



SICILY

MEDITATION & CONNECTION
A RETREAT FOR YOUR SOUL

Retreat Registration

And then there was just inner peace ...

It doesn't happen in the first moment.
It sneaks in quietly, somewhere between
the second meditation and the third cup of
herbal tea.

Somewhere after the boxing session, but
before the sunset dinner where laughter
lingers in the air like incense.

You don't always notice when it arrives.
But you notice when your body softens.
When your breath returns.
When you realize—for the first time in
maybe years—that you're not performing.
You're just being.

This is the kind of peace we cultivate here.
Not the vacation-kind. Not the kind you lose
the minute you turn your phone back on.
But a peace that lives in your bones. A
remembering.

It's the peace you feel when you wake up
before sunrise to sit in stillness with people
who feel like soul family.



When someone you met three days ago
says something that makes you cry in the
best way.

When your body is tired but open—because
you moved it, breathed through it, honored
it.

When your mind is quiet—not because you
forced it, but because the noise finally had
space to settle.

We saw it happen, again and again:

- In Simon's eyes when his path came into focus
- In Jeannette's breath when she realized she could glide instead of flap
- In Sophie's glow when she said, "I do feel like a new me."
- In Axel's stillness when he stopped doing and simply allowed himself to be

This isn't magic. It's what happens when we
remove the layers, hold each other in
presence, and give ourselves full permission
to feel, release, receive.

You don't come here to be fixed.
You come here to remember that you were
never broken.

And yes—this peace will come with you
when you leave.

Because it's not tied to the place.
It's already inside you.

And then there was just inner peace.



When the intention becomes reality...

Away from the everyday, surrounded by people who resonate with our vibrations, we rediscover an energy we thought was lost.

Maria Cristina & Vincent

Maria Cristina: Before there was a villa in Sicily... before the meditations and breathwork and the shared dinners under the stars... there was me.

A woman who had spent her entire life performing.

Achieving. Surviving.

Trying to be "good enough" in systems that never made space for her truth.

I grew up between two cultures—Sicilian at home, German outside. I never fully felt like I belonged in either. And under the roof of emotional instability and conditional love, I learned early on that safety meant control. That love was something to earn. That being strong meant doing everything on my own.

By the time I reached adulthood, my independence had become my identity. But it came with a cost: emotional distance, exhaustion, and a deep disconnection from my own essence.

Even after meeting Vincent—the one person who saw me, who loved me without trying to fix me—I still couldn't fully let go. I was holding on too tightly to old protection.

Then, in December 2023, I attended a Joe Dispenza event. Not for me—but to support Vincent. And somehow... it changed my life.

For the first time, I found people who got me. Who didn't ask me to shrink. Who thought like me, felt like me. In one of the meditations, I saw a vision: a villa, a group of people, connection, stillness, movement, presence. I knew, in that moment, I was being shown something I was meant to create.

But life tested me first.

I spiraled again. Faced my unresolved trauma. Had a panic attack in front of my son. And in that moment, I realized:

I hadn't healed—I had just built higher walls.

Vincent—bless him—put me on a plane to Orlando. Alone. To find my own voice again. And there, in one of my meditations, I surrendered. Not in thought, but in feeling. I let it all burn: the control, the fear, the stories that weren't mine. And what remained was me. -- Real. Raw. Ready.

That's when this retreat truly began.

It's not a business for us. It never was. It's a soul offering. A space for people who, like me, have been too much, too quiet, too emotional, too strong—for too long. It's a place for you to take off your armor. To be soft and held, wild and honest. To move, cry, laugh, breathe, be. It's a place where healing happens not through fixing, but through remembering.

Through witnessing. Through community.

Because healing doesn't happen alone.

It happens in the presence of others. It happens when someone like Axel makes you feel seen. When someone like Jefa reminds you that you are love—that you just forgot. This retreat came from that remembering. From the vision I saw and the version of myself I chose to become.

And if you're reading this, you're likely part of that vision too.

We don't promise transformation.

We promise a space where transformation becomes possible.

If you're willing to surrender to it.

When the intention becomes reality...

