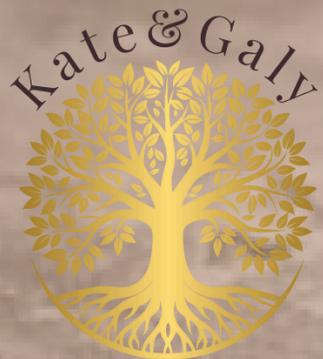


# THE RESET

A retreat of Kate & Galy

“An exclusive journey back to yourself“



In partnership with **ORIGYM™**

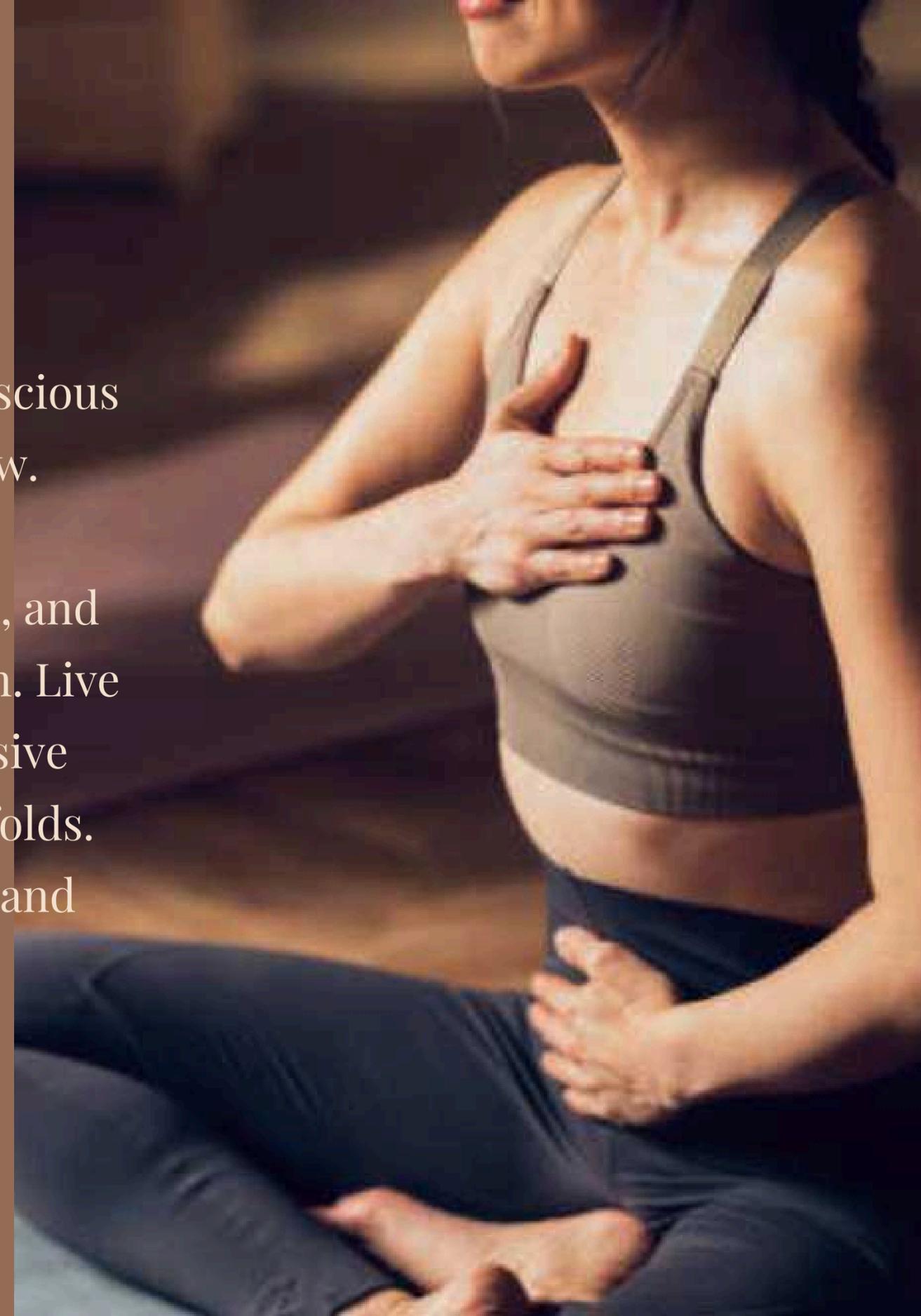
# A Conscious Reset

The Reset is an exclusive wellness retreat designed as a conscious return to self — a space to pause, release, and begin anew.

