

EL RETIRO · LAS TERRENAS

SAMANÁ · DR

WELCOME & PREPARATION GUIDE

Your way *back to yourself* starts today.

Retreats and ceremonies · 7-day preparation

Diet · 7 days before

Menus

What to bring

WELCOME

Thank you for *choosing us*.

We are very happy you are coming to El Retiro. This guide will help you arrive with a light body, a calm mind and a clear intention. Preparing well is part of the work: what you do in these days supports your experience.

Nelson and Alina will guide you in a private villa in Las Terrenas, in a group of no more than 6 people.

HOW YOUR PREPARATION WORKS

When you book

You complete the confidential health form and tell us about any medication.

7 days before

You start the diet and preparation, whether you join a one-night ceremony or a retreat of several days.

A few days before

We send you your program, arrival time and the exact location.

Arrival day

You eat lightly and arrive with a calm stomach for the first ceremony.

GETTING HERE

- **Closest airport:** Samaná El Catey (AZS), about 30–40 min from Las Terrenas.
- You can also fly into Santo Domingo (SDQ) or Punta Cana (PUJ) and come by road (about 2.5 h from SDQ).
- Flights and transfers are not included. Message us and we will help you arrange them.
- Plan to be in Las Terrenas in time. We will confirm your arrival time at the villa and send you the exact location.

YOUR GIFT

1:1 integration session

With your booking you receive a private integration session with us after your experience, to bring what you lived into your daily life. We schedule it together at the end.

PREPARATION · 7 DAYS BEFORE

The *diet*.

Start **7 days before you arrive**, whether you join a one-night ceremony or a retreat of several days. Eating clean and simple helps your body stay calm during the ceremonies and reduces discomfort. If one day you don't follow it perfectly, that's fine: just pick it up again the next day.

CHOOSE

- Rice, oats, quinoa, cassava bread and plain bread
- Root vegetables: cassava, sweet potato, yam, taro, green plantain
- Beans, lentils and chickpeas
- Fresh chicken, turkey or white fish, grilled, baked or steamed
- Eggs
- Vegetables, steamed or lightly sautéed
- Fresh fruit: papaya, apple, pear, melon
- Plenty of water and herbal teas: chamomile, ginger, mint
- Gentle seasoning: fresh herbs, cilantro, garlic, onion, little salt

AVOID

- **Alcohol, cannabis and any drugs** (at least 2 weeks before)
- Pork and red meat; cold cuts, ham, salami and cured meats
- Aged or mature cheeses
- Fermented foods: soy sauce, miso, kimchi, sauerkraut, kombucha, vinegar
- Spicy, fried, very fatty or very salty food
- Sugar, sweets and chocolate
- Coffee, soft drinks and energy drinks (cut down gradually)
- Overripe fruit and food reheated over several days
- Fast food and ultra-processed food

BEYOND FOOD

- We recommend sexual abstinence for the three days before.
- Less screen time, news and social media; more rest and nature.
- Each night, write a few lines: what do you want to let go of? What do you want to receive?
- Walk, breathe or practise gentle yoga.

ARRIVAL DAY

- Light breakfast: fruit or oats.
- Light lunch before 1:00 pm (rice, vegetables, fish or egg).
- After that, only water or tea. Arrive with a light stomach for the first ceremony.
- During your stay we take care of your meals and guide you through any fasting.

MEDICATION · VERY IMPORTANT

If you take any medication or supplement (especially antidepressants, psychiatric treatment, stimulants or blood-pressure medication), tell Nelson before you travel. **Do not stop or change any treatment on your own**: talk to the professional who prescribed it. This guide is not medical advice.

Your *clean* week.

These are ideas, not rules: combine them as you like within the diet list. Normal portions, without overeating. Between meals: fresh fruit, rice cakes or a small handful of almonds.

DAY	BREAKFAST	LUNCH	DINNER
Day 1	Oats with apple and cinnamon	White rice, mild stewed beans and lettuce-cucumber salad	Vegetable soup with chicken
Day 2	Scrambled eggs with cassava bread and papaya	Baked white fish with sweet potato and steamed broccoli	Pumpkin cream soup
Day 3	Papaya, oat and water smoothie	Grilled chicken with rice and sautéed vegetables	Boiled root vegetables (cassava, yam) with a boiled egg
Day 4	Oats with pear	Stewed lentils with rice and carrot	Chicken soup with taro and cilantro
Day 5	Vegetable omelette with plain bread	Steamed fish with quinoa and cooked vegetable salad	Zucchini and potato cream soup
Day 6	Melon and oats	Baked turkey breast, mashed sweet potato and green beans	Rice with vegetables and egg
Day 7	Fresh fruit and ginger tea	Stewed chickpeas with rice and vegetables	Vegetable and root broth, early dinner

COOKING TIPS

- Cook at home, fresh every day.
- Use a little olive or coconut oil.
- Season with herbs, garlic, onion, cilantro and oregano; avoid stock cubes and packet seasonings.
- When eating out, order grilled fish or chicken with rice and vegetables, no sauces.

VEGETARIAN OPTION

Replace chicken and fish with beans, lentils, chickpeas or eggs. We also offer a vegetarian option at the retreat: just let us know.

BEFORE YOU TRAVEL

What to *bring*.

- Comfortable, loose, light-coloured clothes
- A light jacket or blanket for the ceremony nights
- Yoga clothes and swimwear
- Sandals and comfortable shoes
- Sunscreen and insect repellent without strong scent
- A reusable water bottle
- A notebook and pen for your journal
- Your usual medication (declared in advance)
- A meaningful object for the altar, if you wish

YOUR INTENTION

Before you arrive, take time to answer in your notebook:

- What brings me here at this moment of my life?
- What am I ready to let go of?
- What do I want to feel more of in my daily life?

A simple, honest intention is enough. We will share it in the opening circle.

BEFORE YOU ARRIVE

- Complete the confidential health form
- Send us your flight and arrival time
- Start the diet 7 days before you arrive
- Write your intention

Any questions, *message us.*

We are here for you from today, not only during the retreat.

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