



FLOW & RISE

WELLNESS RETREAT

BREATH ♦ MOVEMENT ♦ TRADITION ♦ RENEWAL

OCTOBER

1 – 7

OR

OCTOBER

8 – 14

2026



TUNISIA

A JOURNEY TO THE HIDDEN PATH

NeuroWellness meets Authentic Tunisian Tradition

An all-inclusive* 7 day experience

Step into a deep state of restoration and renewal with our Flow & Rise retreat. A *360-degree of wellness* with expert led movements, mindfulness practices, breathwork, art therapy, traditional hammam spa, gastronomy exploration, purification ceremony and sightseeing.

Flow & Rise retreat is intentionally designed to help you slow down and rebuild connection with your mind - body and energy. Enjoy **2 days of city discovery and 5 days in the slower Mediterranean coastal town of Mahdia.**

This retreat is for those who need to remember what it feels like to do rest and pleasure in equal measure, what it feels like to do absolutely nothing (and everything) at exactly the right place and with the right pace.

Join us on this intimate setup with max 8 people per group on **1 - 7 October and 8 - 14 October.**

Let all your tension and worries melt away and let yourself be fully taken care of.

Your Journey



Day One — Arrive. Exhale. Soften. Begin

Tunis - Carthage - Sidi Bou Said

Arrival & Airport pick up at Carthage International Airport. Private transfer to the Guest House at Carthage

- Refreshing welcome drink
- Check-in to your private space
- Receive your retreat manuals & giveaway bag

4.00 PM

Opening Circle & Welcome Gathering

Meet your retreat circle, intention setting & introduction to the journey

4:30 PM

Gentle Flow for Nervous System Reset

Soft movement to release travel fatigue and reconnect with the body

5:30 PM

Discover Sidi Bou Said

Slow exploration through the city

7:30 PM

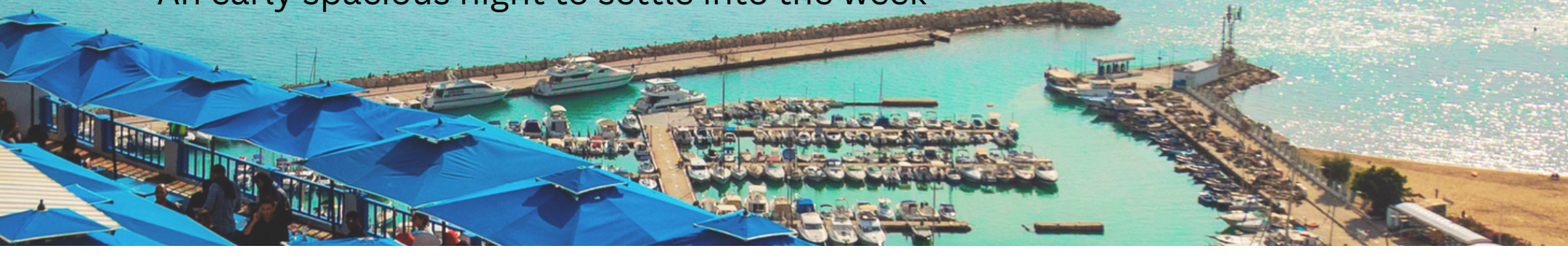
Welcome Dinner at Dar Zarrouk

Traditional Tunisian fine dining overlooking the Mediterranean

9:30 PM

Return & Rest

An early spacious night to settle into the week



Day Two — Discovery Journey. Grounding. Arriving

Carthage - Medina of Tunis - Dar Al Toumi

7:00 AM

Morning NeuroWellness

Awaken the body with gentle movement, mobility and mindful presence on and off the mat followed by calming therapeutic breathwork

8:30 AM

Traditional Tunisian Breakfast

A nourishing start with local flavours and traditions

10:00 AM

Discover Ancient Carthage

Explore the historic ruin and landscapes overlooking the Mediterranean

12:30 PM

Traditional Tunisian Lunch

A local culinary experience in the heart of Tunis

2:00 PM

Explore The Medina of Tunis

Wander through the historic souks, architecture, artisan workshops & hidden corners

