

BIODANZA RETREAT IN LA GOMERA

2-9 MAY 2026





FROM DOING TO BEING – BIODANZA IN NATURE

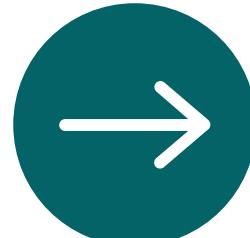
Biodanza in nature is an invitation to slow down the pace of action.

To allow the body, mind and heart to synchronize.

A space-time to rest, let go of demands, and enter into the gentle fluidity of being.

In contact with the earth, the wind, the water, and the sun, we remember that we are also nature, that life breathes and dances within us.

The dance of life—Biodanza—guides us to feel the pleasure of existing, to reconnect with the joy of being alive, and to inhabit the balance of the present.





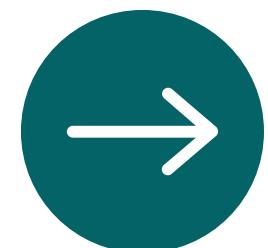
EL CABRITO- LA GOMERA

In the hidden bay of El Cabrito, accessible only by sea, time seems to stand still.

The sound of the ocean accompanies every breath, while the mountains embrace the valley like a sanctuary.

There, where the land is fertile and the air pure, life flourishes with simplicity: palm trees, orchards, paths and the endless blue of the Atlantic.

El Cabrito is a place that invites silence, presence, and remembering the essential. A refuge where nature and soul meet again.



ACCOMMODATION - AN OASI ON THE ISLAND

The rooms are located in the former workers' cottages of a former banana plantation. They are situated on stone terraces or among date palms, mango, and avocado trees. The accommodation units are intentionally simple.

Visit the [Website](#) of the Retreat Center

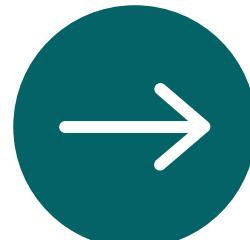




IT'S FOR YOU IF...

- You are in a moment of searching, transition or transformation.
- You feel disconnected from your body, from joy, or from the present.
- You want to live an authentic experience, out of the ordinary.
- You are driven by the desire to feel more free, alive and connected.
- You are looking for a more honest and natural form of expression and relationship.

You do not need previous experience in Biodanza.
All you need is the desire to explore, feel and share.





PROGRAM

Day 1 – Arrival and welcome

Days 2–3 –4-6-7 Biodanza and nature

Morning

8:00 – 10:00 | Breakfast.

10:30 – 12:30 | Biodanza session.

Afternoon

1:00 PM – 2:00 PM | Lunch.

2:00 PM – 6:00 PM | Free time / relaxation / individual treatments (massages) / nature excursion / sea swimming

