

ZOUK FLOW – EMPOWERING FOLLOWERS RETREAT 2026

DAY 1

ARRIVING WITHIN

Grounding • Safety • Connection

Friday

♦ 17:45 – 18:00

Opening Circle

A gentle arrival, introductions, and setting intentions for the journey ahead.

♦ 18:00 – 19:15

Brazilian Ecstatic Zouk & Grounding

Brenda

Discover how to find trust and safety within yourself through Brazilian Zouk and Eutonia-inspired grounding practices.

♦ 19:30 – 20:15

Dinner

♦ 21:30 – 23:00

Moon Drink Ceremony & Conscious Consent

An intimate evening ritual exploring authentic connection, boundaries, and presence.

DAY 2

GROUNDING INTO FLOW

Saturday

♦ 09:00 – 09:50

Grounding Yoga

Joanna

◆ 10:00 – 10:30

Breakfast

◆ 11:15 – 12:45

Your Body, Your Home

Brenda

Awaken the hips and pelvic floor through Brazilian Zouk movement and reconnect with your body's natural intelligence.

◆ 13:00 – 14:00

Brazilian Zouk Foundations

Joanna

◆ 14:15 – 14:45

Lunch

◆ 16:15 – 17:45

Grounding While Moving Together

Brenda

Traveling footwork while maintaining presence and self-awareness. Practice both leader and follower roles.

◆ 18:00 – 18:45

Breathwork & Deep Relaxation

◆ 19:00 – 19:30

Dinner

◆ 21:00 – 22:30

Embodying the Follower Archetypes

Guided exploration followed by an evening social dance.

DAY 3

THE ART OF FLOW

Sunday

◆ 09:00 – 09:50

Heart Opening Yoga

Joanna

◆ 10:00 – 10:30

Breakfast

◆ 11:15 – 12:45

Vulnerability Is Your Superpower

Brenda

A guided dance meditation inviting deep connection with yourself and your partner through movement and close embrace.

◆ 13:00 – 14:00

Exploring Emotions & Musicality Through Choreography

Joanna

◆ 14:15 – 14:45

Lunch

◆ 16:15 – 17:45

The Art of Surrender

Brenda

Learning to give and receive support while cultivating trust in both dance roles.

◆ 18:00 – 19:45

The Follower Experience

Brenda

A unique blindfolded partner journey exploring surrender, trust, and authentic presence.

◆ 20:00

Bonfire Dinner

◆ 21:00 – 22:30

Movie Night

DAY 4

INTEGRATION

Monday

♦ 09:00 – 09:45

Restorative Practice

Joanna

♦ 10:00 – 10:30

Breakfast

♦ 11:00 – 11:45

Head Movements from the Heart

Brenda

♦ 11:45 – 12:45

Closing Circle & Angel Wash

A heartfelt closing ritual celebrating the connections, growth, and memories created throughout the retreat.

♦ 13:00 – 13:30

Farewell Lunch