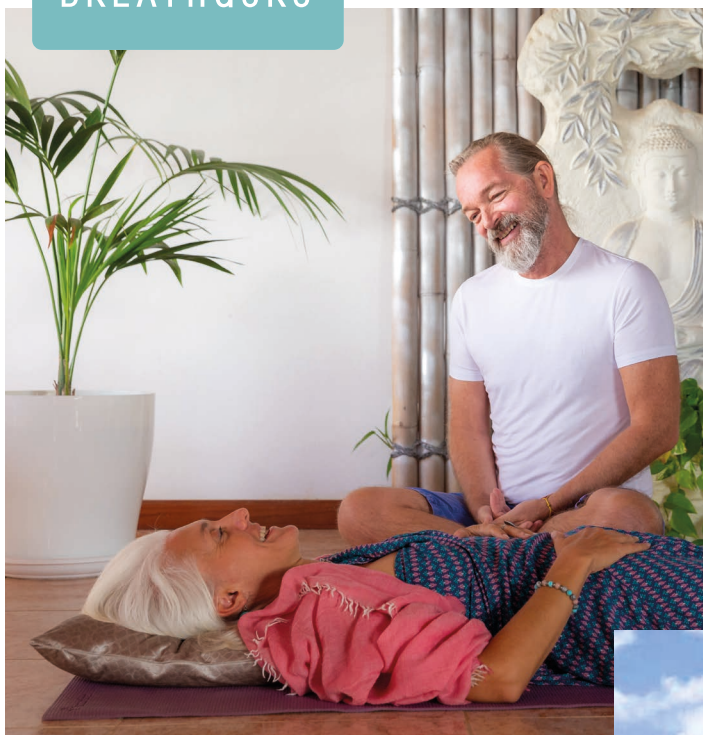




BREATHGURU®

Group Retreats



What's included...

Accommodation in the heart of Lanzarote

Full board fresh & seasonal vegan meals prepared by our wonderful chef, Antonio

1-1 breath session each day
(excluding arrival and departure days)

Bodywork session with Mathieu
(further sessions available @ £100 each)

Private airport transfers

Access to Breath Superpowers audio library
(for 30 days from your arrival day)



Please note that we do not serve alcohol or caffeine on-site to help you make the most of your experience. By detoxifying, you will have more energy available for your process.



"My stay with Alan on my Breathguru retreat was a truly transformative experience... his wisdom and guidance have helped unlock inner worlds of the mind and body."

Dustin O'Halloran,
Emmy award-winning
musician & composer

Reservations

The retreat duration is 5 nights.

Many of our clients choose to stay on the island after the retreat in order to allow themselves space and time to integrate the work that's been done. Should you wish for further information about accommodation possibilities please feel free to let us know.

Please contact us at info@breathguru.com to confirm our latest availability.

Lanzarote is not simply beautiful — it is energetically alive. Volcanic, elemental and unlike anywhere else on earth. Combined with Alan's 23 years of breathwork mastery and Mathieu's transformative bodywork, this landscape becomes more than a backdrop. It becomes part of the healing itself. This experience will stay with you long after you leave.

If you would like to stay up to date with our latest offers and news, be sure to sign up for our Breathguru newsletter [here](#) and to add info@breathguru.com to your address book.