4:00 PM – 6:00 PM | Snack

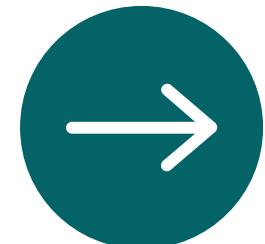
19:00 – 20:00 | Cena

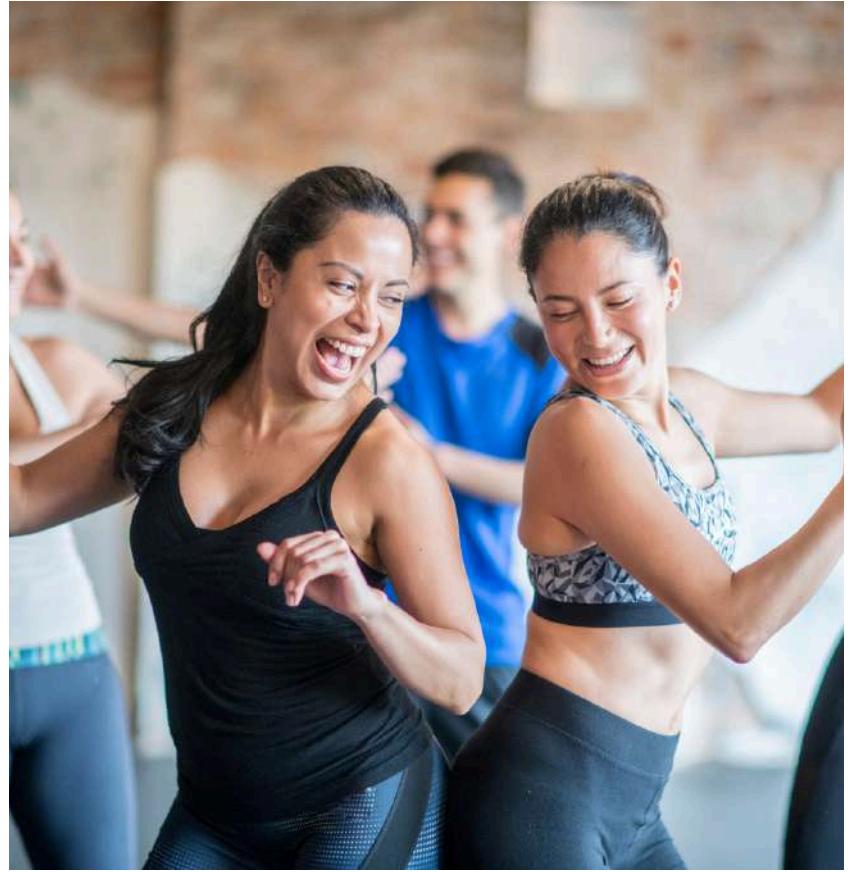
Evening

8:30 PM – 10:00 PM | Biodanza Session

Day 5 – Free: relaxation / individual treatments (massages) / nature excursion / sea bathing

Day 8 – Departure





CONTRIBUTION

Biodanza Week:

550€

€450 Early Bird until February 2, 2026



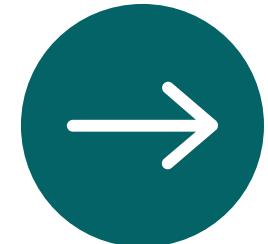
Accommodation:

from €84 per day with full board included.
Check rates [here](#).

Transport:

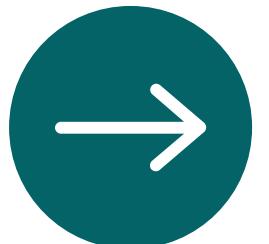
Flights and ferry not included.

Extra activities not included.



HOW TO BOOK

- 1 Write to ecolifebymirella3@gmail.com with your details (name, surname and address) to register.
- 2 Pay 50% of the contribution to reserve your spot (we'll email you the details after receiving your registration)
- 3 Book your accommodation by sending an email to reservaciones@elcabrito.es or through the website: www.elcabrito.es/en/contact
- 4 Pay 50% of the accommodation to confirm your reservation
- 5 Buy flights ([Skyscanner](https://www.skyscanner.net)) and ferry ([Fred Olsen](https://www.fredolsen.com) or [Armas](https://www.armas.es)) independently



WHO WE ARE



Sammo Lusa, Facilitator

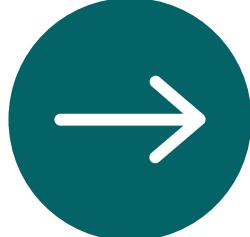
I am from Buenos Aires, Argentina, and have lived in Italy and the United States. I have lived in Berlin since 1988. For many years, I have led open groups, workshops, and training courses in dance therapy and have teaching experience in creative dance and performance. Since 2014, I have directed the Biodanza School in Berlin-Mitte, Rolando Toro System.



Mirella Facchinetti, Organizadora y co-facilitadora

I'm Italian, I've lived in Germany and Spain for a long time. I've been living in La Gomera since 2024.

An entrepreneur since 2017, I have been organizing and facilitating group workshops and retreats since 2022. Since 2024, I have been facilitating Biodanza sessions, using the Rolando Toro System.





**GET IN
TOUCH WITH
US**

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