

Deep Dive Retreat

Solar eclipse edition

Breath & Body Wisdom

con Indalecia Rohita Ziritt

AUGUST 9-15, 2026
GIRONA, CATALUÑA, SPAIN

6-Day Residential Retreat

An experience that goes beyond a seminar: an immersive journey designed to transform your breathing... and, from there your entire life.

For six days, you will enter a carefully held, deep and safe space where conscious breathing becomes a direct gateway to healing, clarity and reconnection with yourself.

The retreat offers highly personalized facilitation, adapted to the unique process of each participant. Throughout the experience you will receive:

- Breathing pattern reading
- Body Wisdom Chart
- Transformative coaching
- Emotional release techniques
- Close support from a team of professional facilitators

All of this is designed to release blockages, expand awareness, and allow the breath to flow again in a natural, vital way.

The breathwork is complemented by practices that address the human being in all its dimensions:

- Sound healing
- Inner Child work
- The Five Tibetan Rites
- The Work process for resolving judgments and limiting beliefs

Each tool is integrated with coherence to support a process of real and lasting transformation.



The residential setting creates a deep container that supports inner work without distractions. The natural environment, the group, and the continuity of the process allow participants to move beyond the mind and enter a space of listening, presence, and authentic transformation.

Guided by a master teacher with nearly three decades of experience



The entire retreat is facilitated by Indalecia Rohita Zirit, whose path has always been guided by a deep search for healing and inner connection.

Over the years, she has trained in and explored disciplines such as Chinese Medicine, Shiatsu, Tuina, sound and voice healing, Osho meditations, Osho Pulsation (based on Reich's work for emotional release), spiritual purification, shamanism, and Akashic Records. Nowadays in training with M.E.R. (miofacial energetic release).

In 1994, she began her journey with Rebirthing, discovering the power of conscious breathing. In 2001, during the World Breathing Conference, she met Judith, with whom she trained in Transformational Breath[®], initiating a profound process that would shape her life mission. Indalecia found in Transformational Breath[®] a deeply transformative tool, integrating her professional training with her natural intuition and creating spaces held in unconditional love.

As a Former Senior Trainer and Co-Founder of Transformational Breath[®] Italy, she co-creates Breath & Body Wisdom, leading retreats, personal and professional trainings in Italy, Spain, Belgium, and Portugal. Since 2000, she has been actively involved with IBF (International Breathwork Foundation), being National Coordinator for Italy for 14 years and currently acts as an ambassador.



Lot de Clercq's personal and professional path has always been deeply connected to the exploration of the human being. For more than twenty years, she worked as a psychologist and supervisor, accompanying adults and young people in discovering the hidden landscapes of their minds and emotions. Her capacity for deep listening and for holding space for others was her way of being in the world—until a profound rupture changed the course of her life: illness brought her to a complete pause.

In the midst of silence and disconnection from the outer world, she began to listen to something she had ignored for years: her own body. This process led her to understand that we are far more than thoughts and words, awakening a new way of inhabiting herself—more authentic and conscious.

It was then that she discovered Transformational Breath[®], an experience that marked a clear before and after. Through conscious breathing, she found her freedom, energy, and health, reconnecting with her essential values such as authenticity, connection, nature, and love.

Since 2022, Lot has dedicated her life to sharing this powerful tool. She offers both individual and group sessions in her studio in Ghent, collaborates in trainings in Belgium, Italy, Spain and Portugal, and also organizes retreats and trainings assisting Indalecia in Belgium.

Lot supports people in reconnecting with their bodies and their essence through conscious breathing, creating safe spaces filled with presence. Her sensitivity, intuition, and deep respect for life make each session much more than a practice—it is a journey back to oneself, breath by breath.



From a very young age, Adara Guillén Flórez-Estrada felt that her mission was to help others, which initially led her to study Law, convinced that this would be her path. However, life guided her in a different direction, one much more aligned with her true essence.

