

A person with short dark hair, wearing a black t-shirt, is sitting in a meditative pose (lotus or similar) on a dark yoga mat on a light-colored wooden floor. They are seen from behind. In the background, other people are also sitting on mats, some in similar poses. The lighting is warm and soft, suggesting an indoor setting with natural light. The overall atmosphere is calm and focused.

"ENCOUNTER IN SILENCE"

25, 26, 27, 28, 29 November 2026

5-day retreat with sacred medicine and holotropic breathwork in Spain

A journey into your inner self

5-DAY RETREAT WITH SACRED MEDICINE AND HOLOTROPIC BREATHWORK IN SPAIN.



Modern life rarely allows us to truly stop. This retreat invites you to step out of the noise and return to the rhythm of your own breathing, to listen to the wind, the pulse of the earth, and the silent voice that lives within you.

Through silence, breath and sacred wisdom, we release what is ready to be let go and receive and integrate what is ready. To remember the wholeness that has always been.

A group of approximately 15 people are sitting in a circle on the floor of a room with large windows. They are engaged in a group activity, possibly a workshop or a meditation session. The room has large windows that look out onto a green landscape with trees and a fence. There are birds flying outside. The people are sitting on mats or cushions. Some are looking at papers or drawings on the floor. There are some small objects, like a candle and a small clock, in the center of the circle. The text is overlaid on the left side of the image.

**"Silence is not empty, it is a refuge.
There lies the voice of your authentic self
waiting to be heard."**

What makes this retreat unique.

This is a sacred gathering. Guided by three facilitators who combine specialisms in Grof® Holotropic Breathwork, Yoga and Nidra, Transpersonal Psychology, and the wisdom of the sacred. This experience unites modern depth psychology with ancient spiritual practices. You will leave renewed, grounded, and deeply connected to the place of stillness within you. With the option of post-retreat support.





Deep Connection

Deep connection with your inner healer through silence and breath.



Release

Physical and emotional release through bodywork.



Grounding

Grounding and presence through rituals with the elements.



Guided Experiences

Experiences in non-ordinary states of consciousness guided with respect and accompanied by professionals with long and recognised experience.



Integration

Integration tools to anchor what you have experienced in everyday life.

What Does the Retreat Include?

1

Accommodation

5 days / 4 nights of shared accommodation in a beautiful natural setting, in a protected natural park near Barcelona. Single room available with a supplement (€450).

2

Meals

Delicious and nourishing homemade vegetarian meals (adapted for intolerances or special dietary needs)

3

Holotropic Breathwork®

Full Holotropic Breathwork® session (facilitation and integration included)

4

Sacred Medicinal Ceremony

Space for healing and honesty with the Self

5

Daily Practices

Daily practices of conscious movement, breathing and grounding

6

Spaces of Silence

Guided spaces of silence and meditation between sessions, with voice and breathwork.

7

Integration Circles

Integration and sharing circles.

8

Support

Pre-retreat interview and post-retreat integration support.

This retreat is designed for those who feel the call to pause, listen deeply, and reconnect with their authentic essence.

It is especially suitable for:



Those who need deep rest and renewal

When life feels overwhelming or fragmented, this retreat offers a space to exhale, recalibrate, and return to balance.



People with unexplained physical or emotional symptoms

For those who sense that what they are carrying goes beyond the medical or psychological, and wish to address it with awareness and care.



Those who are integrating trauma or seeking emotional release

A safe, supported environment to explore and gently release what is ready to transform.



Explorers of consciousness and inner worlds

For those who wish to safely experience non-ordinary states and understand the deeper dimensions of the psyche and soul.



Seekers of personal and spiritual growth

If you feel that the time has come to transform inwardly and reconnect with nature, silence, and your inner guidance.



Health professionals and therapeutic practitioners

For therapists, doctors, and facilitators who wish to deepen their experiential understanding of holotropic and transpersonal processes.



This retreat also counts as experiential or breathwork hours for students in training in Holotropic Breathwork or Grof Legacy Training.

Your Sanctuary

Located between the forest and the sea, in the Montnegre Natural Park, Pineda de Mar (Barcelona), our retreat space offers serene views, fresh air and charming quiet corners for experiencing deep silence and introspection.

The house has a swimming pool and all the facilities needed for an unforgettable experience. Food (organic) is an important part of the retreat, and we care for this aspect with the help of our excellent kitchen team.



