

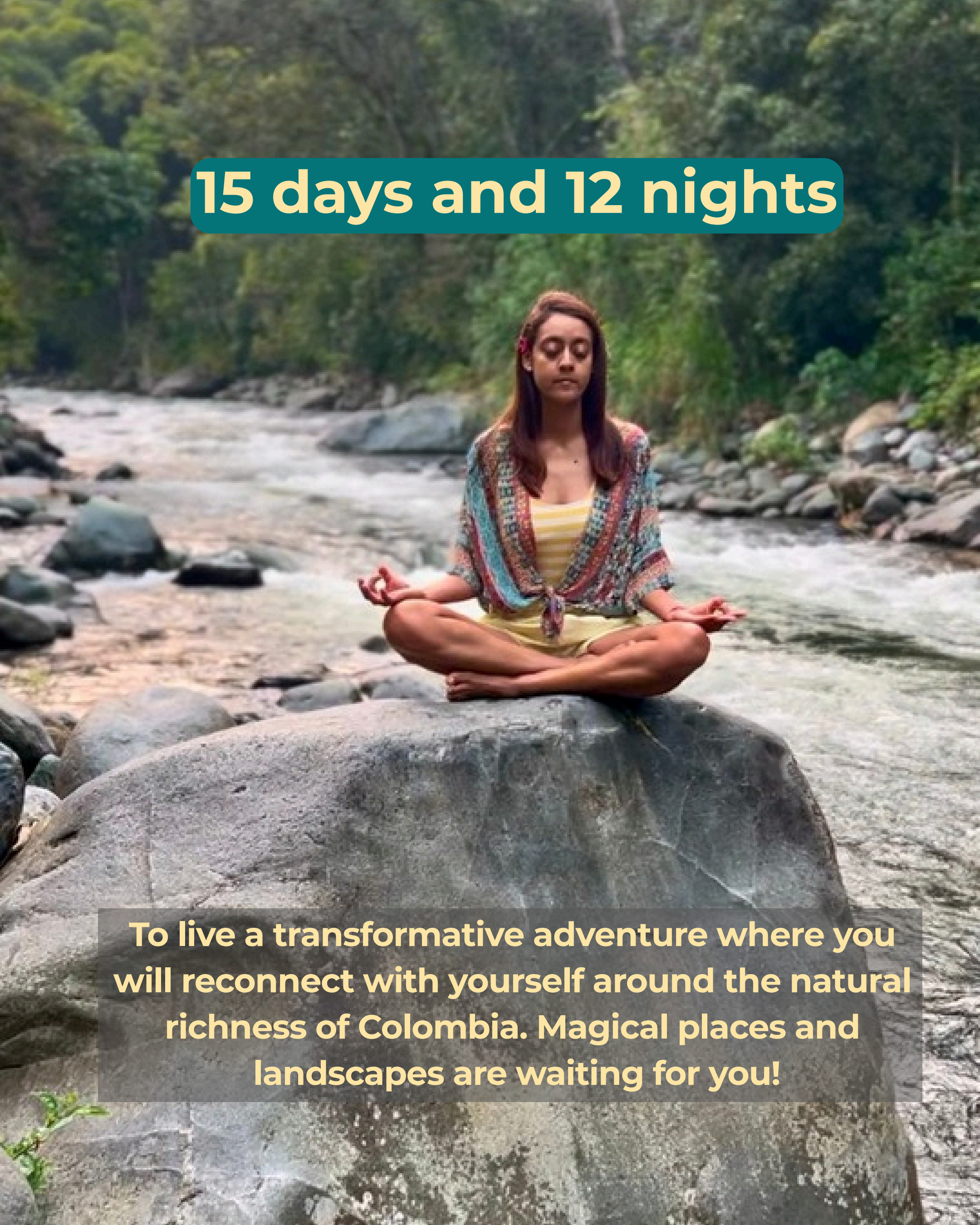


RETREAT IN COLOMBIA

A door to your
Heart

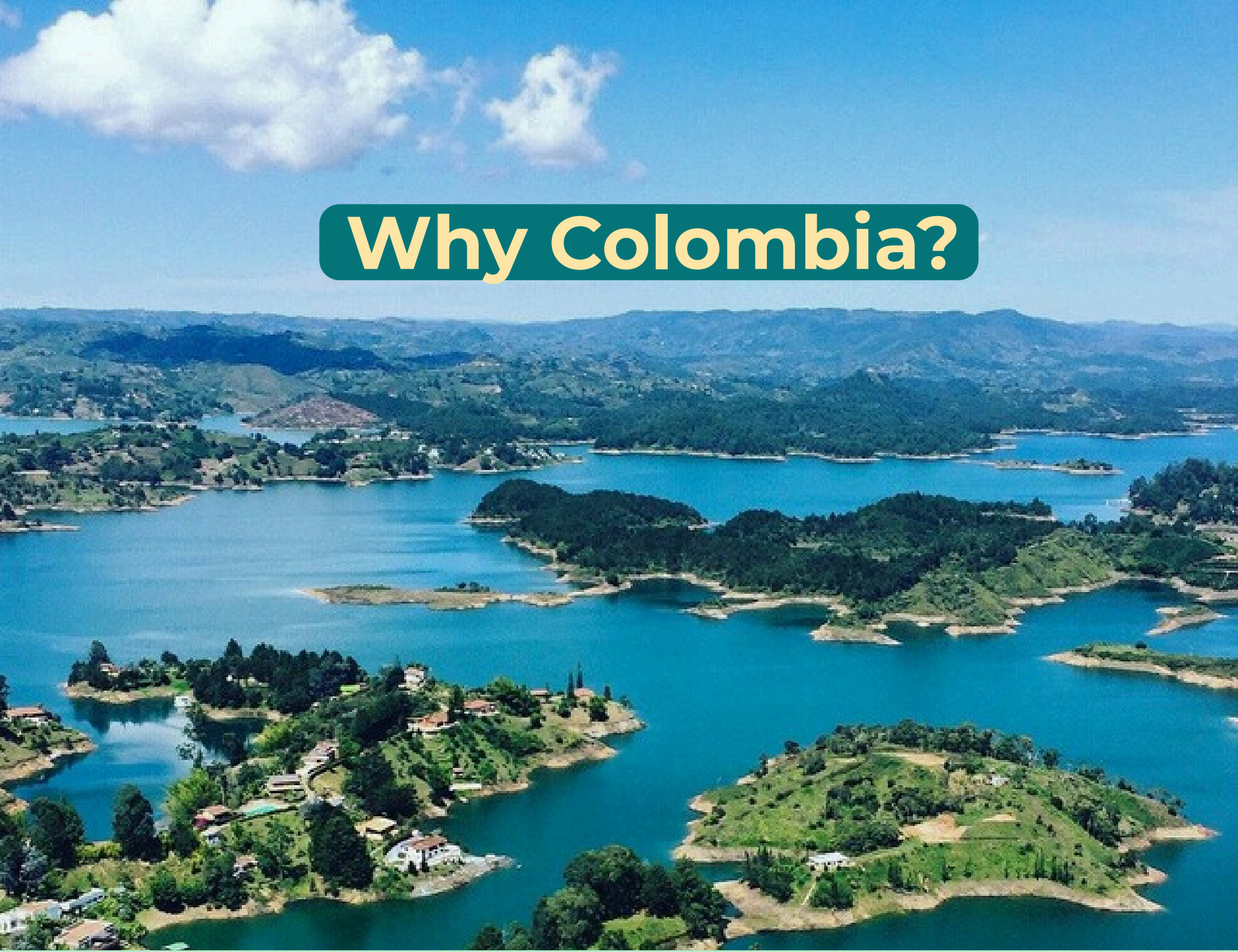
Dates

28 November to 12 December

A woman with long brown hair is sitting in a meditative lotus position on a large, dark grey rock. She is wearing a yellow and white striped tank top and a colorful, patterned shawl. Her eyes are closed, and her hands are resting on her knees in a mudra. Behind her is a river with white water rapids, surrounded by lush green trees and foliage. The scene is peaceful and natural.

