

SUSANNE VON DER BECKE

FINDING COHERENCE

Transformational Weekend Retreat

30 October – 1 November 2026

Marbella, Spain



GO 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
- **Yoga** and movement sessions to rejuvenate your body
- A **Transformational Breathjourney** to unlock new energies and clarity
- Immerse yourself in **nature's** tranquility
- Enjoy exceptional, **nourishing food**
- **Periods of silence** for reflection and integration
- **Stunning new retreat location**, surrounded by natural luxury
- Build bonds with a **heartful community** of like-minded individuals
- An **intimate group of 8–10 participants**, allowing for depth, personal attention, and meaningful connections



STUNNING LOCATION, NATURAL LUXURY

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, within a UNESCO biosphere reserve.

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
- **Swimming pool** and **sauna**, and **ice bath**
- **Quiet areas** to relax and meditate
- Nourishing **vegetarian food**

The retreat centre is used exclusively by our group for the full duration.



RECONNECTING WITH WHAT MATTERS

RETREAT PROGRAM

Friday, 30 October 2026

- Optional Hike in Nature
- 14:00 Opening Circle
- 15:30 Tea & Coffee Break
- 16:00 Teachings & Meditation
- 17:00 Yoga & Pranayama
- 19:00 Dinner
- 20:30 Evening Meditation

Saturday, 31 October 2026

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

Sunday, 1 November 2026

- 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. Actual times may vary slightly.

Arrive a day early. If you would like to settle in before the retreat begins, you are welcome to arrive on Thursday, 29 October. An extra night can be booked directly with Viluz.



YOUR TEACHER

SUSANNE VON DER BECKE, PHD

My work sits at the intersection of inner transformation, systems thinking, and conscious leadership. I believe that our inner and outer worlds are not separate, and that meaningful change for ourselves and the world begins within.

My path to this work has taken me through several worlds. Years in investment banking, hedge funds, and private equity gave me a firsthand understanding of how financial systems operate—and how quickly they can unravel. Later, a PhD at ETH Zurich, where I studied financial crises through the lens of complex systems thinking, gave me a scientific language for something I had long sensed to be true: that everything is interconnected, and that deep and lasting transformation begins with a shift in consciousness, which in turn shapes how we think, act, and lead.

Alongside this professional journey, my inner path continued to deepen. I have maintained a meditation practice for more than 25 years and trained as a mindfulness meditation teacher under Jack Kornfield and Tara Brach, recognised by the Greater Good Science Center at UC Berkeley. In 2024, I also became a transformational breath coach.

I also serve as a Board Member and former Chairwoman of The Klosters Forum, a unique environmental non-profit bringing together leaders across sectors to accelerate positive environmental change. In 2025, I published *Conscious Impact: Mindful Leadership for Meaningful Change* (Triarchy Press). Life itself remains my greatest teacher.





IS THIS RETREAT FOR YOU?

This retreat is for leaders who sense that something needs to change, not in their strategy but in how they are living and leading from the inside.

You don't need to have meditated before, and you don't need to arrive with answers. This retreat asks for a genuine willingness to step back from the pace of your life, turn inward, and see what emerges when the noise settles.

If that resonates, you belong here.

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.



There is a kind of clarity that doesn't come from thinking harder or planning further ahead. It comes from stepping back, going inward, and allowing the noise to settle long enough to hear what actually matters.

That is what these two days create the conditions for.



JOIN US

ROOMS & INVESTMENT

The retreat center is used exclusively by our group. The price includes full board for two nights, including accommodation, all meals, non-alcoholic beverages, and all yoga, mindfulness and breathwork sessions. Massages and shuttles are not included. All rooms are beautifully designed with their own private terrace.

5 x Deluxe Room with view to Pomegranate Garden or Lake

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

Standard Investment: Single use CHF 2'250 / Shared (Twin Beds) CHF 1'700

5 x Deluxe Room with view to Mountain landscape or Sea

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

Standard Investment: Single use CHF 2'500 / Shared (Twin or Double) CHF 1'900

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

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

Standard Investment: Single use CHF 2'800 / Shared (Double) CHF 2'100

All prices exclude 8.1% VAT. A non-refundable deposit of CHF 800 reserves your place.

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