

MEN'S RETREAT

FOR VITALITY & WELLBEING
CASA AGAMA, GRAN CANARIA
SEPT 13th - 19th 2025

Escape. Reconnect. Renew.

Join us for a peaceful seven-day retreat in nature, designed for men seeking rest, connection and vitality. Step away from distractions and return to the wisdom of your body through daily yoga, tantra practices, massage, and breathwork.

This immersive experience blends guided sessions with time for personal reflection, helping you drop out of your head and into the present moment. Explore the body as a source of pleasure, insight, and renewal. With intuitive touch, mindful movement, and playful group activities, you'll deepen your self-awareness, build confidence, and feel more connected—both to yourself and others.

No prior experience is needed for any of the activities.

You'll leave feeling grounded, open-hearted, and recharged—with a fresh sense of clarity and aliveness to bring back into your everyday life.



It is very powerful to challenge yourself to a new and personal experience. For me, the BeNkd retreat was a great way of doing this.
Geoff, Manchester



accommodation



your own space



ACCOMMODATION

Casa Agama is a beautiful, purpose-built retreat venue set in a private, peaceful valley, just 30 minutes from the airport. Surrounded by lush gardens and breathtaking views, it offers an inspiring space for our activities, deep connection and reflection. Walking and hiking trails start from the property, making it perfect for personal time out, exercise and re-energising.

The venue features a 100m² indoor movement space, an outdoor movement platform surrounded by nature, an outdoor gym, and a jacuzzi.

There is an option to extend your stay one day before and one day after your retreat dates at extra cost.

FOOD

Daily Homemade Plant-Based Meals
Breakfast - Lunch - Dinner - Snacks

CLOTHES-FREE CONNECTION

All retreat activities are clothes-free. Outside of activities, you're welcome to wear whatever feels comfortable.

If you're new to this or a seasoned participant, know that you'll be among like-minded men in a relaxed and respectful environment.

workshop studio



PRICES

Early Bird until 31st May 2025

£1297 per person

From 1st June 2025

£1447 per person

Places are limited to a maximum of 12 men.

Secure your place with a 30% non refundable deposit.

PRICE INCLUDES

Your own spacious ensuite room in the luxurious Casa Agama villa. Your personal retreat within the retreat.

Daily Activities and workshop sessions.
Meals (Breakfast/Lunch/Dinner/Snacks)

PRICE EXCLUDES

Flights
Airport transfers
Travel insurance
Visa fees

Gran Canaria



healthy meals



SAMPLE DAILY SCHEDULE

07:30 – Morning Movement & Breath-work – Wake up gently with movement and mindful breathing.
09:00 – Breakfast – Nourish your body and connect with the group.
10:00 – Morning Circle – Check in and set intentions for the day.
10:30 – Workshop – Explore self-discovery, connection, or mind-body practices.
12:30 – Lunch – A chance to refuel and unwind.
13:30 – Free Time – Rest, reflect, enjoy nature, or engage in personal relaxation.
17:00 – Workshop – Deepen your experience through massage, movement, or connection-based activities.
19:00 – Evening Circle – Reflect, connect, and integrate the day's experiences in a warm and supportive space.
20:30 – Dinner – Share a meal and unwind.



Throughout the retreat, there will be ample time to slow down, listen to your body, explore the island and be present - caring for yourself and others in an atmosphere of trust, fun, and self-exploration.



RETREAT ACTIVITIES

MORNING YOGA & BREATH-WORK

Awaken your body and energy with gentle, breath-centred practices that promote alignment, presence, and vitality.

MASSAGE & TANTRA WELL-BEING

Learn and experience the power of mindful touch, relaxation techniques, and connection-based practices that enhance well-being.

BROTHERHOOD CIRCLES

A safe and supportive space to share, listen, and bond, fostering trust and authentic connections.

MIND-BODY CONNECTION

Explore the deep relationship between physical movement, emotions, and mental well-being.

SELF-DISCOVERY & CONNECTION WORKSHOPS

Engage in insightful sessions that inspire confidence, joy, and personal growth, helping you cultivate authentic relationships.

TIME FOR PLAY

Tap into your playful, creative side with light-hearted group activities designed for laughter, movement, and fun.

REFLECTION & STILLNESS

Take time for personal reflection—journal, meditate, or immerse yourself in the natural surroundings.

EVENING GATHERINGS

Wind down with meaningful conversations, shared insights, and a sense of community in a relaxed atmosphere.





RETREAT LEADERS

Martin Feaver - BeNkd Coaching for Men, London, UK

With 30 years of expertise in mind and body coaching, Martin brings a wealth of knowledge from both Eastern and Western philosophies.

Martin's work has been featured in Men's Health magazine and on BBC radio. His unique approach empowers men to maximise their physical, mental, emotional, and sexual well being.

Jamie Summers - JYOGA, Manchester, UK

Jamie is passionate about creating inclusive and accessible sessions that inspire self-discovery and empowerment through movement.

As a Hanna Somatic Education Coach with 10 years of experience teaching yoga, he offers a breath-centred approach with an emphasis on self-care, curiosity and community.

He leads the Manchester Men's Nkd Yoga Group, fostering connections through mindful practice.



**FOR FURTHER DETAILS, TO ASK QUESTIONS OR TO BOOK
CONTACT MARTIN FEAVER:**

Mobile: 07775 626788

Email: info@benkdcoaching.com

No prior experience is needed for any of the activities.

Whether it's your first retreat or you're a seasoned participant, all men are welcome regardless of age, background, or sexual orientation.

The only requirement is that you're comfortable sitting and kneeling on the floor with both hands free for massage for up to 20 mins.

If unsure, feel free to reach out before booking.



*I left the retreat with answers
to questions I've been
asking for a long time
Matt, London*