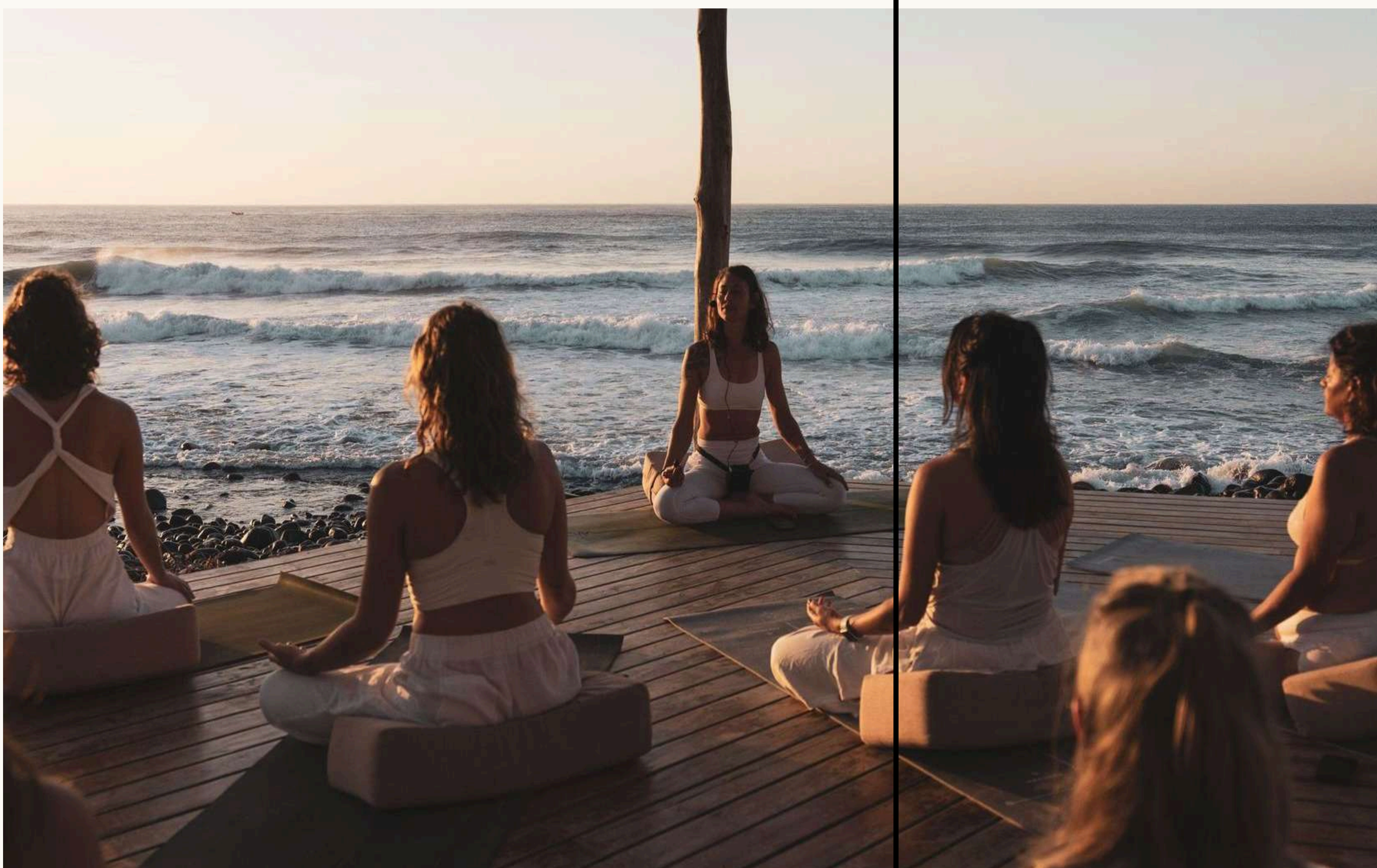


Vincent: I didn't arrive at this retreat with a dream.
I arrived because my body—and life—left me no other choice.

At the end of 2020, I hit a wall.
My nervous system collapsed. My vision lagged. Conversations became overwhelming. I was overstimulated, short-tempered, and hollowed out.
And the worst part?
The people I loved most—Maria Cristina and our son—were getting the leftovers of me.

I sought help. I got diagnosed. I was told: "Maybe this is your new normal."
And something in me refused.
If I broke myself, maybe I could rebuild myself.
So I searched. Therapists. Cold plunges. Mental frameworks. Breathwork. Some helped. None healed.

Then I found Dr. Joe Dispenza's work. And I committed. I flew alone to my first retreat—burned out, scared, unsure. And there, in a meditation, something cracked open.
Not pain—joy.



