



BILINGUAL ENGLISH/SPANISH



Innate RETREAT

Integration with JOY

Reset your nervous system. Rest your body. Feed your soul.

VERY LIMITED SPOTS

**Four days on the Mediterranean coast.
Get adjusted, feel amazing, move, dance, eat well
and remember what it feels like to be truly free.**

This is your permission to stop, rest and be nourished

Torre del Mar • Málaga • 4-8th December 2026

InnaTe RETREAT

Integration with JOY



This retreat is for those who give everything — and are ready to come back to **themselves**.

A space to observe yourself, rediscover who you are, release what no longer serves you and experience a shift that doesn't undo itself.

• WHAT AWAITS YOU •

Daily chiropractic adjustments (*receive care instead of giving it, for once!*).

Body awakening practices: coming home to your own body through movement, presence, and nervous system regulation.

A professional chef nourishing you from the inside with healthy, delicious food made with intention.

Time to move, to dance, to feel the sea, to share, to laugh, to rest deeply.

Space to remember who you are when you finally stop.

Katina Manning, DC

Chiropractor with 40 years of experience, trained by Sue Brown.

One of the most generous, wise, and inspiring chiropractors in the world — *in the room with her, something shifts.*

Amaya Alonso, DC

Chiropractor with over 20 years of experience, trained by Sue Brown and specialised in body memory integration and family constellations.

FACILITATORS



innateretreats@amayaalonsodc.com / 680 419 903



4-8th December 2026
Torre del Mar · Málaga

YOUR INVESTMENT

For four days, the house is yours.
Seafront, with a private beach just for us
no strangers, no distractions. Just your group, the sea
and everything you need to reset completely.

Innate RETREAT

Integration with JOY

• INCLUDED IN EVERY TICKET •

- Daily chiropractic adjustments with Katina and Amaya.
- All body awakening sessions.
- Full board: breakfast, lunch & dinner prepared by a professional chef.
- Exclusive use of the seafront house and grounds.



Early Bird €1,800 (until September 8th)
Regular price €2,300

STAY IN THE HOUSE (optional)

Triple room: €450

Double room: €550

Single room: €1,000

A €500 non-refundable deposit secures your place.



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