Through refined practices such as yoga, pilates, meditation, and embodied movement, the body is invited to reset and realign. Live music and voice elevate each experience, creating immersive moments where presence deepens and transformation unfolds.

This is an invitation to disconnect from the outside world and reconnect within.

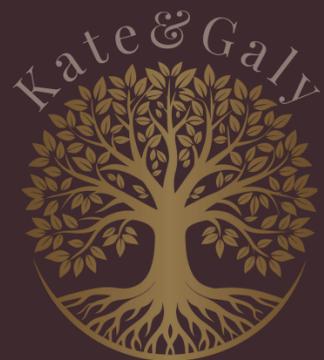
To recharge your energy.



# A Refined Refuge

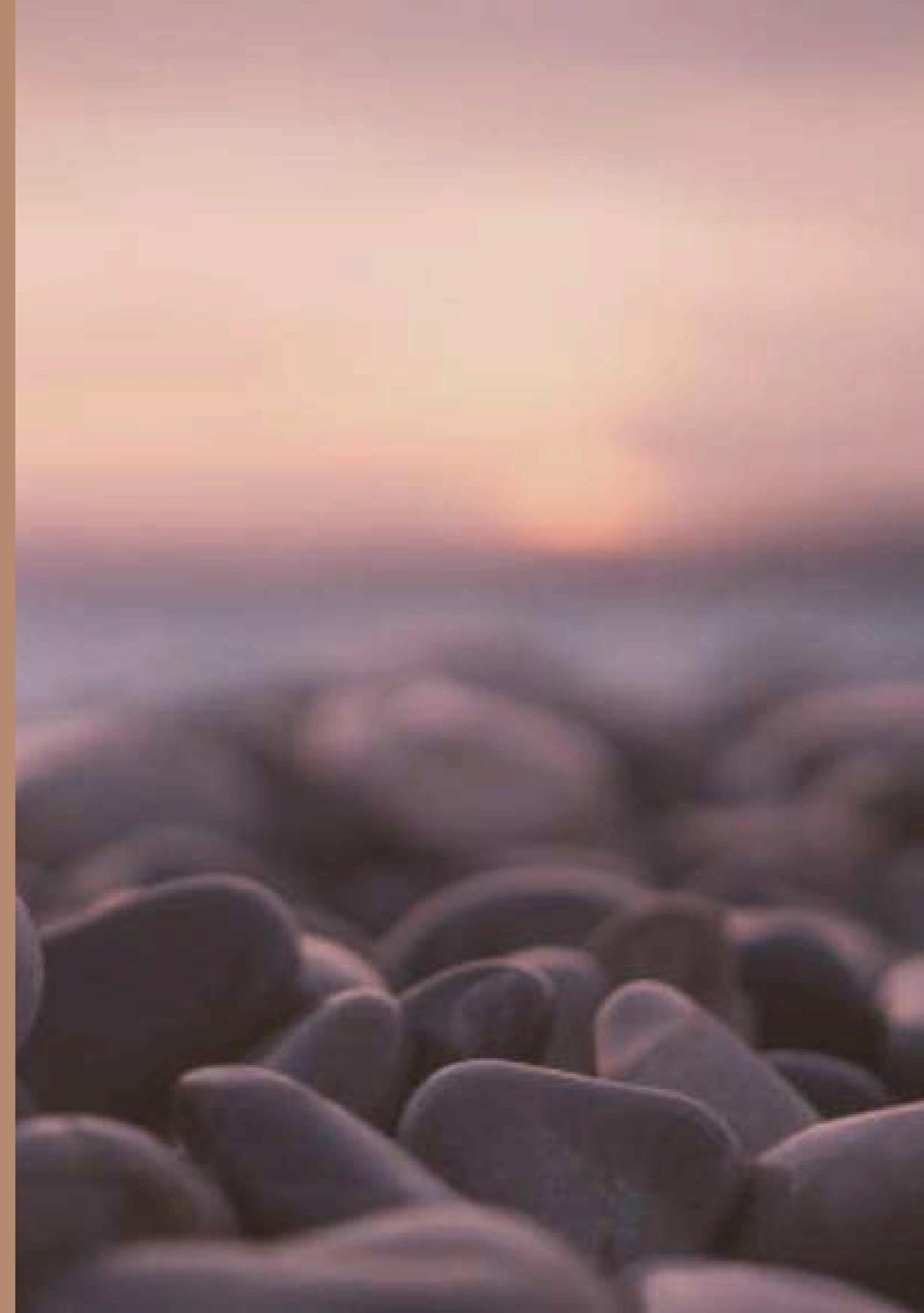
**This Reset** will take place at Aurora Boutique, an exclusive Andalusian villa in the stunning Marbella, offering a serene and sun-filled retreat. With elegant shared spaces, a private pool overlooking a renowned golf course, and lush tropical surroundings, it embodies effortless Mediterranean style.