Investment:

1250€

Shared Room (double)

1.650€

Private Room

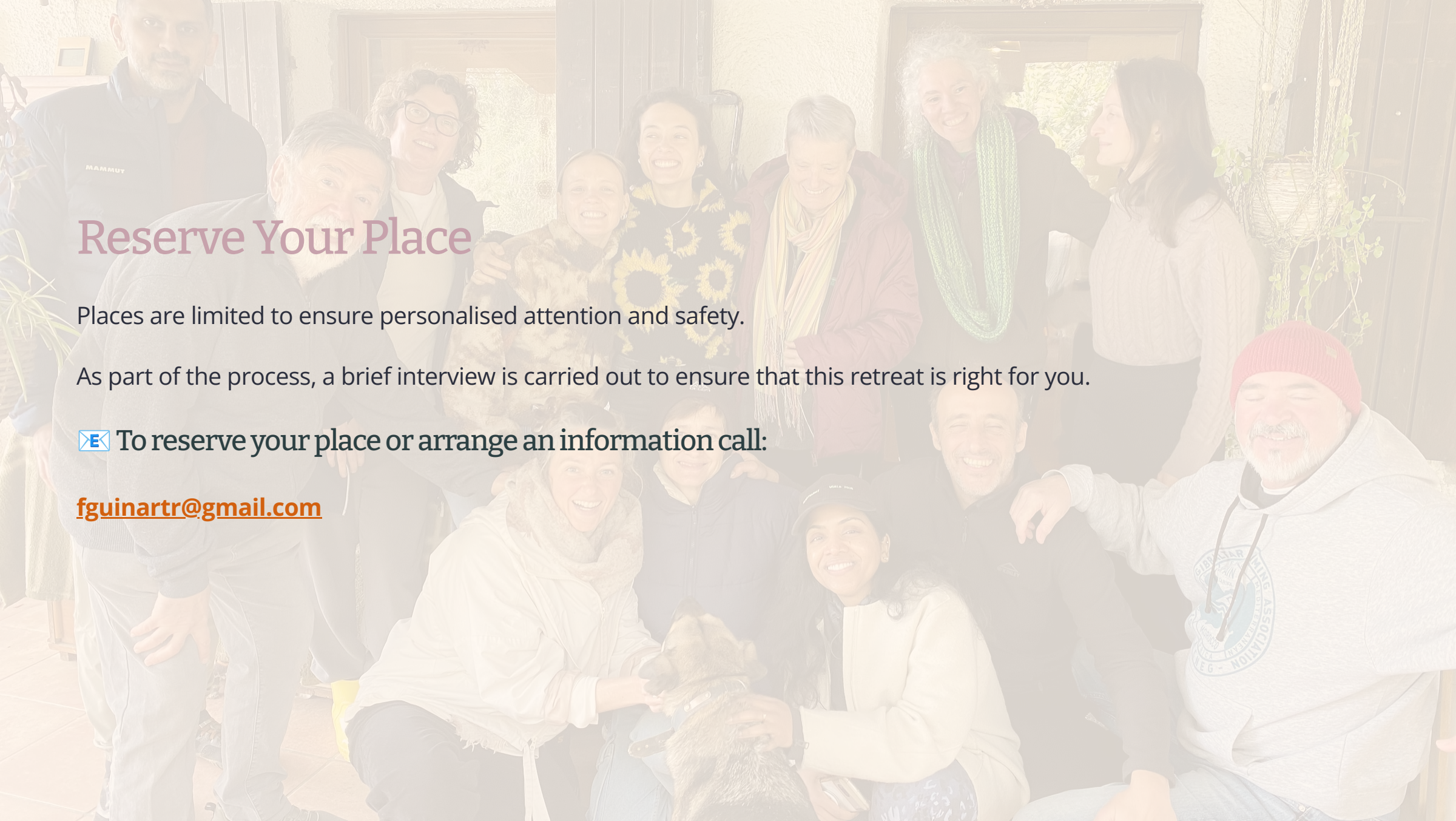
(400€ supplement)

200€

Booking Deposit

(PayPal, Revolut or bank transfer)

Limited places for intimate and personalised attention



Reserve Your Place

Places are limited to ensure personalised attention and safety.

As part of the process, a brief interview is carried out to ensure that this retreat is right for you.

