Isla Gomera: Slow down. Reconnect. Recharge

Escape the pace of everyday life and join a small international group for four inspiring days on one of the Canary Islands' most authentic and unspoilt islands.

Hosted at the recently renovated 4-star Jardin Tecina, this four-day guided experience combines personal growth, nature, meaningful human connection and the slower rhythm of La Gomera.

Through guided experiences, local discoveries and moments of reflection, you'll reconnect with yourself, recharge your energy and return home with renewed clarity and practical tools for everyday life.

Extend your stay for one, two or three additional nights and continue enjoying the island at your own pace.

Designed for professionals, entrepreneurs and leaders who are used to being busy, responsible and engaged, this experience offers a space to step back, recharge and reconnect with what matters.

You will love

• Four inspiring, guided days in a small international group: 8–12 participants
• Staying at the recently renovated 4-star Jardin Tecina, surrounded
by subtropical gardens overlooking the Atlantic Ocean
• Discovering one of the Canary Islands' best-kept secrets
• Practical wellbeing tools you can easily integrate into everyday life
• Meaningful conversations and genuine human connections
• The freedom to extend your stay and continue enjoying La Gomera at your own pace

Practical Information

• Age & participants: Adults looking for an active and participatory experience - small international group (8-12 participants)
• Duration: 4 guided days · Optional extension of 1 to 3 additional nights
• Dates: 17-20 December 2026
• Language: English · Anne is fluent in French, English and Spanish. Conversational English is sufficient.
• Type of experience: Guided wellbeing experience combining nature, personal reflection, movement, guided wellbeing practices, mindful breathing and authentic human connection
• Location: Playa de Santiago, La Gomera, Canary Islands — primary forest, ocean and mountains
• Accommodation: recently renovated 4-star Jardin Tecina. All meals are included from the welcome dinner on Day 1 through the end of the guided experience
• Transport: Participants arrange their own flights to Tenerife
Transfers between Tenerife and La Gomera can be arranged by Emotion Planet
• Walking level: Easy. The programme includes gentle walks accessible to most participants.

Anne Habets
Human & Organisational Dynamics Consultant · Facilitator
Leadership · Psychosocial Wellbeing · Hypnosis | FR • EN • ES
service@annehabets.org | +32 497 39 97 97 | www.annehabets.org

A flexible experience, shaped by the island

Rather than following a rigid schedule, we prioritize quality, presence and flexibility, adapting to weather conditions, ferry schedules, local opportunities and the needs of the group.

Legend: B L D = meals included in the experience (Breakfast, Lunch and Dinner)

Anne Habets
Human & Organisational Dynamics Consultant · Facilitator
Leadership · Psychosocial Wellbeing · Hypnosis | FR • EN • ES
service@annehabets.org | +32 497 39 97 97 | www.annehabets.org

Meet your facilitator

Anne Habets is a Belgian business engineer, leadership and psychosocial wellbeing consultant, and creator of the IACA Path, a holistic approach that helps people reconnect with themselves and build more sustainable ways of living and working.

Drawing on more than twenty years of international leadership experience and over a decade supporting individuals and groups, Anne combines a multidisciplinary approach with practical tools such as hypnosis, conscious breathing, movement and collective intelligence.

Since discovering La Gomera in 2011, she has returned regularly and now enjoys sharing the island's unique spirit, breathtaking landscapes and slower rhythm of life through small-group experiences that blend nature, reflection and personal growth.

As an entrepreneur herself, Anne understands the realities, pressures and responsibilities of leadership because she continues to navigate them every day.

"My role is not to tell you which direction to take, but to help you reconnect with your own inner compass."

Day 1: slow down & connect, from doing to being (D)

Your journey begins with your arrival at the beautiful Jardin Tecina, overlooking the Atlantic Ocean.

As we leave behind the pace and demands of everyday life, we gently create the conditions for something essential: slowing down.

Through welcoming conversations, simple breathing practices, guided self-hypnosis and our first moments together, we begin to build trust within the group and reconnect with ourselves.

Rather than focusing on performance or expectations, this first day invites you to become fully present—to yourself, to others and to the extraordinary natural surroundings.