15 days and 12 nights

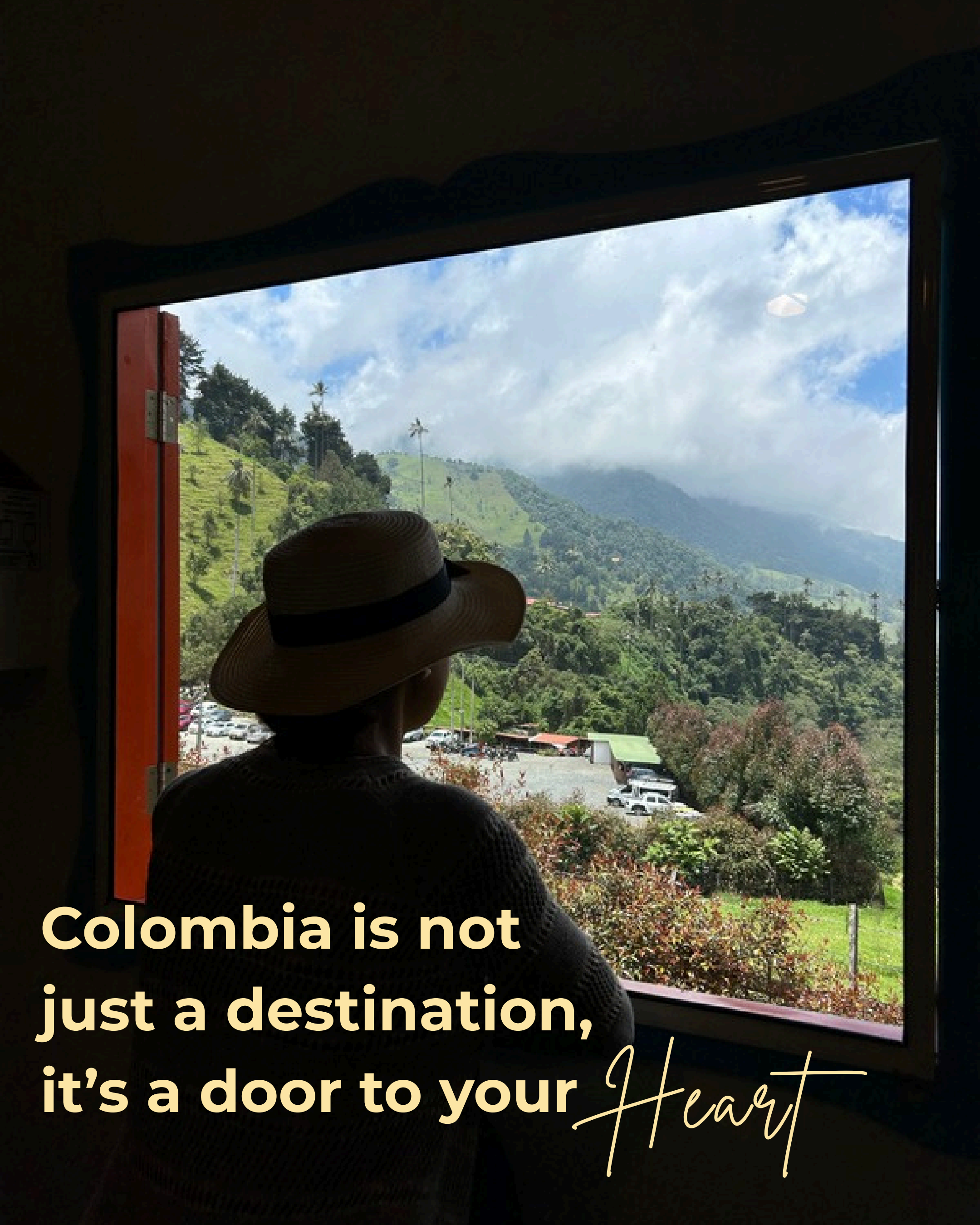
To live a transformative adventure where you will reconnect with yourself around the natural richness of Colombia. Magical places and landscapes are waiting for you!



Why Colombia?