✉ To reserve your place or arrange an information call:

fguinartr@gmail.com

OFFER

Early Booking Discount

Save €100 if you book before 01 September 2026

Joint Integration Session after the Retreat

With Basia and Francesc

Facilitators.

Francesc.

From an early age, yoga and breathwork opened the doors to a journey of self-discovery that continues to unfold and which I now share with others.

Throughout my career, I have explored and trained in Caycedian Sophrology with Dr Caycedo, Holotropic Breathwork with Stanislav Grof. I have also trained in TRE (Tension and Trauma Releasing Exercises) with its creator David Bercelli. Finally, thanks to Jack O'Keffe, I have been able to understand the overall framework of Non-Dual Philosophy and since 2008, I have immersed myself in the fascinating world of guiding with sacred medicines.

Over the years, I have had the privilege of guiding Holotropic Breathwork workshops and leading silent retreats since 2008, creating spaces where people can heal, reconnect and rediscover their true essence.

Since 2018, I have incorporated microdoses and macrodoses of therapeutic work with sacred wisdom, combining them with the Breathwork Method to help participants in their search for self-knowledge.

Silence and deep reflection hold immense power. Letting go of what no longer serves us opens the door to new possibilities. This retreat is an invitation to pause, reset and realign with oneself.

Author of the book RESET: An Approach to Microdosing with Sacred Medicines

I am here to walk that path with you.

Basia.

Co-creator of Yoga In the Stars;

Basia Zieniewicz. Graduate in Education, Postgraduate in Integrative Art Therapy, Postgraduate Certificate in Psychedelics, Altered States and Transpersonal Psychology, EMCC, PGC in Psychosynthesis, Leadership Coaching in Psychology, Reiki Master, YTT 700 (approx.), Certified Grof® Psychedelic Assistant Therapist and in the final year of her four-year Grof® Breathwork practitioner training through the Grof Legacy Training® programme.

Inspired by the combination of esoteric mysticism, sacred arts and evidence-based modalities, Basia specialises in liminal spaces, supporting individuals seeking inner and outer balance in order to fulfil their aspirations.

She offers constructive guidance both in the preparation and integration of ECS (Expanded States of Consciousness), lovingly helping her clients navigate their experiences towards lasting transformation.

Ana.

Graduate in Clinical Psychology (health psychologist) and postgraduate in Traditional Chinese Medicine.

Since 2020, I have been supporting Francesc in Transpersonal Psychology workshops. My approach integrates various tools to help you restore and maintain your physical, mental and emotional balance.

I will accompany you during the retreat so that your stay is as pleasant as possible.

