



RETREAT CREATOR ACADEMY

— AT SOLAR DE ALCAINS —

DESIGN • FILL • DELIVER

*Come to learn. Leave with a retreat business plan—
and the confidence to launch.*



15–18 OCTOBER 2026



CENTRAL PORTUGAL

LIMITED
PLACES

*A practical 4-day immersive Academy for coaches,
yoga teachers, therapists and facilitators.*



AUDIENCE AND DIFFERENCE

IS THIS ACADEMY FOR YOU?

This Academy is designed for you if...



You have always dreamed of leading your own retreat.



You are not sure where to start.



You want to avoid expensive mistakes.



You want to grow your coaching, yoga, therapy or wellness business.



You want to attract higher-value clients.



You believe retreats can become part of your long-term business.



WHAT MAKES THIS ACADEMY DIFFERENT?



Most retreat courses teach you how to organise a retreat.



We teach you how to build a retreat business.



You will learn to think like the founder of a transformational business—not simply a retreat organiser.



One successful retreat is wonderful.
A sustainable retreat business can change your future.



YOUR TRANSFORMATION JOURNEY



1 THINK

Think like a business owner
Build a retreat business that supports the life you want.



2 DESIGN

Design a retreat people want
Purpose. Positioning.
Transformation.



3 CREATE

Create an irresistible offer
Package. Price.
Premium value.



4 EXPERIENCE

Design the guest experience
Plan a journey guests will remember.



5 FILL

Fill your retreat
Authentic marketing and sales.



6 LEAD

Lead with confidence
Facilitation, energy and group dynamics.



7 LAUNCH

Retreat Creator Lab
Build your own retreat and leave ready to launch.



Strategy becomes action—step by step.





*“Clarity. Confidence.
A retreat people
can’t wait to join.”*

PRACTICAL TOOLS • PERSONAL GUIDANCE • EXPERT FEEDBACK

YOU WILL LEAVE READY TO LAUNCH

- ✓ A complete retreat concept
- ✓ Your pricing and packaging strategy
- ✓ A detailed retreat schedule
- ✓ A marketing and sales plan
- ✓ An operations checklist
- ✓ A launch roadmap
- ✓ A practical retreat business plan
- ✓ Your Retreat Creator Workbook
- ✓ Confidence to lead





EVERYTHING IS INCLUDED

Your Academy experience has been designed so you can focus on learning, creating and connecting.

4 DAYS / 3 NIGHTS



LUXURY ACCOMMODATION

Luxury accommodation



THREE MEALS DAILY

Nourishing meals throughout



RETREAT CREATOR WORKBOOK

Tools, templates and planning exercises



NETWORKING EVENTS

Connect with fellow creators



FACILITATOR INTRODUCTION DINNER

Meet, connect and begin together



AIRPORT TRANSFER

Convenient arrival support



SIX HOURS DAILY

Focused tuition and practical work



WELCOME PACK

A thoughtful arrival experience



POOLSIDE DINING EXPERIENCE

An elegant evening of dining and connection beside the pool.



CERTIFICATE OF COMPLETION

Recognising your Academy journey



Arrive ready to learn. We'll take care of the rest.



THE PLACE. THE GUIDE. YOUR NEXT CHAPTER.



SOLAR DE ALCAINS

A private heritage manor in Central Portugal—where historic character, inspiring spaces and modern comfort create the setting for meaningful retreats.



ACADEMY ALUMNI BENEFIT

Receive up to €300 credit toward a future retreat booked at Solar de Alcains.



PLUS CONTINUED SUPPORT

Our estate team will help you plan, prepare and deliver a retreat designed for success.

WORKSHOP CREATED AND FACILITATED BY ZITA TEIMEL

For 15+ years, Zita has helped entrepreneurs build meaningful brands and businesses. She brings expertise in business strategy, branding, marketing and retreat design.

*Learn here. Launch with confidence.
Return with your retreat.*





PRICING & HOW TO SECURE YOUR PLACE



EARLY-BIRD DEADLINE:
15 SEPTEMBER 2026

ACCOMMODATION	TOTAL	TO SOLAR	TO ACADEMY
SHARED ROOM	€950	€650	€300
PRIVATE ROOM	€1,100	€800	€300



DON'T MISS OUT:
CREATE YOUR RETREAT BUSINESS TODAY.



**YOUR BOOKING IS
CONFIRMED AFTER
BOTH PAYMENTS
HAVE BEEN RECEIVED.**

1

BOOKING CHARGE TO SOLAR DE ALCAINS

SHARED ROOM: €650

PRIVATE ROOM: €800



CREDIT CARDS ACCEPTED

PAY SOLAR - SHARED ROOM EUR 650

PAY SOLAR - PRIVATE ROOM EUR 800



Or via bank transfer:

Account name: Under Domes Lda

Bank: Banco Santander Totta S.A.

IBAN: PT50 0018 0003 5134 7243 020 02

SWIFT/BIC: TOTAPTPLXXX

2

PAY THE RETREAT CREATOR ACADEMY

ACADEMY PAYMENT: €300

Same amount for shared or
private accommodation.

PAY RETREAT CREATOR ACADEMY - EUR 300



BANK TRANSFER ONLY

Account name: Teimel Zita

Bank: Raiffeisen Bank

SWIFT/BIC: UBRTHUHB

IBAN EUR: HU49 12010240-00601704-00200004



REFUND POLICY

Payments made to the venue are subject to the
Solar de Alcains booking, cancellation and refund policy.



PLEASE WRITE: **RETREAT CREATOR ACADEMY**
in the reference when making your payment.





IMAGINE THREE MONTHS FROM NOW...



YOU WELCOME YOUR FIRST RETREAT GROUP.



YOU CREATE A MEANINGFUL TRANSFORMATION.



YOU CONFIDENTLY LEAD AN EXPERIENCE PEOPLE REMEMBER



YOU TAKE THE FIRST REAL STEP INTO THE RETREAT BUSINESS YOU IMAGINED.

This Academy gives you the strategy, practical tools and personal support to move from an idea to a launch-ready retreat.

Three months from now, you could be welcoming guests to your very first retreat.



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SOLAR DE ALCAINS • CENTRAL PORTUGAL

STILL HAVE QUESTIONS?

Join the First Time Retreat Creators Insider Community on WhatsApp for programme insights, updates and support.

JOIN THE WHATSAPP COMMUNITY



Venue: www.underdomes.com



Academy: Kapcsolat@teimelzita.hu



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Limited places • Personal guidance • Practical tools • A clear path from idea to launch