Tears on a bike ride. Pure love from within.
It was the first time I understood:
We are our own pharmacy.
Later, my chronic neck pain vanished in a meditation.
One night, my body realigned itself while I slept.
I burned with a fever—and let it burn, knowing I was shedding the old. This wasn't mindset work. This was biology, energy, truth.
What I left behind wasn't just pain. It was the version of me that had been surviving. The one who overworked, overcontrolled, stayed loyal to people and systems that drained him.

So I let go—of a business, of stability, of the old me and I chose this path. Not to teach but to live it.

When Maria Cristina had her vision of the villa, I knew:
This is why we went through it all. This retreat isn't strategy. It's soul.
It's the integration of everything we've lived through:
The breakdown and the breakthrough.
The masculine and feminine.
The mind and the heart.
We're not here because we have the answers. We're here because we've walked the path—and created a space for you to walk yours.

So if something in you is stirring, aching, ready...
Maybe this is your moment too.
To remember. To choose. To become someone new.
Because deep down...
you already know.

Come Home To Yourself



Prepare yourself for:

- Daily meditations (3 per day), including guided after-talks
- R.E.A.L. Boxing (Release. Embody. Align. Liberate.)
- Yin Yoga sessions to move and reset the body
- Breathwork Session
- All meals prepared with love—home-cooked Sicilian dinners, brunches, and snacks
- Sicilian wine tasting & shared long-table meals
- A post-retreat group integration call
- Access to a supportive WhatsApp group before, during & after the retreat



A Day in Retreat



Sample Schedule:

This isn't a retreat filled with a thousand workshops. It's a rhythm. A flow. A carefully curated space where you get to slow down, reconnect, and expand.

6:00 AM – Morning meditation & after talk

8:00 AM – Breakfast

10:00 AM – Second morning meditation & integration

12:00 PM – Lunch

2:00 PM – Bodywork session (boxing or yoga)

Afternoon – Free time for rest, journaling, connection

6:00 PM – Dinner

8:00 PM – Evening meditation

“The schedule felt like exactly what I didn't know I needed. Deep work in the morning, connection in the evening, and enough space to just... be.”



Are you ready to fuel your body: Eat



We begin with the body—because that's where everything lives.

Your stress. Your stories. Your joy. Your resistance.
And your power.

Our retreat is designed to nourish the body on every level—through movement, stillness, and the food we share together. Every meal is an act of care.

We serve each other, we gather around the table like family.

All meals are:

- Organic
- Seasonal
- Locally sourced from Sicilian farmers
- Rooted in farm-to-table tradition
- Cooked with love and traditional recipes passed down through generations

We support local families and artisans who believe, just like we do, that food is sacred. That the earth provides what we need, when we listen. That meals made with presence and care become something much more than food—they become ritual.



And then there's movement—our second way of feeding the body.

That's where our R.E.A.L. Boxing (Release. Embody. Align. Liberate.) method comes in.

- Boxing teaches presence. It pulls you out of your head and into the now, training your focus with every strike, breath, and movement.

- It dissolves resistance. The more tired your body becomes, the easier it is to drop into meditation. We move the energy first—so your mind doesn't have to fight to be still.

- It releases stuck emotion. Anger, grief, frustration, unspoken stories—they don't just live in your mind. They live in your body. And boxing gives them a way out.



You don't need to be "fit" or "experienced."
You just need to be willing.

We've seen people cry mid-round, collapse into laughter, or walk away radiating clarity.

It's not about performance. It's about liberation.

So we eat. We move. We rest.

And in the rhythm of these simple acts, we begin to feel at home in our bodies again.

Are you ready to fuel your mind: Pray



*View over
San Marco
during our
Walking
Meditation*



Meditation is the heartbeat of the retreat

It's where the noise falls away, and the truth starts to rise.
But we don't just "drop in" and hope for the best.
We guide you gently, layer by layer, with a balance of practice, understanding, and breath.
This is how we work with the mind—not by suppressing it, but by befriending it.

1. The Practice

We meditate three times a day—morning, midday, and evening.

We have all guided sessions. Sometimes we lie down. Sometimes we walk. Sometimes we sit in stillness and just listen.

You'll move through a journey of meditation that evolves over the week—starting with accessible practices and gently building toward deeper, more advanced states.

We use walking meditations because when you can hold a coherent, elevated state with your eyes open, you can bring that state into your everyday life. Into the 3D. Into your reality.

