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6 day / 5 nights

# Fluentbody™ Somatic Exploration 5-Days Retreat ~ Florencia Lamarca on MAR 05/2024

All Genders  Dance  Embodyment & Somatics

At **Wonderland Healing Center**

Koh Phangan, Thailand

| | |
|---|---|
| Early Bird Price | € |
| Price | from €945 to €1430 |
| Package | |
| Deposit Amount | |

REQUEST RESERVATION

A 5-day immersion into the treasures of your body, movements, feelings and the power of community to bring out the authecity that lives in you. With Florencia Lamarca from March 5th to 10th, 2024 in Wonderland Healing Center, Koh Phangan, Thailand.

## Retreat Package

- Accommodation Included
- Option with No Accommodation
- Transportation Not Included
- Food (3 meals per day)
- Retreat Experience

## Description

Florencia Lamarca spent many years as a professional dancer practicing the Gaga movement language in the well-known Batsheva Dance Company and draws from over a decade of experience as a somatic therapist based in Berlin. She has facilitated over 1.000 individual somatic therapy sessions. The combination of these professions and her extensive knowledge in those fields are what inspired her to create her own method: Fluentbody™. The depth of her understanding of bodies moving, feeling, expressing and healing enables a unique space for transformation and awakening of the potential that lies within you. Connecting movement, breath, rhythm, life, and the stories our bodies tell, she authentically paves the way for people to embody their power, softness, pleasure, courage, and much more.

Fluentbody™ is a practice of discovery, curiosity, and awareness. It's an exploration of how to show up with generosity in and for your body, mind, and each other through tools you can easily apply in your everyday life. It is an eye-opening, surprising journey into the many colors of your essence, a practice that offers direct access to more resilience, choice, wholeness, and an entry to the art of connecting – move by move, breath by breath.

The experience of the retreat offers you attunement to your natural ability to enjoy and regulate the wild orchestra of everyday information and turns life into a melody that you can float with. It is an opportunity to change patterns and strengthen your overall health through awareness. Because only by developing our attention can we recognize our automatic responses and stop whatever makes us suffer. By doing so we learn to expand our human experience and express our true potential. Here, we remember the treasures that exist inside of our body beyond thoughts, concepts, or ideas of who we should be.

During the retreat, you will raise your capacity for self-healing not only through Fluentbody™ but also through the opportunity of 1:1 somatic therapy sessions offered by André Laubner as part of the retreat package.

To enhance our collective experience we have chosen a little paradise corner on Earth: Wonderland, an outstanding healing center located on the idyllic island of Koh Phangan, in Thailand. The atmosphere of the space will feed our energies with grounding nature and amazing vegan & vegetarian food.

**What have others said about this experience?**

*"I've finally found a method that allowed me to BE. To discover where my body wants to go, to ignite an astonishingly potent energy, the permission to be silly, to not keep it together, to gasp, to rest, to feel weight without collapsing, and to attune to how I want to express myself. It is pure freedom to me and my body that was held frozen for a long time. Many transformational experiences I had were possible because my mind now trusts my body to navigate its own process of setting me free".*

Testimonial from Isabella Gorny 33, Fluentbody™ Portugal Retreat 2023

## Accommodation Options

Wonderland accommodations offer deluxe private rooms and superior 6-person shared dorms. The accommodation is nestled among beautiful, lush gardens and palm tree forests with stunning mountain views and waterfalls close by.

Check-in Time: 14:00 / Check-out Time: 12:00

You have 3 options of accommodations to choose from. **Check the details and prices below**.

- Shared Dorm
- Private Room Double
- Private Room Single

## Program

Fluentbody™ Group Sessions & Individual Somatic Session

During five days, our group will gather in the morning and afternoon to dive into Fluentbody™. In addition, every participant will receive one individual somatic session with our experienced bodyworker André. The session is specially designed to support your body to digest and integrate the new information being received during the program.

**Body massage**

**Breath**

**Group sharing**

**Movement**

**Touch**

**Voice**

## ⏳ Agenda

- Morning light breakfast
- Morning Fluentbody™
- Lunch
- Free Time / Private Somatic Therapy Sessions with André
- Afternoon Fluentbody™
- Dinner

The exact timetable and schedule will be tailored to the needs of the group as we go. You can count on two practices a day and lots of time in between to relax in the pool or sauna, adventure, connect, and digest.

### Check with yourself if this program is for you!

## ✅ This is for you, if

- you are curious about how to perceive and express your feelings.
- you are interested in the universe of somatics and embodiment.
- you are looking for a wholesome approach to self and co-regulation.
- you are willing to open up to the wisdom of your body.
- you are curious about navigating through your feelings and stories.
- you love to have fun while diving deep.
- you are ready for a change in your life.

## ❌ This is not for you, if

- being vulnerable in groups is a challenge you don't want to face.
- touch is an absolute no-go for you (as we work with somatic techniques such as heart/belly holding).
- you are mainly interested in the location and travel holidays.
- you are primarily seeking 1:1 support for mental/emotional/physical health challenges.