Just moments from Marbella's most beautiful beaches and the renowned Rio Real Golf, Aurora Boutique provides the perfect setting for **The Reset** — a truly unforgettable escape into stillness and renewal.



# A Return to Self

April 23rd - 26th 2026



# Sample Day Itinerary

## ARRIVAL DAY :

circle of introduction  
Restorative Yoga and meditation, Dinner

## DAY 1 AND 2 :

7h30-8h : sunrise detox tea

8h-9h : morning practice (nauli kria and Yoga)

9h-10h : guided meditation and music, movement meditation

10h30: brunch

Free time, Afternoon Tea (optional)

16h30 - 18h : Afternoon Workshop by Kate or Galy

18h30-19h30 : evening practice (one day Barre, one day Pilates)

20h : dinner

Meditation

**Special concert on the last night given by Galy and François !**

**Last day : morning meditation or practice**



# GALY



Pilates, mindful  
movement  
and Voice Coach

I am a performing artist trained in singing and dance, now specializing in coaching to share the experience gained throughout my artistic journey around the world.

My stage experience shaped my confidence, self-expression, and ease in the body, which form the foundation of my approach. Naturally sensitive, I view this as a strength that allows me to deeply understand and support others.

Through Pilates, meditation, mindful movement, and embodied practices, I guide women and individuals toward confidence, balance, and presence. I also lead workshops on voice placement, posture, body awareness, and confident movement, including walking in heels.