It's not about escaping. It's about expanding into the version of you that already exists beyond the noise.

Are you ready to fuel your mind: Pray



Group & Walking Meditations



2. The Theory

One of the most common blocks people have with meditation is this:
“I don’t know why I’m doing this. I don’t get it.”

That’s why we teach the why just as much as we guide the how.

Before many meditations, we’ll share the science behind what you’re about to do. The neuroscience. The energetics. The philosophy.

Because when your logical mind understands what’s happening, it relaxes. It stops resisting. And that’s when you can go deeper.

You’ll learn how your thoughts and emotions shape your biology, how meditation works with your nervous system, and how presence opens the door to possibility.

3. The Breath

Throughout the week, you’ll also experience dedicated breathwork sessions—designed not just to prepare, but to release.

To release the stuckness.
The old emotions.
The tension you didn’t even know you were carrying.

During our last retreat, we saw just how powerful the combination of breath + meditation can be. People let go of things they’d held for years—not through talking, but through feeling. Through breathing.

These practices are simple. But they’re powerful.
And we’ll be right there with you, every step of the way.

Are you ready to fuel your soul: Love

If the body is nourished and the mind quiets, the soul starts to speak.

And when it does—it doesn't whisper.
It reaches out,
It connects,
It finds the people it's meant to meet.

During our last retreat, this part surprised even us.

Everyone came for their own reason—some seeking clarity, others healing, some rest, some growth—but somehow, every person ended up being a mirror, a teacher, a support system for someone else.

Because here's what happens when you're surrounded by like-minded souls:

Even when you feel stuck in one area of your life, you're often farther along in another—and that part of you becomes medicine for someone else.

Whether it's faith, purpose, self-worth, creative energy, or building a business idea—what we saw was people lifting each other, simply by being honest, available, and human.

You think you're coming to work on yourself.

And you are.





And yes, going back to “normal life” afterward might feel strange—because something inside you will have changed.

But that’s why community matters just as much after the retreat as it does during.

We hold space for you after you leave.

We create a WhatsApp group for continued connection.

And we host an integration call post-retreat —because we know the work truly begins after you return home.

The retreat is the spark.
But the fire keeps burning because of the people.
Because of you.

“The people I met changed my life. I’ve never felt so safe to be myself. —and now we’re still in touch daily.” – Sophie

But what unfolds is so much more:

- Friendships formed that feel decades old.
- Ideas exchanged that spark entire new paths.
- Clients became friends, and friends became business partners.
- Love bloomed—and not just romantically, but spiritually, deeply, soulfully.

No matter where you’re from, what you do, or how long you’ve been on this path—you’ll find your tribe here.

The kind of people who feel like you’ve known them your whole life, even if it’s only been a few days.



*In every new
friend we gain,
we find new
dimensions of
ourselves*

Where You Will Stay

La Collina dei Nebrodi isn't just our venue—it's part of the experience.

This villa, tucked into the hills of Sicily, is surrounded by untouched nature, olive trees, wildflowers, and a sense of timeless peace you can feel the moment you arrive. We're not in a resort. We're not in a hotel.

We're in a place that feels real, sacred, and held by the land itself.

Every room has an ensuite bathroom and simple, cozy comfort. The shared spaces—the terrace, the kitchen, the long dinner table under the stars—are where many of the most meaningful moments will unfold.

From morning meditations as the sun rises, to homemade dinners cooked with love, to quiet walks through the valley—this is a place that invites you to return to your natural rhythm.

This villa was once a vision. Now it's home. And for one week, it will be yours too.



*Sunset at
La Collina dei
Nebrodi*



Room Sharing & Comfort

This retreat is intimate and invite-only (8–15 participants total), and that includes the way we share space.

Most rooms are shared with 1 to 3 people max, and each room has enough space to maintain comfort and privacy.

We believe room sharing is part of the magic—yes, it might take you out of your comfort zone at first, but just like those unforgettable school trips, it's often in those shared, simple moments that connection is born.

You'll likely leave not just with memories, but with friendships that last a lifetime.

If you're bringing a partner and would prefer your own room, we can absolutely arrange that. Just let us know.

Most importantly:

This is not about squeezing people into rooms.

It's about crafting an environment that feels safe, nourishing, and deeply human.

We're not here to fill spots—we're here to hold space.