We can't wait to create a trustful and supportive group atmosphere and take this journey all together

## 🌟 Facilitators

### FLORENCIA LAMARCA

**Fluentbody™ & Retreat Guide**

Florencia Lamarca was born in 1981 in Uruguay. She brings 20 years of dance experience, primarily training and performing for the notorious Batsheva Dance Company with Ohad Naharin, creator of the famous Gaga Movement. She was also a guest dancer for 12 years at Sasha Waltz, among other dance companies.

Having worked as a somatic therapist since 2011, she is a certified Grinberg & Pantarei practitioner and has since developed her own approach to healing drawing on her experience and knowledge.

She has been traveling the world teaching unique workshops and retreats combining her extensive knowledge of dance, professional movement research and somatic therapy.

Florencia is the founder of the Fluentbody™ method. Since 2021 she is offering a Fluentbody™ Teacher Training in her Academy based in Berlin. The depth of her understanding of bodies moving, feeling, expressing and healing enables a unique space for transformation and awakening of the potential that lies within you.

More info:

https://www.florencialamarca.com

https://www.instagram.com/florenciafluentbody

### ANDRÉ LAUBNER

**Individual Somatic Therapy & Holistic Bodywork Sessions**

André Laubner is a licensed personal trainer, massage therapist, pain specialist (Liebscher & Bracht), and practitioner of the Pantarei Approach. With over 10 years of experience, he combines various forms of bodywork with coaching elements in his holistic body-oriented approach. Through individual hands-on bodywork sessions, André helps clients achieve powerful and lasting change in their lives, addressing both physical and emotional aspects through the mind-body connection.

In a captivating hands-on session, you'll learn how to reconnect with your body and harness its resources. By reconnecting to your body in a safe space and integrating your past you can release stuck emotions, trauma, anxiety, and physical tensions and use the released energy to create the life you want.

More info:

www.somatic-learning.com

https://youtu.be/Wh_Yo9yra-4

## The Venue

### Wonderland Healing Center

You will stay at Wonderland Healing Center, a serene, relaxing, lush tropical environment designed to promote physical and mental health through practices of yoga, meditation, detoxification, and fasting. The resort has 37 rooms, a pool, an herbal steam sauna, and a restaurant serving healthy, organic food.

Wonderland Healing Centre is located in the heart of Koh Phangan Island, only 5 km from the Thong Sala pier (the main town of the island), and 4 km from Chaloklum Bay.

More info: https://www.wonderlandhc.com/resort/

**Cold plunge**
**Herbal steam sauna**
**Surrounded by nature**
**Wellness resort**
**Healthy food restaurant**
**Outdoor rest area**
**Swimming pool**
**WIFI**

## 🥗 Food

To nurture our bodies, the Wonderland healthy kitchen will serve us with breakfast, lunch, and dinner buffets included in the price package. Smoothies, juices, and fresh coconuts are available on their menu for you.

The delicious and healthy vegan cuisine utilizes the abundant local and organic produce and contains no monosodium glutamate, refined sugar, artificial colors, flavorings, or preservatives. The menu has been created with the influence of many different cultures and is constantly evolving with the input from visiting expert vegan chefs. If you have special dietary requirements it's a good idea to communicate it to the organizer when making a reservation (heartphangan@gmail.com).

The following options are included:

**Breakfast**
**Dinner**
**Filtered water**
**Fruits**
**Herbal tea**
**Lunch**
**Vegan**
**Vegetarian**

## 💰 Investment and conditions

Retreat Start date: 05 MAR 24 - 2:00 PM

Retreat End date: 10 MAR 24 - 12:00 PM

- Shared Dorm **€1025**
- Private Room Double **€1,200**
- Private Room Single **€1,430**
- Retreat with no accommodation**€955**

### Important conditions:

- A deposit of 33% is required to confirm your Retreat booking until Jan 30th, 2024. After this date, payments are collected in full.
- The remaining amount of your balance is due 30 days before the Retreat starts.
- Installment options are available through various methods of payment Wise, Paypal, and Stripe.
- You are required to show proof of travel insurance 1 week before your arrival.
- Please read the full**Terms of Service**here.

## ✅ What's included

- 6 days / 5 nights of accommodation at Wonderland
- 3 daily delicious and nutritious vegan/veg meals per day
- Fluentbody™ sessions with Florencia Lamarca
- 1 private bodywork session with Andre Laubner
- Free pass to all classes offered by Wonderland during the time of your stay
- Access to the swimming pool, herbal steam sauna & cold plunge
- Herbal teas and filtered water served throughout the day
- Free shuttle service to ferry port (arrival & departure)
- Tropical welcome drink upon arrival

## ⛔ Cancellation Policy

**100% deposit refund**
if canceled 30+ days before the retreat start date (until Feb 4, 2024)
**50% deposit refund**
if canceled 15-29 days before the retreat start date (Feb 5 to 19, 2024)
**0% deposit refund**
if canceled 0-14 days before the retreat start date (Feb 20 to Mar 5, 2024)

## ✈️ Travel Planning

Travel is **NOT** included in the package of this program. All participants are responsible for making their travel arrangements to arrive on the island of Koh Phangan by the start day of the immersion, on Match 5th, 2024. Check our suggestions for you:

**#1 - Fast and most convenient**

The most direct way to get to Koh Phangan is to arrive by plane at the International Airport of Koh Samui (USM), the neighboring island. From there arrange a taxi to take you to the ferry to Thong Sala, Koh Phangan. The ferry runs regularly until 15:30 and it's a 30-minute ride. Beware, If you arrive later than this, you must spend one night in Koh Samui. The first ferry leaves at 8:00.