# KATE



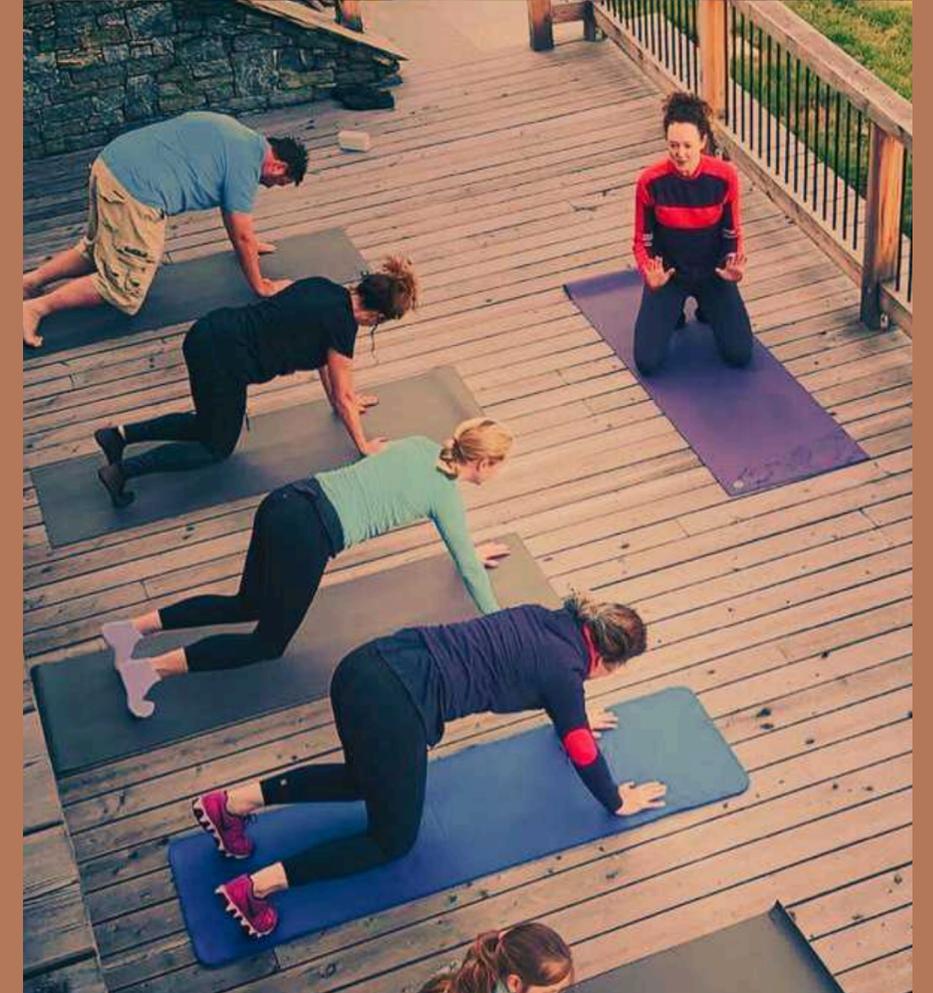
Yoga, Barre, PT,  
and Wellness Coach



Having spent over 25 years travelling the world as an Artist and leading thoughtfully developed practices in Yoga, Barre and Meditation, I embrace a holistic approach to life. In this philosophy, nutrition, physical training, mental harmony and spiritual awareness come together.

I am deeply passionate about guiding others to make subtle changes that yield profound impacts on wellbeing and long-lasting fulfilment.

Enthusiastic for anatomy, my workshops and coaching sessions emphasise technical understanding across all aspects of fitness, ensuring the body thrives with mindful care, safety and sustainability.



# FRANÇOIS

François is a musician, percussionist, guitarist, and multi-instrumentalist with over twenty years of self-taught experience. Inspired by world music traditions, he has developed a deep understanding of rhythm, vibration, and their impact on the body and mind.

His musical journey naturally evolved into sound therapy, where sound becomes a tool for wellbeing and inner exploration. Through immersive soundscapes, frequencies, and vibrations, he accompanies workshops to create a deeply relaxing and soothing experience, supporting reconnection, balance, and inner calm.



Wellness  
Musician







Aurora Boutique Hotel  
An elegant, nurturing space that feels like home



AURORA  
BOUTIQUE HOUSE



# Accommodation Spaces



A heartfelt home away from home, this intimate boutique villa has been lovingly renovated to deliver charming shared and private spaces that are both interior and exterior to maximise the glorious Spanish climate.

All bedrooms have Air Con, wonderful light and are designed perfectly to match their surroundings. Each room has an En Suite bathroom.