Prices for the 5-day retreat

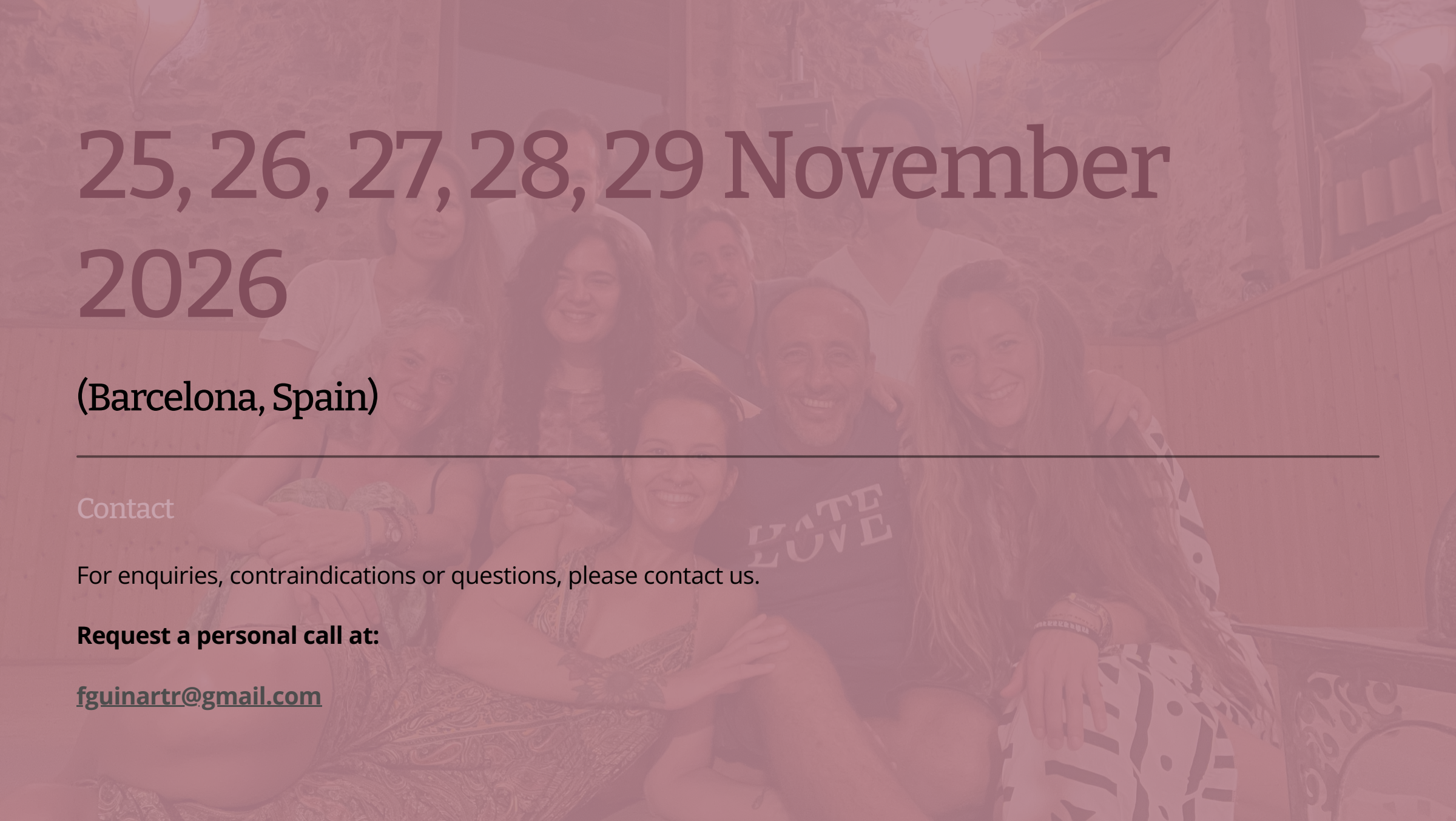
Single room €1650*

Shared room €1250

*Single rooms have a supplement of €400

Reserve your place with €200 (PayPal or bank transfer)

** Limited places



25, 26, 27, 28, 29 November 2026

(Barcelona, Spain)

Contact

For enquiries, contraindications or questions, please contact us.

Request a personal call at:

fguinartr@gmail.com

Testimonials

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"The retreat was a unique experience. It was the first time I had experienced silence and psilocybin. I was able to explore my spirit and my heart in depth. I felt very well cared for, and being able to listen to and share the varied experiences of each person was special. The place was also beautiful, nestled among the mountains and nature. Thank you again.💖"

Chiara (Spain)

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"My experience at the silent retreat was truly beautiful. I was able to connect deeply with my essence, enjoy the silence and every moment lived in presence. The ceremonies were of great help, and the meditations, both in the morning and at night, filled me with peace and joy. The work with holotropic breathwork and sensorama was an incredible experience: it allowed me to access very deep parts of my psyche and understand myself in a new way. The retreat venue radiated calm, the food was delicious and nourishing, and the support from the facilitators... simply indescribable. I leave with my heart full of gratitude, lightness, and a sense of inner renewal.🌟🌍🍰💖"

Viviane (Brazil)

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"I attended the retreat in Spain organised by Basia and Francesc in spring 2025. The retreat was a very special experience for me in many ways. The location was carefully chosen for its tranquillity, beauty, and sense of safety. The work and somatic practices throughout the retreat fostered trust both in the process and in oneself, allowing real shifts in perspective and inner connection. Overall, the experience was magnificent, and Francesc and his team were simply brilliant. I am very grateful for the safe space and the fantastic techniques that Francesc and his team offered, as well as for the positive impact they have had on my life since returning home."