To offer the best conditions for you to relax, grow, and thrive—with just the right amount of loving challenge to stretch you into your next evolution. 🧘

Important information

When:

Please check our website for the latest Retreat Date information

Investment:

Our retreat pricing may vary slightly depending on the location and season. Current pricing for upcoming retreats can always be found on our website: www.harmonicleap.com/retreats

Coming as a couple or with a loved one?

We offer a reduced rate for couples or friends attending together and sharing a room.

If you're coming as a pair and would like to stay in the same space, you'll receive a special combined price — all details are available directly on the retreat page.

Please note:

- Sharing a room with another solo guest does not reduce the individual rate.
- The special duo rate applies only when you register together with a partner, friend, or loved one.
- Bringing more than one guest? Reach out — we're happy to offer a custom group rate.

We keep our groups small and curated, and that includes how we approach pricing: honest, transparent, and with care.



What's Included:

- 7-night stay at our private Sicilian villa
- Ensuite bathrooms in each room
- Daily meditation sessions (3 per day), including integration talks
- Emotional release breathwork sessions
- R.E.A.L Boxing (Release. Embody. Align. Liberate.)
- Yin Yoga to ground the body and release energy
- All meals: fresh, seasonal, organic, Sicilian, and cooked with love
- Evening cooking experiences & traditional Sicilian recipes
- Sicilian wine tasting
- Curated WhatsApp group for connection before, during, and after
- Post-retreat integration call to support you when you're back home

What's Excluded:

Flights and transportation are not included



What They Said

Before the retreat, I was driven—but overloaded. I came in with determination and passion, but also with a full plate: mentally overstimulated, doubting myself, and carrying stress from juggling too many open loops. I was all in on my calling—but somehow still procrastinating on the parts that mattered most.

Something shifted for me in Sicily. Through the breathwork and meditations, I found my way back to my faith—not just spiritually, but viscerally. It felt like coming home to something I hadn't realized I'd drifted from.

I left feeling empowered, focused, and clearer than I've felt in years. The noise was gone. The urgency to act on my vision was back.

One of the biggest realizations? That the things I'd been “planning” for so long... they're ready now. I'm done waiting for the perfect moment. I've already started tracking my habits daily, and I'm finally creating the content I've been sitting on for too long.

I've done a lot of personal development work, but this retreat hit differently. It gave me the internal realignment I didn't even know I needed.

If you're feeling stuck, or full—but not fulfilled—this retreat will move something in you. I've already told people about it. And yes—I'll be back.

– **Simon**



Before the retreat, I was exhausted—emotionally and physically. I didn't even participate in every session, and still something massive shifted.

The atmosphere, the people, the nature... it all held me in a way I didn't know I needed.

What stuck with me most was something I saw in the condors on the hilltop: they don't flap to fly—they glide, using the energy of the wind. That image changed something in me.

I'm going home with new dreams, more courage, and the feeling of being truly loved and seen.

Thank you for giving me this experience—I hope to see you all again on the next one.

– **Jeannette**



What They Said

I came in overwhelmed, juggling too much and longing for space.

What I found was more than space—it was a reconnection to my center. I shifted from “doing” into being. I remembered how to trust again, how to follow my own inner knowing.

I’m leaving behind the pressure to perform and opening up to ease and presence.

I’ll carry the breathwork, the conversations, the meditations—and most of all, the feeling of being part of a group where truth was normal.

I’m deeply grateful for the time spent in this field.

– **Axel**

“It’s been an amazing week—I’m still processing everything, but one thing is clear: my entire perspective on meditation has completely changed.”

– **Dima**

“I Am home in my bed. Still glowing from this rollercoaster we went through. The gratitude I feel for meeting all of you on this level—I really can’t express it. It’s true, I do feel like a new me.”

– **Sophie**



I was curious, a little anxious, and ready for something new.

What I didn’t expect was how safe and vulnerable I would feel. The way Maria Cristina and Vincent held the space—through challenge, emotion, and joy—was unlike anything I’ve seen.

My heart cracked open in a new way. I left feeling grounded, expanded, and filled with love.

