, but also with a renewed
sense of peace and willingness to improve my community."*

www.amusingretreats.com

Our mission is **you**



01

ABOUT OUR AMUSING ECO-RETREAT

At **AMUSING** we believe that self-transformation allows individuals to break free from limiting beliefs and patterns, helping them reach their full potential, fostering personal growth, and enabling a deeper understanding of one's strengths, values and goals.

Our mission is to help you cultivate a positive mindset, nurture your body and soul, reduce your stress, and support you in your personal journey. You will leave with a renewed, optimistic and confident mental and emotional state.

Our Pillars



Sun
Healthy Body

We know that a healthy body and brain provide the energy and stamina to pursue and accomplish goals. Our daily yoga program, and bio food harvested in our farm will fuel you, make you feel robust and optimistic.



Ocean
Nourished Soul

Mindfulness is the bridge that connects us to this stillness, grounding us in the beauty of the present moment. That is why we have tailored powerful workshops and activities that will enhance your self-awareness, and emotional balance.



Mountain
Community

We are committed to contributing to the local community in Tenerife. We care about sustainable practices, and we believe that building unity among people is crucial in these times of change.



02

ABOUT OUR AMUSING TEAM

We are professionals with many years of experience in our respective fields. We are dedicated to providing the highest level of care and expertise, ensuring that every participant experiences a transformative and enriching journey. With a deep passion for what we do, we are committed to creating a supportive and nurturing environment where each participant can enjoy and work on themselves.



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03

SUN *Healthy Body* WELLNESS & REJUVENATION

The sun represents our body, a source of life, energy, and renewal.

Our 10-day programed activities will reawaken your senses and revitalize your physical health, reconnecting you with your body's natural rhythms.

Relax **FINCA ENCUESTRO** sustainable eco-farm. Spend your days close to the nature, having time to rejuvenate in close connection with the nature



BIO FOOD

**Healthy breakfasts
harvested in the farm**

Enjoy nutritious, farm-to-table meals that will energize your body.



BODY CARE

Daily Yoga

Start each day with guided yoga sessions to boost your energy and gratitude.



EXTRAS

**Available upon
request!**

Therapeutic Massages:
Enhance your retreat experience with ultimate relaxation.

Hike to Tenerife mountains: Explore breathtaking hikes to Anaga



04

OCEAN MIDFULNESS

Healthy Soul

The ocean symbolizes our mind and emotions.

We are committed to supporting our participants through personalized art therapy, meditation, and journaling, ensuring a deeply enriching experience that nurtures their creative expression, inner peace, and personal growth.



ART THERAPY

Art Therapy

Art therapy provides a safe space to express emotions, boost confidence and self-worth, as well as encourages creative thinking.

MEDITATION

Guided Meditation &
Sharing Circle

Meditation calms the mind, lowers cortisol levels, and helps in stress management. You will participate in meditation sessions aimed at boosting your motivation, clarity, and gratefulness.

EXTRAS

Available upon
request!

Therapist Consultation:
Enhance your retreat with a professional therapist consultation for a truly personalized experience.

meaningful life



05

MOUNTAIN BUILDING COMMUNITY

The mountain embodies our connection to nature and community. We want you to experience a sense of belonging and being grounded.

GRACIAS

¡HOLA!



SPANISH LESSONS

Communicate with locals in their mother tongue. Learn Spanish in a friendly environment with a professional teacher.

CULTURE

City Tours

Get to know the history of Tenerife's most emblematic town: Puerto de la Cruz. Discover fascinating stories in a private tour walking the streets of the fishing district.

EXTRAS

Available upon request!

Local Gastronomy: let yourself be delighted by Tenerife's mouth-watering cuisine, dining in 'Guachinches' (traditional restaurants)

Guided Museum Visit: Visit the art of avant-garde local artists.



06



TIPI TENT

If what you are looking for is an authentic experience to disconnect and be in touch with nature in the simplicity of a furnished spacious tent; our Tipi tents are the option for you.

Our cozy tipis on a beautiful farm are comfortably furnished with cozy bedding and soft lighting, offering a rustic yet welcoming retreat.

550€ P.P.



ABOUT OUR AMUSING ACCOMODATION



07



PRIVATE ROOM WITH PRIVATE BATHROOM CASA VERDE

Casa Verde is the perfect blend of comfort and modesty. It offers all the basic amenities that will make you feel right at home. Big double bed is perfect for couples or friends and private bathroom with palm trees views will give you feeling of intimacy.

650€ P.P.



ABOUT OUR AMUSING ACCOMODATION



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PREMIUM SUITE **CASA ROSA**

| For supreme comfort, quiet, and privacy, Casa Rosa offers elegant space with stunning views. This charming tiny house features stylish decor, three beds for up to three people, a bright living area, a gourmet kitchen, and a private bathroom. Large windows overlook a lush green banana plantation, providing a serene, natural retreat.

800€ P.P.



ABOUT OUR **AMUSING** **ACCOMODATION**



ECO-FARM ENCUENTRO

Our host this time is **Finca Encuentro**, a green oasis of education and activism. The center offers diverse sustainability courses and supports local businesses break global sustainability challenges. We are honored to conduct our retreat in their lovely eco-farm committed to the betterment of the world.



Community

A group of volunteers and workshop facilitators keep this sanctuary up and running.



Bio Food

Local products grown with sustainable techniques become delicacies for your palate.



Education

Eco-sustainable, nutrition and social awareness courses and activities all year round.

For more information visit <https://fincaencuentro.org/>



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READY FOR IT? CONTACT US!

Book now, we have limited spots! If you have any questions, get in touch with us.

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 www.amusingretreats.com

Retreat March 2024

Morning yoga



Local dinner



Hikes



Board games



Pool party



City Tour



PARTICIPANT TESTIMONIALS

Kawik



"There was a sense of belonging that I hadn't felt in a long time. The retreat wasn't just about the activities; it was about the connections we made and the deep conversations that left a lasting impact on me."

Peter



"The retreat pushed me to be more active and embrace new challenges. Cycling became a new passion, and I've seen incredible improvements in my fitness since then. It's amazing how one experience can spark so much change.."

Alexandra



"It was a wake-up call that life is too short to be spent doing something that doesn't make you happy. The retreat helped me realign my career with my true passions"





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INCLUDED SERVICES

- Healthy breakfasts & lunches during the week
- Various workshops
- Accommodation
- Daily Yoga
- Spanish lessons
- City tour

NOT INCLUDED

- Pick up and dropoff from/to the airport - 25-50€
- massages - 25€
- Psychological consultations
- Guided excursions on the island
- Flights and travel insurance needs to be covered by the participants



#Amusing