



Antigua

RETREAT

APRIL 2026

Brought to you by



LE HAUS

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A Shared Belief in Rest

This retreat is an intentional pause. A space to slow the nervous system, reconnect to the body, and step out of constant urgency.

[Le Haus](#) creates places designed for clarity, restoration, and belonging, rooted in the natural rhythm of the Caribbean.

[ARVRA](#) designs retreats where rest is treated as a deliberate, embodied practice. Not a luxury, but a necessity.

Together, we've shaped this experience in Antigua to hold both: a setting that supports deep rest, and a framework that allows it to take root.



The Retreat Experience

From March 29 to April 4, we gather in Antigua for a 7 day retreat centered on one idea: rest as a form of resistance.

Each day explores a different dimension of wellbeing, from nervous system regulation to strength, resilience, and embodied movement all guided by ARVRA's expert practitioners.

Set within the natural rhythm of the island, days unfold through practices and experiences including sunrise hikes, ocean swims, and time spent in nature.

You will leave rested, revived, and renewed, ready to meet the rest of 2026 with clarity and steadiness.



Sunday 29 March, 2026

Where We Arrive Together

A gentle arrival designed to release urgency, ground the nervous system, and ease guests into the space, the group, and the rhythm of the week.

5:00PM – Arrival and connection

5:30PM – Gentle mobility and stretch session

6:00PM – Nutrition talk: “Food that Grounds”, eating for calm and digestion

7:30PM – Evening group dinner and intention-setting circle for the week ahead



Monday 30 March, 2026

Slowing Down Intentionally

An exploration of rest as an active, physiological process. Understanding how intentional slowing restores balance, focus, and recovery.

7:00AM – Gather and connect

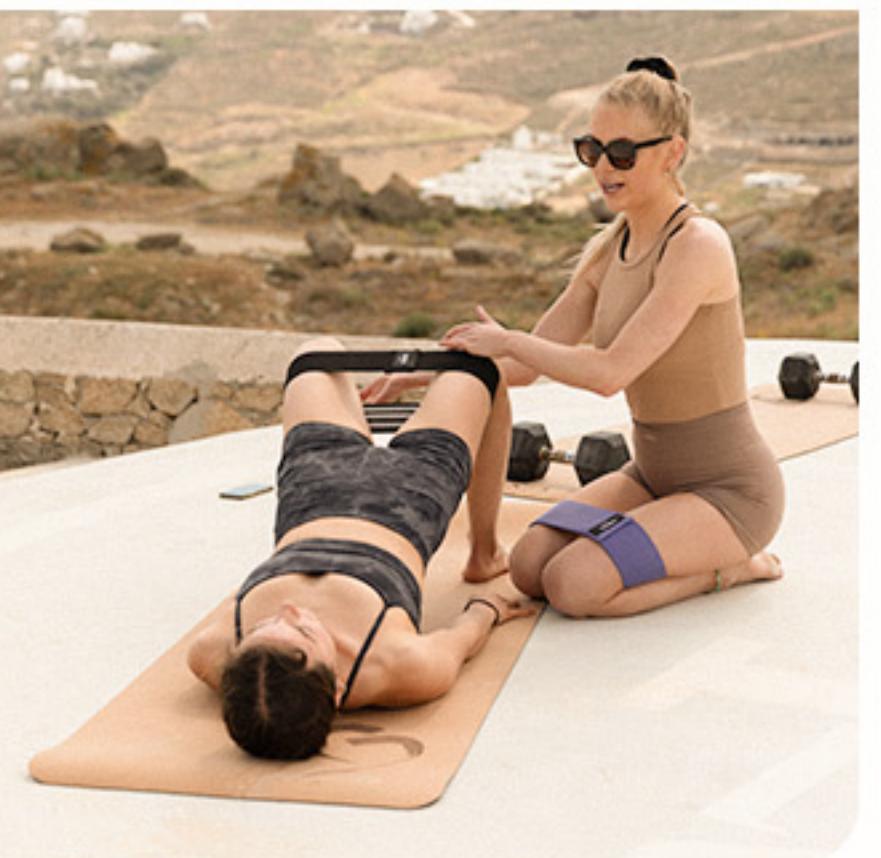
8:30AM – Gentle mobility and stretch session

10:00AM – Nutrition talk: “Food that Grounds”, eating for calm and digestion

10:00-12:00PM – Optional 1:1 coaching on nutrition, movement, and mindset.

1:00PM-5:00PM – Boat trip

7:30PM – Evening meal



Tuesday 31 March, 2026

Rebuilding From Within

A day centered on building resilience through movement and recovery, cultivating strength that supports long-term capacity rather than short-term output.

7:00AM – Sunrise hike and swim

11:00AM – Workshop and brunch: “Resilience from the Inside Out”, stress, recovery, and mindset

You Time

5:00PM – “Eat for the Long Game”, fuelling longevity, mental clarity, and cognitive resilience.

6:00PM – Group mobility and recovery flow

7:30PM – Evening meal



Wednesday 01 April, 2026

Survive to Thrive

A return to connection, with the body, with others, and with ease. Stepping out of burnout patterns and back into shared presence and enjoyment.