A serious back injury marked a turning point in her story. During her recovery process, she discovered the Pilates Method, through which she was able to reconnect with her body and experience deep healing. This experience awakened in her the desire to accompany others on their own journey toward well-being.

From there, she began training in Pilates, physical rehabilitation techniques, fitness, and Yoga. These disciplines not only strengthened her body but also led her to deepen the connection between body, breath, and inner world. Her interest in the integration of body, mind, and emotions, together with her longing for healing, guided her toward the conscious circular diaphragmatic breathing of Transformational Breath[®], a practice that expanded her path of self-knowledge and integral well-being.

Currently, Adara runs her holistic studio in Italy, where she facilitates hybrid movement classes, meditation gatherings, and individual and group conscious breathing sessions. In addition, she organizes Breath & Body Wisdom retreats, personal and professional trainings, together with Indalecia in Spain.

Her mission is to accompany people toward greater inner balance by integrating movement, breath, and awareness, and to remind them that within each breath resides a powerful force of transformation.

Who is this retreat for?

This retreat is open to **anyone interested in the power of breathing**, with no previous experience required.

You are welcome! whether this is your first encounter with conscious breathing or it is already part of your personal or professional path. The retreat is suitable for any individual, for therapists, facilitators, and experienced practitioners who wish to deepen, integrate, or renew their relationship with the breath.

Breathing is a simple yet powerful tool that is always available to us. There is nothing to learn—only to remember. In this retreat, the breath becomes an inner guide, revealing to each person exactly what is needed in the moment to create greater awareness, release blockages, and open new spaces of understanding and transformation.

Each breath is unique.
Each process too.

Breath as a Path to Healing, Awareness, and Transformation



What does the retreat include?

- At least 2 daily sessions of conscious circular diaphragmatic breathing
- Breathing pattern reading, anatomy, and theoretical foundations
- Conscious movement
- Meditations and intensive coaching
- Personalized guidance
- Sound healing
- Complete content guide
- All meals included
- Accommodation in single or shared room

Program

Day 1: Arrival and Welcome

From 16:00: Check-in and accommodation

- 19:30: Welcome dinner

Days 2 to 5

- 8:00: Morning movement and sounds

-9:00: Breakfast

-10:00: Workshop and breathwork session (with break)

-13:30: Lunch and rest

-15:00: Workshop and breathwork session (with break)