Because it's a place where you feel embraced by nature and the warmth of its people. There you vibrate with a unique energy, the taste of its exotic fruits and the incomparable smell of its coffee and cocoa. **Colombia is the country of beauty** and a place you will surely **want to return to.**





**Colombia is not
just a destination,
it's a door to your *Heart***

What's included?



Staying in Ecovillas & Ecolodges



Flights Malta-Colombia-Malta & domestic flights



Daily breakfast, lunch & dinner



Mindful sessions



Themed activities & tours



Welcome pack



Colombian & Maltese Coach Leaders



Local tour guides



All materials & equipment for the activities

Activities & Tours



Meditation sessions



Sound Healing & Sound Bath



Cacao Tour & Cacao Ceremony



Relaxation Therapy on the River



Mindful Walks & Forest Bathing



Creative Workshops



Birding in the Forest



Tubing & Rivers Sightseeing



Rafting on Bambu Platforms



Flora & Fauna Watching



Waterfalls Exploration



Coffee Tour

And much more!

Price starts from €3200

*Price may vary depending on your dietary requirements and type of accommodation.

Itinerary

DAY 1 - 28 NOVEMBER: DEPARTING FROM MALTA

Malta - Stambul - Bogotá

5:30 pm meeting at the airport. Flight departures at 7:45 pm. (In Stambul we'll have a transit of 7 hours and 45 minutes).

DAY 2 - 29 NOVEMBER: ARRIVAL TO COLOMBIA

Bogotá - Medellin - Guatape.

Once in Guatape (arriving time around 10:00 pm) it's time for dinner and sleep.

DAY 3: GUATAPE, ANTIOQUIA

Guatape is a town in northwest Colombia, east of Medellin. It's known for its colourful houses and its giant rock called Piedra del Peñol.

Breakfast Time

Retreat Opening

Visit Piedra del Peñol

Lunch Time

Tour around the town to discover its history and touristic places.

Bedtime

DAY 4: GUATAPE, ANTIOQUIA

Light Breakfast

Visit to Con Olor a Cacao, cacao farm located in the village of San Rafael.

This visit includes: Tour and explanation of the cacao cultivation process, snack, Cacao, Making your own chocolate bar, Chocotherapy in the river, Cacao Ceremony and lunch.

Leaving to the village of **JERICO**

Dinner on the way to Jerico

Once in Jerico, time to rest.

DAY 5: JERICO, ANTIOQUIA

Jerico is located in the southwestern sub-region of the Antioquia department. It's famous for its colonial architecture and was recently nominated as one of the best villages for tourism in 2025.

Breakfast time

Visit to Cristo Rey, viewpoint from which you can see the town

Mindful walk around the Botanical Garden

Lunch Time

Free time to relax or sightseeing

Dinner time

Bedtime

DAY 6: CARTAGO, VALLE

Breakfast in Jericó and leaving to the village of Cartago, which is located in the north of the department of Valle del Cauca. It's known as Colombia's most joyful village of the sun.

Lunch Time

Fauna Watching in the center of the village

Dinner Time

Bedtime

DAY 7: CALARCA, QUINDIO

Visit to Recuca Farm to immerse ourselves in the coffee culture through a Coffee Tour.

Lunch Time

Sightseeing in the village of **FILANDIA**.

Leaving to **SALENTO**

Dinner and Bedtime in Salento

DAY 8: SALENTO, QUINDIO

Salento is an Andean village in Colombia. It's known for its coffee estates and verdant scenery. It's the home of Cocora Valley and its palm trees.

Breakfast time

Visit to the Cocora Valley

Lunch Time

Mindful Activity

Dinner Time

Bedtime

****It may vary depending on the availability of locations, weather situations or any circumstances beyond our control as organisers of the Retreat. The final programme with specific times and activities will be sent to each participant well in advance of travel. Regular meetings will also be held to clarify questions and doubts, and to discuss issues related to luggage and clothing, currency exchange, travel insurance, vaccinations, etc.***

Itinerary

DAY 9: QUIMBAYA, QUINDIO

Quimbaya is a village in the western part of the department of Quindio. The name of the city derives from the name of the pre-Columbian culture that inhabited the area, the Quimbaya Civilisation.

