

A serene outdoor pool scene with a white building, palm trees, and lounge chairs. The pool is in the foreground, with a white building and palm trees in the background. The text is overlaid on the image.

THE SANA WELLNESS *Retreat*

Luxury retreat exclusively for women: April 18th to 20th in Mijas, Spain

BY MARTYNA KONDRATOWICZ & NORDIC BALANCE STUDIOS

EXCLUSIVE FOR *Women*





Escape to a world of tranquility and transformation at **The Sana Wellness Retreat**, a carefully curated wellness experience set in the breathtaking Viluz resort. Overlooking the Mediterranean Sea, this exclusive retreat for women is designed to nurture your body, mind, and soul. Surrounded by stunning natural landscapes, expansive sea views, and a serene micro-climate, The retreat offers the perfect balance of relaxation and rejuvenation. Thoughtfully crafted **by Martyna Kondratowicz & Nordic Balance Studios**, this immersive experience blends movement, mindfulness, and holistic well-being, allowing you to unwind, recharge, and reconnect with yourself in harmony with nature. Join us for a transformative journey where wellness meets luxury, and every moment is dedicated to your personal renewal.

Enjoy special gifts from our collaborators,
with a total value of over 800€

LA MER



ABOUT THE *Hotel*

35 MINUTES FROM MÁLAGA AIRPORT



Viluz is a luxurious 4-hectare retreat nestled between the Sierra Nevada mountains and the Mediterranean Sea, just **35 minutes from Málaga Airport and 40 minutes from Marbella's** beaches and historic center. This serene oasis blends tranquility with luxury, offering an environment designed for relaxation, renewal, and self-reflection. Surrounded by fragrant gardens and stunning natural landscapes, Viluz invites you to unwind and reconnect with nature. Set in a UNESCO-protected area, it also provides access to hiking and mountain biking adventures. Indulge in spa treatments, relax by the pool, and enjoy delicious vegetarian cuisine made from locally sourced ingredients, all while nurturing your body, mind, and soul.

RETREAT BY MARTYNA KONDRATOWICZ & NORDIC BALANCE STUDIOS



Meet Our Professionals

We believe that true transformation starts with the right guidance. That's why **The Sana Wellness Retreat** is led by a team of expert coaches, therapists, and healers dedicated to your well-being. Through movement, mindfulness, and energy work, they will help you strengthen your body, expand your mind, and reconnect with yourself. Experience a journey of self-discovery, balance, and renewal—supported by professionals who truly care.

RETREAT BY MARTYNA KONDRATOWICZ & NORDIC BALANCE STUDIOS



Martyna Kondratowicz

"After years of searching, I discovered true wellness comes from the balance of body, mind, and energy. Pilates transformed my health and empowered me to take control of my life."

**Polestar Comprehensive Pilates Instructor Student
Wellness Influencer & Podcaster
Brand Ambassador of Nordic Balance Studios**



Sara

"I believe in the power of mindful movement to create lasting change. I'm an expert with certifications in Stott Pilates, Sport Rehabilitation, AFAA, and 500-hour RYT yoga. With over seven years of experience, I've had the privilege of guiding clients toward better mobility, flexibility, and neuromuscular performance."

**Head Coach & Partner of Nordic Balance Studios
Stott Pilates & RYT Yoga Instructor**



Ania

"I'm a passionate Master Energy Healer and creator of The Love Code, a program that blends science and ancient wisdom to help you heal and transform. In 2023, I joined Dr. Bradley Nelson's team to support energy healing in Europe. I've had the honor of helping over 1,000 clients on their journey to peace and transformation."

Holistic Therapist, Energy Healer & Spiritual Guide



Lisa

"From a young age, movement and contemporary dance were my way to express and connect with my emotions. Becoming a mother in 2007 led me to explore natural alternatives, and my journey to wholeness began. Over the past 17 years, I've gained knowledge in sound healing, bioenergy, Ayurveda, and more to support others on their wellness paths."

An Energy Facilitator & Holistic Therapist



Julie

Julie's special focus is on women's health and nutrition, addressing conditions such as PCOS, endometriosis, cervical dysplasia, hypothyroidism, as well as aiding in the treatment of acne, anemia, digestive issues, hair loss, menstrual disturbances, PMS, and fatigue. Her goal is to empower clients to optimize their diets, enhance gut health, boost energy levels, and establish sustainable daily habits for long-term well-being.

Certified Nutritional Therapist & Naturopath

FRIDAY, 18TH OF APRIL

2:00 PM

CHECK - IN

3:30 - 4:30 PM

Healthy fresh welcoming with team

5:00 - 6:00 PM

"Ground yourself with Pilates & sound"
by Martyna & Lisa

6:00 - 7:30 PM

Shower & get comfortable

7:30 - 9:00 PM

3 course dinner

9:00 PM

SLEEP

SATURDAY, 19TH OF APRIL

8:00 AM

Breath work, followed with
Vinyasa Yoga by Sara

9:30 - 11:00 AM

Breakfast

11:00 - 12:00 PM

"Love Code" by Ania

12:00 - 15:00 PM

"Hiking to higher frequency"
led by Ania, Martyna & Lisa

15:00 - 16:30 PM

2 course lunch

16:30 - 18:30 PM

Shower & free time

18:30 - 19:30 PM

"Longevity secrets: how to age
smarter, not faster" by Julie

19:30 - 21:00 PM

3 course dinner

21:30 PM

"The fire of cacao" by Lisa

22:30 PM

SLEEP

SUNDAY, 20TH OF APRIL

8:00 - 9:00 AM

Pilates flow, followed with
meditation by Martyna

9:30 - 11:00 AM

Brunch

11:00 - 1:30 PM

Free time, enjoy the surroundings

1:30 PM

Wrap up & goodbyes

2:00 PM

CHECK OUT

Weekend Overview

TO MAINTAIN AN ELEMENT OF SURPRISE, WE WON'T REVEAL EVERY DETAIL.