4:30 PM

Journey to Mahdia - Dar Al Toumi

Depart Tunis for the countryside, approximately 3-hour private transfer

7:30 PM

Arrival & Welcome Circle

Grounding, energy cleansing & transition into the next chapter of the retreat

8:30 PM

Dinner by private chef

A relaxed group dinner with fresh - local ingredients followed by an early night

Day Three — Connection & Creativity

Dar Al Toumi • Inner Connection • Purification

7:30 AM

Deep Stretch & Conscious Connected Breathing

Open the body, deepen awareness and begin connecting inward

9:00 AM

Traditional Tunisian Breakfast

Group breakfast with local flavours prepared by private chef

10:30 AM

Art Therapy Session

Explore emotions, expression and inner awareness through creativity

12:30 PM

Group Lunch at Dar Al Toumi

2:00 – 4:00 PM

Rest & Siesta

Me Time. Unstructured time to rest, journal, read or simply be

5:00 PM

Sunset Deep Stretch

Gentle movement as the day begins to soften

6:00 PM

Purification Ritual & Reflection

A deeper ritual of release, reflection and energetic cleansing

8:00 PM

Dinner at Dar Al Toumi

A nourishing evening meal while we discuss the day's experience without further stimulation

Day Four — Explore. Breathe. Restore

Ancient Tunisia • Mediterranean • Deep Rest

7:00 AM

Sunrise Yoga & Breathwork

Awaken the body and breath with the rising sun

8:30 AM

Traditional Tunisian Breakfast

10:00 AM

Discover El Jem

Explore one of Tunisia's most remarkable ancient Roman sites

12:30 PM

Traditional authentic lunch

A relaxed local dining experience

2:00 PM

Beach Time & Coastal Relaxation

Unstructured time by the Mediterranean to swim, rest and reconnect with nature

5:30 PM

Sunset Yoga & Grounding Meditation

Gentle movement followed by grounding meditation

8:00 PM

Dinner at Dar Al Toumi

Beautiful dinner as we gather, reflect and share from the day's experience

Day Five — Move. Feel. Liberate

Mahdia • Mediterranean • Freedom & Expression

7:00 AM

Sunrise Yoga & Intensive Breathwork

Activate, expand and move deeper into the body

8:30 AM

Traditional Tunisian Breakfast

10:00 AM

Discover Mahdia

Explore the historic coastal town, its character, streets and Mediterranean soul

12:30 PM

Lunch in the Town of Mahdia

Enjoy local flavours at your own pace

2:00 – 4:30 PM

Mahdia Exploration

Explore, shop, wander or simply enjoy the coast

5:30 PM

Sunset Wellness & Eye-Gaze Connection

A sensory activation & heart-opening practice as the sun sets

6:30 PM

Ecstatic Dance

Let the body lead through rhythm, express through uninhibited movement

8:00 PM

Candle Night Dinner at Dar Al Toumi

A beautiful evening of intimate dinner and sharing moment followed by rest and integration



Day Six — Renew. Integrate. Envision

Hammam • Vision • Beach • Farewell

7:00 AM

Sunrise Stretch & Intensive Breathwork

Move deeper into the body and connect with your intuition

8:30 AM

Traditional Tunisian Breakfast

A slow and nourishing morning

10:00 AM

Hammam & Massage Experience

A traditional Tunisian purification and relaxation ritual

1:00 PM

Lunch at Dar Al Toumi

2:30 PM

Vision Board Workshop

Create your life. Reflect on short and long term vision for your life

5:00 PM

Free Time at the Beach

Swim, rest, journal or simply enjoy the Mediterranean

6:30 PM

Sunset NeuroWellness Session

A final restorative practice to integrate the week's journey

8:00 PM

Farewell Dinner by the beach

Celebrate the journey. The connections you made and the person you're returning home as