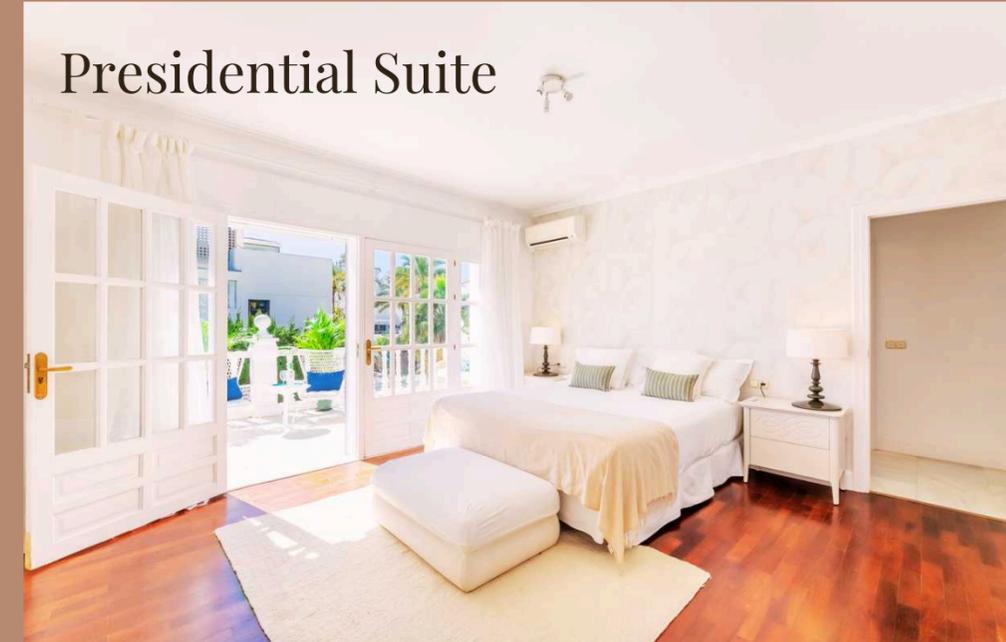
Deluxe Double Room



Deluxe Twin Room



Presidential Suite



Aurora Boutique Hotel in Marbella offers a pool, a lush garden, and a terrace. Guests enjoy free WiFi, a bar, and bicycles. Additional facilities include a Yoga studio, a lounge, an indoor- and an outdoor dining area.

# Retreat Rates

**Deluxe double Room – 25 m<sup>2</sup>**

King size bed

€1710\* (shared room)

€2360\* (single occupancy)

**Deluxe twin Room – 25 m<sup>2</sup>**

King size or two single beds · Pool view

€1760\* (shared room)

**Vista Suite – 25 m<sup>2</sup>**

King size or two single beds · Sea view

€1820\* (shared room)

**Junior suite – 30 m<sup>2</sup>**

Double bed · Sea view

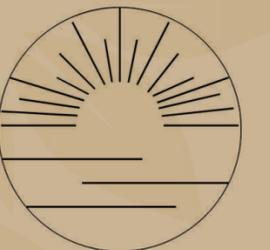
€1830\* (shared room)

**Presidential Suite – 60 m<sup>2</sup>**

King size bed · Terrace · Pool view

€2030\* (shared room)

\*Rates per person



**AURORA**  
BOUTIQUE HOUSE

# The Reset Retreat Includes

- 3 nights in a luxurious villa
  - 3 gourmet breakfasts with continental & hot options
  - Unlimited wellness teas & indulgent afternoon treats
- 2 Traditional Spanish evening meals with local produce and fine wine
  - Sunrise liver-cleansing tea to start each day
    - Daily Nauli Kria & restorative yoga
    - Guided meditation sessions
  - Afternoon workshops on core Yoga principles, voice and presence
  - Intimate concert on the final evening



\*Please note Transfers and the optional 3rd dinner in renowned restaurant are not included.

# Workshops

## Galy's Workshop

Galy's afternoon workshop blends movement, voice placement, relaxation, and guided routines designed to reconnect body and expression.

Each session is gently personalized to individual needs, supporting confidence, presence, and ease — whether speaking in public, expressing one's uniqueness, moving with awareness, or feeling comfortable in one's body.

Open to all, these workshops offer practical tools and a simple, adaptable routine that participants can continue at home, according to their own rhythm and intentions.

## Kate's Workshop

Welcoming Yogis of all levels, Kate's Asana Clinic offers a mindful, methodical exploration of Yoga Asana. Focusing on how and why we move on the mat. We explore the connection between breath, body and movement, creating a practice that becomes both meditative and transformative, a practice that we can take anywhere, a home within ourselves.

Recalibrate your practice through technique, from foundational to advanced postures. We discover the pathways to making postures possible, highlighting shared principles that build confidence, strength and growth over time.



These unique tailor made workshops led by Galy and Kate are included in **The Reset** Retreat.