7:00AM – Breathwork workshop: techniques for stress and emotional release

8:30AM – Breakfast

10:00AM-2:00PM – Cannabis farm excursion with lunch

You Time

6:00PM – Somatic movement class (slow, mindful mobility) and bodyscan meditation

7:30PM – Evening meal



Thursday 02 April, 2026

Movement That Heals

A focus on sustainable vitality, showing how energy is restored through alignment, nourishment, movement, and rest, not constant exertion.

7:00AM-10:30AM – Morning trip to swim with the turtles and stingrays

11:00AM – Breakfast and longevity workshop: “Energy Over Time” - cellular health and recovery

5:00PM – Energising mobility and breath-led training

6:00PM – The sleep blueprint workshop

7:30PM – Evening slow meal



Friday 03 April, 2026

Coming Back To Purpose

A reflective shift toward perspective and meaning, creating space to reconnect with values, direction, and a sense of purpose beyond productivity.

7:00AM – Breath and journaling ritual

8:30AM – Breakfast and workshop: “The Longevity Mindset” - living well, not just long.

10:00AM-12:00PM – Optional 1:1 coaching on nutrition, movement, and mindset.

2:00PM – Nutrition Lab: Eating for hormonal balance and energy regulation

3:00PM – Restorative yoga for deeper sleep

5:00PM-8:00PM – Dinner at The Hut



Saturday 04 April, 2026

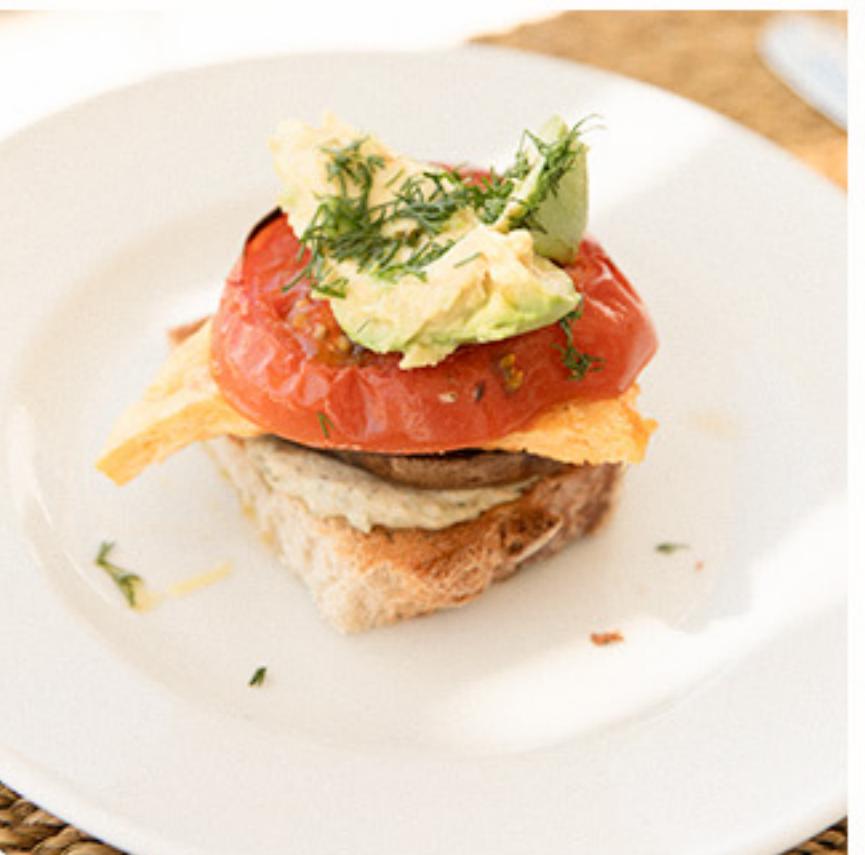
Integrate The Calm

An integration day focused on carrying the calm forward, translating retreat insights into practical rhythms and habits that support everyday life.

7:00AM – Morning closing movement and breath session

8:00AM – Workshop “Real-Life Wellness”, building sustainable habits you can keep

9:00AM – Closing brunch, reflections, gratitude, and commitments



Meet Your Hosts

Joining us from around the world, meet the people responsible for shaping and guiding each day with care, expertise, and a shared belief in rest as a form of resistance.

We look forward to welcoming you to Antigua this March, where this work unfolds in a setting designed for rest, revival, and renewal.



Ronald Ndoro Mind
Le Haus



Georgie Spurling
ARVRA



Emily Grace
ARVRA

Plus experts across nutrition, breathwork, mindfulness, training, and CBT.

Our Brand Partners For Gifting



amp wellbeing



MELLER

SYMPROVE™

LUMI®

Plus more to come

Investing in Rest

An intentional commitment to wellbeing, guided practice, and time set aside to reset fully.

\$6,975 – Shared occupancy of a family room

\$7,975 – Shared occupancy of a standrd room

\$8,975 – Shared occupancy of a premium room (master suite)

\$9,500 – Single occupancy of a standard room

\$10,500 – Single occupancy of a premium room

Note: All prices are in United State Dollars (USD) and are per person.
All activities are included in the price of your stay.





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