-19:30: Dinner

-21:00: Meditation / evening activities

Day 6: Closing and Integration

-8:00: Morning movement and sounds

-9:00 AM: Breakfast

-10:00: Final breathwork session and closing

-13:00: Farewell lunch

The Venue

Terra Rossa

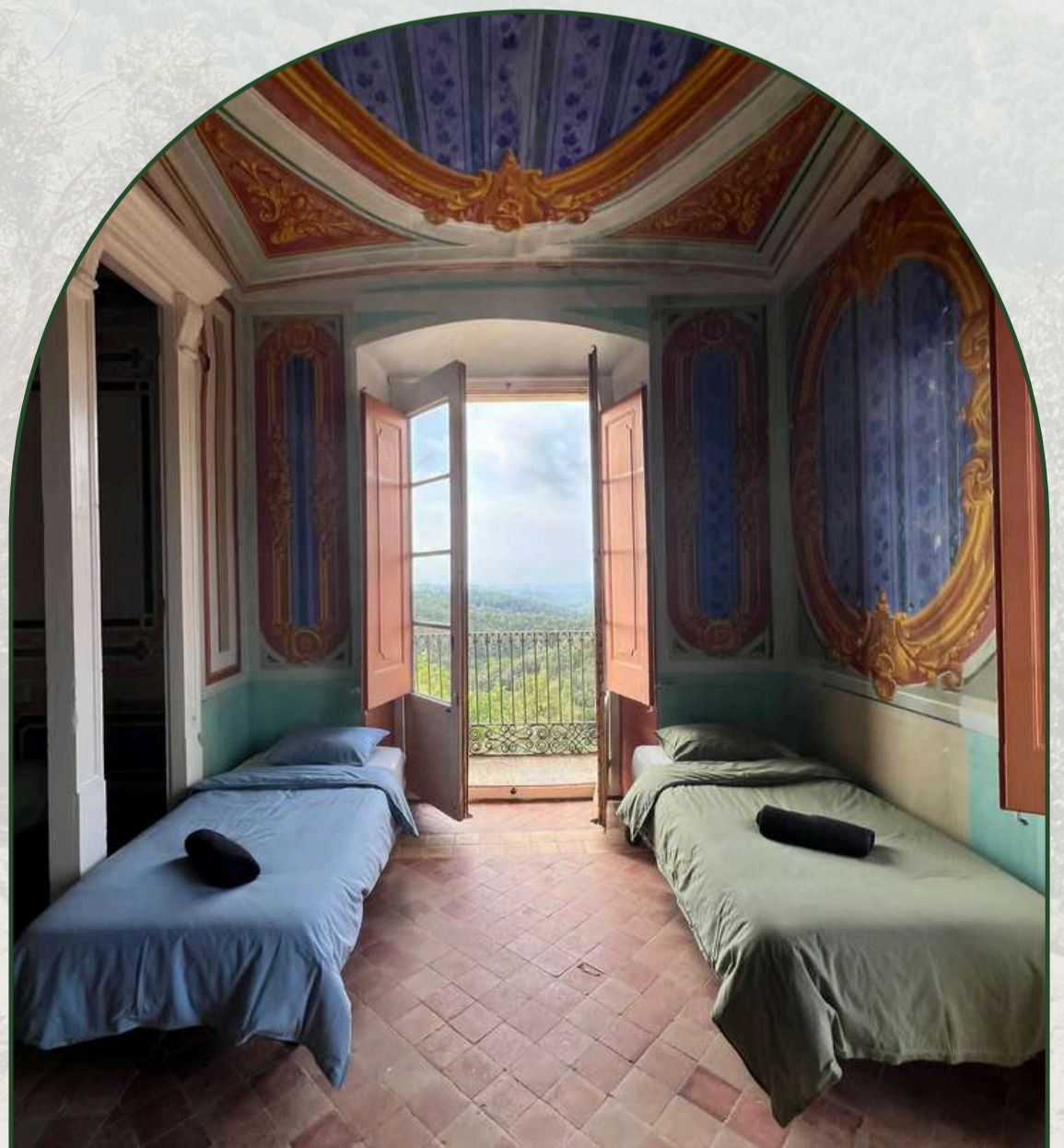


With 100 hectares of private land, Terra Rosa offers the perfect getaway to reconnect. It is located:

- 1 hour from Barcelona
- 35 minutes from Girona
- 20 minutes from the nearest train station, Sils
- 15 minutes from the stunning beaches of Tossa de Mar

Accommodation and Full Board

6 nights in a private or shared room with 3 vegan & vegetarian meals per day



Reserve your spot



- **Seminar Price:** €1,350
- **Early Bird** until 8th July: €1,215

Accommodation and full board from dinner on Day 1 to lunch on Day 6 of the seminar:

- Private room: €810
- Double room: €720
- Triple room: €630

(With private or shared bathroom, according to your preference at the time of booking. Priority will be given based on the order of reservations.)

- **Limited spaces available.**

To reserve your spot:

1. Make a payment of €500, indicating: "First Name + Last Name + Breath & Body Wisdom + Seminar Date"

to the following BANCO BPM account:

IBAN: IT8910503458022000000021388

BIC/SWIFT: BAPPIT21P71

(Account holder: Adara Guillén Flórez-Estrada)

Then, contact Adara to send her the proof of payment so she can provide the details to pay the remaining amount directly to the venue. Email: adara.guillen@gmail.com Phone: **+39 342 7414696**





Contact

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