Day Seven — Embody. Integrate. Return

Integration • Embodiment • Homeward

7:30 AM

Final Morning Wellness & Closing Circle

Gentle stretching combined with rhythmic breathing to embody the week's practices followed closing Circle. A final moment of reflection, gratitude and conscious closure

8:30 AM

Traditional Tunisian Breakfast

10:30 AM

Check-Out & Departure

Transfer to Tunis–Carthage International Airport

The retreat closes not with an ending, but with an invitation to carry the practices, awareness and renewed sense of self into everyday life. May you carry the memories and your renewed energy home



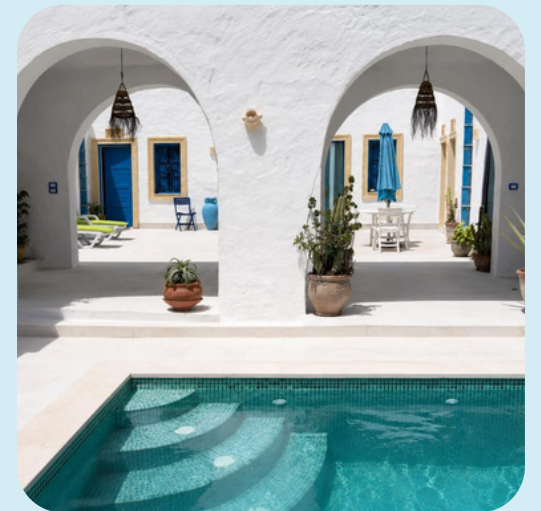
Accommodation

This retreat is intentionally created as a small group intimate experience. All attendants are on bed-share basis.

1st group: 1 - 7 October

1 Night at Dar Al Keif, a stunning boutique escape in Marsa, Tunis City
(www.darelkif.com)

- 160x200 sized bed
- Ensuite bathroom
- Separate blanket
- Patio and terrace
- WiFi & AC
- Rooftop jacuzzi (depending on weather)



2nd group: 8 - 14 October

1 night at Lella Kmar Sidi Bou Said. A premium guest house situated near the historical landmark of Roman Amphitheatre of Carthage

- 180x200 sized bed
- Ensuite bathroom
- WiFi & AC
- Access to sun terrace



We will continue the journey to the coast of Mahdia for deep restorative experience (both groups)

6 days of stay at Dar Al Toumi

- Options of King size bed with attached bathroom
- Queen bed and single beds with detached bathroom
- Separate blanket
- Private pool
- Private access to beach
- 3 meals course prepared by private chef
- Rooftop lounge
- All rooms with AC



What's Included

- Airport Pick up & Drop off. Intercity transfers
- 7 days Bed-share accommodation at Tunis city & Mahdia coast
- Sightseeing (iconic places, historical landmarks)
- Daily breakfast
- All lunches and dinners. All beverages during city discovery & outdoor trip
- 1 traditional Hammam
- Private pool & chef
- Private beach access
- Art materials & supplies
- Vision board materials & supplies
- Inspirare NeuroWellness programme - sustainable transformation
- Energy cleanse, water purification, all ceremonies
- Well curated closing and integration session
- Giveaway Bag
- Full documentation of the journey

What's NOT included:

- Flights and visas are not included.
- Shopping, extra excursion outside of schedule
- Spa / massage outside of schedule

Investment:

EARLY BIRD until 31 Aug 2026

Bed-Share (shared bathroom): **1,499 USD per person**

Bed-Share (en-suite / attached bathroom): **1,599 USD per person**

Private (shared bathroom): **2,599 USD per person**

Private (en-suite / attached bathroom): **2,699 USD per person**

NORMAL RATE from 1 September onwards

Bed-Share (shared bathroom): **1,759 USD per person**

Bed-Share (en-suite / attached bathroom): **1,649 USD per person**

Private (shared bathroom): **2,599 USD per person**

Private (en-suite / attached bathroom): **2,699 USD per person**

Visa assistance is available at an additional cost. Contact us for more details.