

Bespoke Retreats



BREATHGURU®

Five nights in a private villa in Lanzarote with world-renowned Breathwork expert. Alan Dolan. Entirely to yourself.

Our Bespoke Retreats are designed to provide you with the optimum environment and practitioners with which to achieve meaningful change. This is not simply a peak experience. It is a solid foundation from which to build.



Your Guide

Alan Dolan is a highly experienced Breathwork Practitioner and Trainer bringing over 23 years of practice and wisdom to his clients. Featured in multiple media sources including The Guardian, Forbes, The Times and The Telegraph as well as being a regular Visiting Expert at Soneva Resorts in the Maldives.

Having experienced and overcome 25 years of undiagnosed depression, Alan brings genuine empathy as well as skill to everyone that he works with.



Your Bodyworker

Mathieu Courivaud trained in Thailand, Spain and France. His Progressive Massage practice is based on observation, listening and accompaniment. His understanding of the body together with his expertise in abdominal massage and releasing the diaphragm directly supports the breathwork process.

"Mathieu is a Maestro who is able to bespoke each and every session you have with him - the skill and level of Presence he brings to his work are absolutely extraordinary." —**Alan Dolan**



"Alan Dolan is one of the best alternative practitioners and breathworkers I've had the privilege to work with. His level of care and intuitive understanding about the needs of his clients is second to none."
Naomie Harris, Actor; Oscar, Bafta & Golden Globe nominee

Pricing & What's Included

Solo: £5,000 • With a friend or partner: £8,500

- Five nights accommodation
- AM/PM sessions with Alan (excluding arrival/departure days)
- Daily bodywork session with Mathieu (excluding arrival/ departure days)
- Vegetarian Cuisine throughout your stay
- Airport arrival/departure transfers

As featured in:

The Guardian

VOGUE

Condé Nast Traveller

ELLE

THE TIMES

Forbes

Red

London Evening Standard