VEGETARIAN MENU BY MICHELIN *Chef*



We prepare and serve delicious, healthy vegetarian meals and refreshing non-alcoholic drinks throughout the day. Our carefully crafted menu nourishes the body and soul, ensuring a balanced and fulfilling retreat experience.

ROOM *Options*

Viluz offers 10 elegantly designed rooms, **including 6 spacious double rooms and 4 comfortable twin rooms**. Each room is thoughtfully curated with high-quality amenities, natural materials, and calming views to create a unique and tranquil atmosphere. All rooms feature private entrances through our serene Mediterranean garden, with varied vistas to enhance the guest experience: 3 rooms overlooking the sea, 3 with lush garden views, 2 facing the peaceful lake, and 2 capturing breathtaking mountain vistas.

Shared Twin Room OR Double Single Room



LUXURY WELLNESS *Retreat*



Indoor

FACILITIES INCLUDED

- The whole hotel is in our private use.
- A cozy living room adorned with a custom-made natural sheepskin carpet, crafted from.
- Materials sourced from 15 countries, seamlessly transforms into a versatile space for.
- A covered open-air lounge with stunning sea views.
- An ethnic corner with unique, handpicked pieces from around the world, offering a perfect space for relaxation.
- A dining area featuring organic tables made from natural microcement.
- Two private treatment rooms for massages (ask for prices).
- A spa area with a hammam, sauna and shower.



Outdoor

FACILITIES INCLUDED

- The whole hotel is in our private use.
- A spacious swimming pool, surrounded by a lush tropical garden and complemented by.
- comfortable lounge sunbeds.
- A 24/7 Ice Bath.
- A patio with a large round table and breathtaking mountain views.
- A Meditation Tree, a hug tree, an herb garden, and a Japanese path.
- A natural swimming lake for a refreshing experience.
- On outdoor shower under the palm trees.
- A spacious round terrace offering stunning sunset views.
- Numerous secluded, private meditation corners for quiet reflection.



PACKAGE 1.

SHARED TWIN ROOM (6 SPOTS LEFT)

Early bird 1,200€
(Experience value 2,700€)

Our exclusive offer is valid until March 30th. Package includes all the exciting features previously outlined for one person in shared room. Delightful surprises and treasures awaiting you throughout your stay. Book the most wanted wellness retreat today!

- Transportation from the airport to the hotel Friday 18th at 1pm
Transportation from the hotel to the airport Sunday 20th at 2pm
- Hotel gateway for 2 nights
Hotel facilities for Friday, Saturday & Sunday
- Hotel breakfast & brunch
2x 3 course dinner & 1x 2 course lunch
- Professional services (Pilates, Yoga, Healing etc.)
Everything in schedule
- Sponsored welcome package by
La Mer, Freshly Sportswear & Nordic Balance Studios (total value 800€)



PACKAGE 2.

SINGLE ROOM WITH DOUBLE BED

Early bird 1,600€
(Experience value 3,100€)

Our exclusive offer is valid until March 30th. Package includes all the exciting features previously outlined for one person in single room with double bed. Delightful surprises and treasures awaiting you throughout your stay. Book the most wanted wellness retreat today!

- Transportation from the airport to the hotel Friday 18th at 1pm
Transportation from the hotel to the airport Sunday 20th at 2pm
- Hotel gateway for 2 nights
Hotel facilities for Friday, Saturday & Sunday
- Hotel breakfast & brunch
2x 3 course dinner & 1x 2 course lunch
- Professional services (Pilates, Yoga, Healing etc.)
Everything in schedule
- Sponsored welcome package by
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BOOKING & PAYMENT INFORMATION

To secure your spot at The Sana Retreat, please complete your booking by 31st of March Spaces are limited, so we encourage early reservations to ensure you don't miss out on this transformative experience.

info@nordicbalancestudios.com / +34 648 87 61 73 (WhatsApp available)

Payment Options

- Secured online payment [CLICK HERE!](#)
- Bank transfer or Invoice (please ask for the details)
- Direct payment in studio (Marbella)

Cancellation Policy

Your understanding and cooperation regarding our cancellation policy are greatly appreciated.

- Cancellations made less than 30 days before the retreat start date are non-refundable.
- You may transfer your reservation to another individual at no additional cost, provided that you inform us of the change at least 7 days before the retreat.
- Force Majeure: In the event the retreat is canceled due to circumstances beyond our control (such as natural disasters, pandemics, etc.), participants will have the option to transfer their booking to a future retreat or receive a full refund.

We encourage you to consider travel insurance to protect your travel. Once you apply for the retreat, you will also receive a questionnaire to help us tailor the experience more personalised.



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