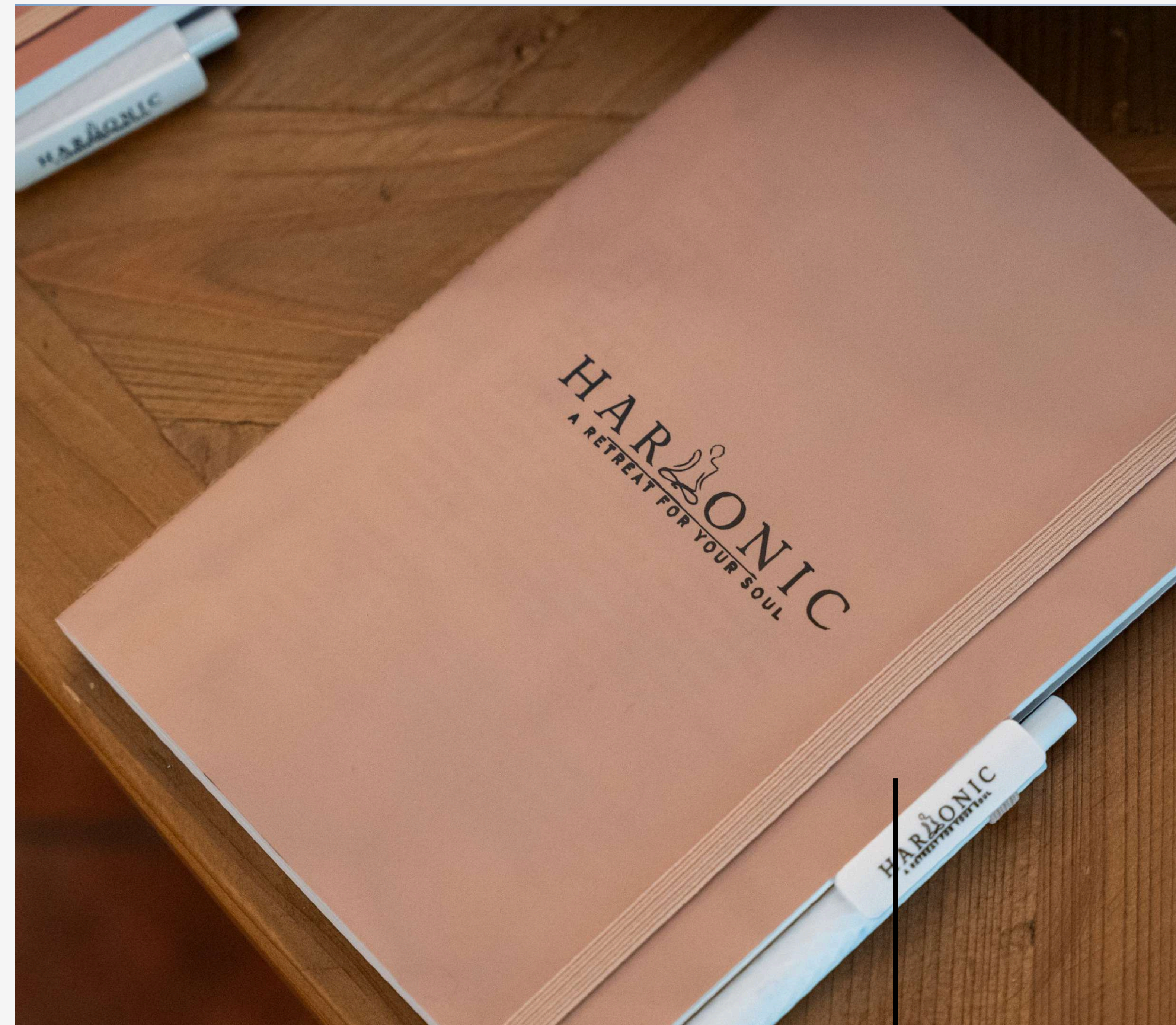
The meals, the breathwork, the table conversations—every detail was infused with care.

This wasn’t just a retreat. It was a portal.

– **Sean**



Registration Process



And now, it's your time.

Your place at our upcoming retreat at La Collina dei Nebrodi awaits you.

We're eager to share moments of deep reflection, expansion, and connection together.

This retreat is curated by energetic alignment, not just availability—because the group itself is the medicine.

If you feel called to join us, the first step is to register.

How it works:

- Click the button below to submit your registration form.
- We'll then schedule a personal call with you to get to know you better and feel into the group dynamic.
- If we both feel the alignment, your spot will be confirmed and you'll receive full booking details.

Please note:

- Spaces are reserved on a first-come, first-served basis, pending registration approval.
- Completing the form does not guarantee a spot until after the call.
- Once approved, a 10% non-refundable deposit secures your place.

If your heart says yes, trust it.

[CLICK HERE TO START YOUR REGISTRATION](#)

MC & Vincent