As the sun sets over the ocean, we take our first steps beginning to listen again to our own inner compass

Anne Habets
Human & Organisational Dynamics Consultant · Facilitator
Leadership · Psychosocial Wellbeing · Hypnosis | FR • EN • ES
service@annehabets.org | +32 497 39 97 97 | www.annehabets.org

Day 2: Understand Yourself, listening to your inner compass (B, L, D)

Every emotion carries a message. Every reaction tells a story.

Through reflective workshops, guided conversations and experiential practices, you'll learn to better understand your emotional patterns, reconnect with your personal strengths and discover new ways of responding to life's challenges.

Participants are invited to explore practical ways of responding differently to everyday challenges and strengthening their inner resources.

An evening of music and movement invites us to reconnect with joy, spontaneity and authentic human connection.

Day 3 – Reconnect with Nature, let the island become your guide (B, L, D)

La Gomera is much more than a destination—it is an invitation to experience life differently.

Throughout the journey, Anne shares her personal connection with the island, inviting participants to discover its unique spirit, slower rhythm of life and the places that have inspired her for many years.

Together we explore Garajonay National Park, picturesque villages and breathtaking viewpoints while discovering La Gomera's history, traditions and extraordinary natural beauty.

Each stop becomes an opportunity to slow down, observe, reconnect with nature and rediscover what truly matters.

Before boarding our whale and dolphin excursion, we take time for a quiet guided meditation on the beach, allowing ourselves to become fully present to the ocean.

Anne Habets
Human & Organisational Dynamics Consultant · Facilitator
Leadership · Psychosocial Wellbeing · Hypnosis | FR • EN • ES
service@annehabets.org | +32 497 39 97 97 | www.annehabets.org

Day 4 – Move Forward with Confidence, taking your inner compass home (B, L, D)

The final day is dedicated to bringing together everything experienced throughout the journey.

Through a final guided experience, participants reflect on what they wish to carry home and identify simple practices that can support their everyday wellbeing.

Together, you create your own personal toolbox inspired by the discoveries, insights and experiences shared over the previous days.

Rather than offering ready-made answers, this final workshop encourages each participant to move forward with greater confidence, renewed energy and trust in their own inner compass.

We conclude our journey with a closing circle before saying goodbye—or extending the experience by enjoying a few more days on the beautiful island of La Gomera.

Anne Habets
Human & Organisational Dynamics Consultant · Facilitator
Leadership · Psychosocial Wellbeing · Hypnosis | FR • EN • ES
service@annehabets.org | +32 497 39 97 97 | www.annehabets.org

Tariffs and conditions

Price per person

Early booking: €1,599 per person — until 30 September 2026
Regular price: €1,699 per person — from 1 October 2026

Based on shared double occupancy in an Oasis room at the recently renovated 4-star Jardin Tecina, with all meals included throughout the experience.

Single room supplement: €200

Participants may extend their stay by one, two or three additional nights at a preferential rate (subject to availability).

Flights

Flights to Tenerife South “Reina Sofia” are not included and vary according to the airline and booking date.

Supplements

Return transfer between Tenerife South Airport (TFS) and Jardin Tecina, La Gomera (including ferry crossing): approx. €120 per person.

Included

Guided workshops, practices and group activities with Anne Habets

Island excursion and whale & dolphin experience

Local transportation during organised activities

Non-Included

Travel insurance.

Personal expenses and gratuities

Optional activities during the extension of your stay.

Carbon offset contribution (optional)

Contact

Before registration, we invite you to schedule a short virtual meeting with Anne Habets to answer your questions and ensure the programme is the right fit for you (or in-person meeting if possible).

Once you have decided to join, Emotion Planet will handle your registration, booking, payment and travel administration.

Please note that this is a guided wellbeing experience, not a therapeutic retreat or clinical programme.

If you are currently experiencing significant psychological or physical difficulties, please contact Anne before registering so that you can discuss whether this experience is appropriate for you.

Return home with renewed energy, a stronger sense of balance and greater confidence in your own inner resources.

Anne Habets
Human & Organisational Dynamics Consultant · Facilitator
Leadership · Psychosocial Wellbeing · Hypnosis | FR • EN • ES
service@annehabets.org | +32 497 39 97 97 | www.annehabets.org