# Private coachings

## Kate's private Coachings

Kate's one-to-one wellness coaching provides a bespoke blend of Yoga, Barre, Dance, PT and Nutrition-focused guidance. Before each session, we'll have a phone call or interview, arranged in advance, to understand your unique personal focus and the areas you wish to explore along your wellness path.

Whether you want to perfect a Yoga pose or two, refine specific gym exercises, master a Barre sequence, target a particular area of the body, make impactful nutritional changes, or simply try something new, I'll create a specialised program designed just for you.

This ensures that every session is purposeful and enriching, empowering you in achieving your aspirations.

## Galy's private Coachings

Galy's private coaching sessions offer a highly personalized extension of the themes explored throughout my workshops. Drawing on this foundation, each one-to-one session is carefully tailored to the individual's specific needs, intentions, and personal journey.

Within the refined and intimate setting of our luxury wellness retreat, this bespoke coaching allows for deep listening, precision, and adaptability — creating the ideal space to address personal challenges, aspirations, and transformations in a truly individualized way.

Designed for those seeking an exclusive, elevated experience, these private sessions provide the highest level of attention, discretion, and alignment, ensuring that each participant receives guidance perfectly attuned to their unique path and needs.

These unique tailor made private coachings led by Galy and Kate are not included in **The Reset** retreat.



# Culinary experience

Each morning, enjoy freshly prepared breakfasts made on site, with vegan and gluten-free options available.

All breakfasts are healthy, nourishing, and thoughtfully designed to support your body and mind as you begin a new day of retreat.

Our cuisine reflects the spirit of the house: refined yet wholesome, created with care using fresh, high-quality, locally sourced ingredients, and crafted to bring both pleasure and balance.

3 healthy breakfasts

2 refined dinners

1 dinner in a special restaurant  
(not included )

An optional curated wine selection is included with dinner.



# Add Ons/Extras\*

One-to-one coaching by Kate and Galy (by reservation)

For moments of deep relaxation, wellness massages can be arranged with a professional therapist, offered privately and directly at the villa.

Guests may enjoy a round of golf or a practice session on the magnificent golf course located just next to the villa.

Upon request, guests may enjoy a beautiful hike, offering a rejuvenating and serene escape to reconnect with nature and inner wellbeing.

## Bicycle Rentals

Wellness massages

Golf

Hike

\*not included in the **Reset** retreat



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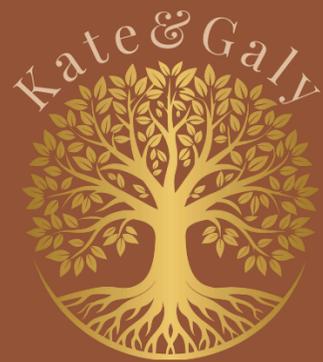
At the heart of **The Reset** lies  
a subtle journey into  
intuition, softness, strength,  
and expression — explored  
with depth, elegance, and  
intention. To reset your  
rhythm. To experience a  
quiet, powerful rebirth.

”



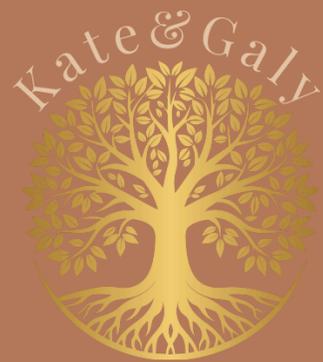
Your retreat begins here ! Information & registration :

**[theresetbykateandgaly@gmail.com](mailto:theresetbykateandgaly@gmail.com)**



# Thank you

for your attention and see you soon at a Kate&Galy Retreat



“

We would be honoured to welcome you and hold space for your wellbeing.

”

*Kate & Galy*

# Guest Experiences

“The care, sensitivity, and attention given to each person made this experience unlike anything else I’ve attended”

“So much kindness and joy! The atmosphere was warm, uplifting, and genuinely inclusive”

“I have learned more today than I have in the last ten years of practice”

“Every session felt tailored to who we were. The level of presence and listening created a rare sense of human connection that I will never forget”

“What made the time spent unique was the closeness, the laughter, and the feeling of being part of a caring, supportive community... I know I have made new long-lasting friendships”