**#2 - Cheaper and longer, but reliable and beautiful**

Arrive by plane at the International Airport of Surat Thani (URT) on the mainland. From the airport, you can buy a bus + ferry ticket to the pier of Donsak and a ferry to Thong Sala, Koh Phangan, all together. The bus is comfortable and it takes 1h and 30 minutes to arrive at the ferry pier. The ferry takes around 2.5 hours ride. The ferry runs regularly until 17:30. Beware, If you arrive later than this, you must spend one night in Surat Thani. Plan to arrive at the URT airport no later than 3 pm.

There are two ferries you can choose from and all of their website offers translation to English.

Raja Ferry: https://www.rajaferryport.com/lang/en

Seatran: https://www.seatranferry.com/

**To better prepare your planning, keep in mind:**

The check-in for the immersion starts at 14:00 on March 5th, 2024.

## Host

**Rosi Rodrigues**

Dreamer of Heart Phangan co-creating the world I want to live in!

CONTACT ROSI RODRIGUES

## Package

**Shared Dorm**

**€1025**

The shared 4-6 bed dorm rooms are the most comfortable and beautiful dorms in Koh Phangan, with extra wide, super comfy single mattresses. Each dorm room has a shared bathroom and shower, a small dining table, and a refrigerator.

- Extra wide, super comfy single bunk beds
- Air conditioning
- En-suite bathroom with shower
- Mini fridge
- Coffee/tea-making facilities
- WIFI
- Towels

**Private Room Double**

**€1,200**

If you wish to stay in a private room with a partner you can have a king-size bed, or 2 double beds, an en-suite bathroom, a kitchen with a fridge and coffee/tea-making facilities, an outside balcony with a seating area facing the swimming pool, and gardens, and a stunning jungle landscape to the rear.

- King Size Bed or Twin Beds
- TV
- Air conditioning
- En-suite bathroom with shower
- Large terrace

- Personal Care Products
- Housekeeping
- Laundry Service

**The price listed is per person.**

- Mini fridge
- Coffee/tea-making facilities
- Electronic safe
- WIFI
- Towels
- Personal Care Products
- Housekeeping
- Laundry Service

**The price listed is per person.**

**Private Room Single**

**€1,430**

If you wish to have a private experience during your stay, you will enjoy a king-size bed, an en-suite bathroom, a kitchen with a fridge and coffee/tea-making facilities, an outside balcony with a seating area facing the swimming pool, and gardens, and a stunning jungle landscape to the rear.

- King Size Bed
- TV
- Air conditioning
- En-suite bathroom with shower
- Large terrace
- Mini fridge
- Coffee/tea-making facilities
- Electronic safe
- WIFI
- Towels
- Personal Care Products
- Housekeeping
- Laundry Service

**The price listed is per person.**

**Retreat with No Accommodation**

**€955**

If you wish to join the retreat without accommodation because you already have a stay on the island, this option covers the cost of the workshop, plus 6 whole days at Wonderland. During the 6 days of the workshop, you will enjoy the healthy day package that Wonderland offers, which includes:

- All yoga, Pilates, and meditation classes
- All workshop sessions during your stay
- Full gluten-free/vegan/vegetarian meals per day (buffet)
- Sauna
- Swimming pool

You will get to enjoy as many activities from their drop-in classes. In the evenings there are also regular fireside music events and jams, re-birthing breath-work classes, sound healing events, and much more. Please check our schedule for details.

More details about the Healthy Day pass: https://www.wonderlandhc.com/healthy-day/

Check their schedule: https://www.wonderlandhc.com/new-calendar/

**The price listed is per person.**

**Wonderland Guests**

**€660**

This option is limited ONLY to Wonderland guests who already have an accommodation package in the resort during the retreat days and want to join the Fluentbody retreat experience.

Your source to book conscious experiences, retreats, and journeys of awakening during your stay on the island of Koh Phangan, Thailand.

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Connect with us

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☎ + 66 6 25577787
(Mon – Fri 11:00 am – 4:00 pm GMT+7)

*We respect and honor Thailand's culture and Koh Phangan islander elder's past, present, and future. We acknowledge the stories, traditions, and living cultures of the Thai islander people on this land and commit to building a brighter future together.*

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Made with in Koh Phangan