

SUSANNE VON DER BECKE

RECHARGE.
RECONNECT.
RESET.

Transformational Weekend Retreat

November 7-9th 2025
Marbella, Spain



DIVE DEEP TO RISE HIGH

WHAT TO EXPECT

A carefully designed and proven retreat format to recharge, integrate and focus on what truly matters.

- **Daily meditation** to deepen your inner peace
- Engage in **daily yoga** and movement sessions to rejuvenate your body
- Experience a **Transformational Breathjourney** to unlock new energies
- Immerse yourself in **nature's** tranquility
- Enjoy exceptional, **nourishing food**
- Embrace **periods of silence** to reflect and connect
- **Stunning new retreat location**, surrounded by natural luxury
- Build bonds with a **heartful community** of like-minded individuals
- Maximum 12 participants



VILUZ - A PEACEFUL SANCTUARY

Viluz is nestled in the foothills of the Sierra de la Nieves, overlooking the Mediterranean sea and near Marbella's historic center.

The beautiful private retreat center includes:

- Manor house embedded in 4-hectare of nature
- 10 rooms, elegantly designed in natural luxury
- Large and bright Yoga Shala and Outdoor Space
- Private forest with a meditation path in the woods
- Beautiful swimming pool and sauna, and ice bath
- Various quiet areas to relax and meditate
- Nourishing vegetarian food



RECONNECTING WITH WHAT MATTERS

RETREAT PROGRAM

Friday, 7 November 2025

- 14:00 Opening Circle
- 16:00 Tea & Coffee Break
- 16:30 Teachings, Q & A, Meditation
- 19:00 Dinner
- 20:30 Evening Meditation

Saturday, 8 November 2025

- 7:30 Morning Meditation
- 8:00 Yoga & Pranayama
- 9:30 Breakfast
- 11:00 Teachings, Q&A, Meditation
- 13:00 Lunch & Free Time
- 15:00 Mindful Movement or Hike in Nature
- 16:00 Tea & Coffee Break
- 16:30 Transformational Breathjourney
- 19:00 Dinner
- 20:00 Sitting by the Fire

Sunday, 9 November 2025

- 7:30 Morning Meditation
- 8:00 Yoga & Pranayama
- 9:30 Tea & Coffee Break
- 10:00 Closing Circle
- 12:00 Brunch & Check-out

The program is carefully designed to offer deep regeneration and transformation—all within a weekend. Each day begins in silence, creating space for reflection and inner calm.

We're offering the option for early arrival—on Thursday, November 6—for a little extra rest, reflection, and rejuvenation.



YOUR TEACHER

SUSANNE VON DER BECKE, PHD

My work is driven by my desire to serve and help leaders create positive impact in their lives and for those around them. In my teachings, I blend ancient wisdom with modern scientific insights, complex systems thinking, and real-world examples for those who seek to create positive impact at this critical time in history.

I am the Founder of VDB Insights and the author of *Conscious Impact: Mindful Leadership for Meaningful Change* (Triarchy Press, 2025). I am also a Board member of The Klosters Forum—a unique environmental nonprofit driving positive change—which I chaired for several years. I am a Certified Transformational Breath Coach and a Mindfulness Meditation Teacher, trained by Jack Kornfield and Tara Brach and accredited by UC Berkeley's Greater Good Science Center. I have a background in finance and complex systems thinking and hold degrees from the London School of Economics and Harvard Business School, and a Ph.D. in Science from ETH Zurich.

My life is my practice. In both work and personal life, I strive to lead with intention and deepen my understanding of our interconnectedness. I'm grateful for a loving husband, two eight-year-old children, and time spent in nature—especially with my two dogs.





IS THIS RETREAT FOR YOU?

If you seek a respite from the chaos of daily life, a chance to reconnect with your inner self, and an opportunity to nurture your physical, mental, and spiritual well-being then this retreat may be the perfect fit.

At our retreat, we extend a warm welcome to both novices and seasoned practitioners alike. We specifically encourage those who are willing to delve deep into their inner realms to find clarity and lead with compassion to create meaningful change.

HOW TO GET THERE:

Viluz is situated at the east coast of Marbella, in the heights of the Unesco biosphere reserve in the Sierra de las Nieves protected area “La Mairena”.

Nearest Airport: Malaga, Spain
With several direct flights from Zurich, London, Paris, Munich and other cities.

Viluz is situated 35 minutes drive from the Airport and only 10 minutes drive from Marbella Beach.



Immerse yourself in two days of renewal—where mindfulness, breathwork, yoga, and time in Nature restore your body, clear your mind, and realign you with what truly matters. Pause, breathe,



JOIN US

ROOMS & COSTS

The retreat center will be used exclusively by our group. The price includes full board two nights, including accommodation, non-alcoholic beverages, wifi, as well as all yoga and mindfulness instructions. Excluding massages and shuttle. All rooms are beautifully designed and have their own terrace.

5 x Deluxe Room with view to Pomegranate Garden or Lake:

Single use CHF 1'900 / Shared (Twin Beds) CHF 1'500

4 x Deluxe Room with view to Mountain landscape or Sea:

Single use CHF 2'200 / Shared (Twin or Double) CHF 1'700

1 x Deluxe Room with view towards Sea and 50m² covered terrace:

Single use CHF 2'400 / Shared (Double) CHF 1'800

To reserve your place, a non-refundable deposit of CHF 500 is required. The above prices are quoted excluding 8.1% VAT.

Why not make the most of this beautiful setting? **Come a day ahead—on Thursday, November 6—for an extra night of rest, reflection, and rejuvenation.** This can be booked directly at Viluz for EUR 550 for a single and EUR 375 for a shared room.

If you'd like to register please email s.vonderbecke@vdbinsights.com.