Ivana (United Kingdom)

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"Doing a retreat with Francesc and his team allows you to safely press the internal switch. It is a button that activates your transformation, making the masks you had been building to protect yourself from the hostility of the outside world become thinner and thinner until some fall away or fade out. I would highlight what, for me, are the essential points: 1. The incredible personal preparation of each member of the team. 2. The exquisite care in preparing the spaces and the dynamics. 3. The loving support at all times. 4. Their ability to support you regardless of the size of the monsters that emerge. 5. Spaces of silence and inactivity for the respectful integration of all that arises. 6. And finally, I would highlight Francesc's personalised follow-up in the days afterwards. I have returned, and I would not rule out doing it again. 😊"

Cecilia (Spain)

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"In August I attended the silent retreat of Basia, Ana and Francesc in Spain, which included guided breathwork and psychedelic-assisted therapy using psilocybin. I was nervous at first, but the structure and support made me feel safe and grounded from the beginning. The retreat space was peaceful and warm, surrounded by nature. The silence helped everything slow down, so that the therapeutic sessions felt natural rather than forced. Francesc has a calm and steady presence. He does not pressure, but instead guides with a confidence that makes it easier to trust the process. The psilocybin sessions were approached with great care. It was not about "tripping". It was about gently opening parts of myself that I had avoided for years, with the breathwork and reflective exercises helping me to stay grounded. I also felt supported by the group. Even without speaking, there was a strong sense of community and kindness. I left feeling lighter and more connected with myself. The experience did not "fix everything", but it did unlock something important and lasting. A thoughtful and healing retreat for anyone ready to work in silence and deeply within."

James (United Kingdom)

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"I had never done an experience of this kind before and was curious but also cautious. The need for caution did not last long; Francesc, Basia and Ana are masters at accompanying intense processes with care and solid presence. For me, it is an experience to repeat. What do I still carry months later? For me, slowing life down and going slowly has become synonymous with moving from the head to the heart."

Andrea (Spain)

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"Attending the retreat with Francesc, Ana and Basia was a deeply meaningful experience for me. From the very beginning, I felt safe, cared for, and supported at all times. Francesc's calm and kind presence helped me trust the process and let go. It was clear that he and his team had put a great deal of effort into creating a space where each person could explore and heal at their own pace. The atmosphere was peaceful and welcoming, with beautiful accommodation that made me feel at home. The food was incredible: fresh, healthy, and made with love. Every detail, from the meals to the structure of the sessions, reflected their attention to our comfort and wellbeing. During the retreat, I had several profound revelations and significant emotional breakthroughs. The ceremonies allowed me to connect with parts of myself I had not accessed before, helping me to see life with greater clarity and peace. The group of people who attended was wonderful: open, kind, and authentic. Sharing this journey together made the experience even more special. The retreat was a safe, deep, and transformative experience. I would recommend it to anyone who wishes to explore themselves more deeply and find healing in a loving and supportive environment."

Shakeel (United Kingdom)

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"I took part in a retreat with Francesc, Basia and Ana in August 2025. The place was perfect: nestled in the hills, away from everything, with beautiful views. There was a wonderful energy and I remember feeling deep peace just sitting on the terrace on the first night. The host was lovely and the food delicious. The facilitators have a lot of experience in what they do, which helped me to feel safe. Their kindness was evident. The participants had very positive experiences and shared them enthusiastically in the reflection groups. I especially enjoyed the breath awareness session and the chanting of Om Namah Shivaya each night before going to sleep. I left the retreat with great peace, joy, and, overall, a very positive attitude towards life!"

Oliver (United Kingdom)

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"My experience at the retreat was extraordinary. I felt completely held and safe by Francesc and the team, so I feel that my body and mind were free to let go. I would recommend this experience to anyone who is open to truly looking within (as you may not like what you see!), but the lessons I gained from it and the awareness I have since then are transformative. Thank you!"

Hanna (United Kingdom)

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"Starting with the atmosphere and context, Francesc and his team come from a lineage of deep respect for the process and vast experience in psycho-spiritual work. For me, this was crucial when choosing them to allow the safe exploration of the psyche. My experience was one of profound emotional release and insight; the post-integration approach was perhaps even more important in making sense of all the work done and what is yet to come. I wholeheartedly recommend this process in Francesc and his team's hands, and I am grateful for their gifts, generosity, and care."

Shifali (United Kingdom)

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"I attended a retreat in the mountains near Barcelona, superbly organised by Francesc, Basia and Ana. After a very difficult year, I needed a deep rest and relaxation, and I certainly found that in this retreat, free from the distractions and noise of modern times. The retreat was a perfect blend of somatic practices, inner journeys, and stillness, in beautiful and peaceful nature. Thank you to Francesc, Basia and Ana for creating such a safe and restorative experience."

Molly (United Kingdom)

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