Breakfast Time
Rafting on Bambu Platforms around La Vieja River
Mindful Walk & Waterfall Exploration
Lunch Time
Leaving to Calima Lake
Dinner and Bedtime

DAY 10: BUENAVENTURA, VALLE DEL CAUCA

Buenaventura is a coastal seaport city located in the Pacific Region of the department of Valle del Cauca, Colombia. This is the main port of country. It's popular for its incredible dark sandy beaches, sunsets and emerald sea.

Breakfast Time in Calima Lake
Leaving to Buenaventura
Beach Day
Lunch Time
Dinner and Bedtime

DAY 11: SAN CIPRIANO, VALLE DEL CAUCA

San Cipriano's Natural Reserve nestles a picturesque small town in the Colombian Pacific, surrounded by rivers. It's the perfect place to experience an abundance of peace and quiet.

Breakfast in Buenaventura
Visit to San Cipriano for River Time
Tubing Tour on the River
Leaving to **PANCE**

DAY 12: PANCE, VALLE DEL CAUCA

Pance is a beautiful little town located in the south of the Colombian, in the district of Santiago de Cali, its area extends from the Valle del Cauca River to the National Natural Park Farallones de Cali.

Breakfast time
Relaxing Time
Lunch Time
Mindful Activity or Sightseeing
Dinner time
Bedtime

DAY 13 PANCE, VALLE DEL CAUCA

Breakfast time
Mindful Activity
Lunch Time
Mindful Activity
Retreat Closing
Dinner time
Bedtime

DAY 14 - 11 DECEMBER: RETURN DATE

Breakfast Time
Transfer to the airport to come back to Malta
Cali - Bogotá - Stambul - Malta

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Accommodation

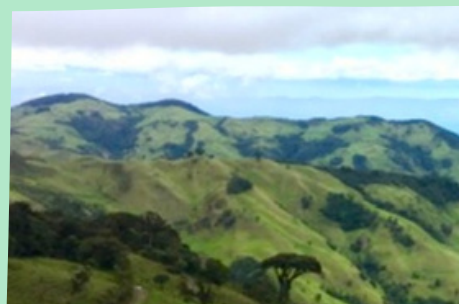


Just pack your
bags and we'll
take care of
everything!



Why should you join our Retreat?

- Live the experience with native guides: a Maltese and a Colombian.
- Leave behind the winter of Europe to enjoy the tropical climate of Colombia.
- Get to know unique places that you might see only once in your life and hardly visit on your own.
- Have the chance to visit the Pacific Ocean, a place where the sea meets the river.
- Waking up in the middle of nature will be part of your routine for two weeks.
- Learn to find happiness in the simple.
- Enjoy the cultural, historical, gastronomic and natural richness of the country, and experience the 4 seasons at the same time.



Retreat Leaders



CAROLINA

Founder of The Emotions Lab Malta. Journalist and Emotional Intelligence Coach specialized in Emotional Wellbeing, also facilitator of holistic celebrations and emotional retreats. Carolina is yoga practitioner and Certificated in Sound Healing and Sound Therapy, and in Therapeutic Drawing.

EPHRAEM

Artist specialising in sculpture and technical drawing. For more than 20 years he has worked in the construction sector on his own projects and for public entities such as the Government of Malta. He's also a musician and guides our sound therapy sessions and creative activities.



It's time to take care
of yourself, listen to
yourself and
live consciously



An aerial photograph of a lush green vineyard with rows of grapevines separated by dirt paths. In the upper right corner, the white wing and engine nacelle of a large commercial airplane are visible, suggesting a high-altitude perspective. The background shows a mix of green fields and some distant buildings under a clear sky.

**Click on the links below to
travel for a moment to**

Colombia

Colombia, a door to heart

Disconnect to connect

I accompany you to discover Colombia

A transformative adventure awaits you



Say “yes” to yourself
Say “yes” to Colombia

BOOK NOW!
[Click here](#)

The Emotions Lab Malta