



HAVEN REST RETREAT

Private Therapist-Led Retreats



Malaga, Spain

ABOUT HAVEN REST RETREAT

Haven Rest Retreat was created by Catherine Ndong, psychotherapist, and Tatiana van den Bergh, coach, working with individuals and couples navigating demanding lifestyles, emotional pressure, and complex personal or relational situations.

These retreats were designed as an extension of that work — for moments when one hour a week is no longer enough, and stepping away becomes necessary.

Each retreat combines psychotherapy, coaching, and guided reflection within carefully selected private environments, chosen for their calm, discretion, and quality.

The approach is structured and professional, while allowing space, time, and distance to understand what is really happening — individually or within a relationship.





WELCOME

There are moments when stepping away is not a luxury, but a necessity.

When daily life becomes too full, too fast, or too distant from what truly matters, taking space allows something to settle and become clearer.

This is a space designed for those moments.

Not as an escape, but as a structured pause — a place to step back, reflect, and reconnect, whether individually or within a relationship.

Everything is intentionally kept small, private, and calm, allowing you to move at your own pace, without pressure or expectation.

Because sometimes, what is needed is not more effort, but distance, time, and the right environment to see things differently.

OUR RETREATS

These retreats exist for moments when stepping away becomes necessary to understand what is really happening. Each retreat is designed to offer space, structure, and clarity — depending on where you are and what you need.



Couples Reconnection Retreats

Time set aside to reconnect, slow down, and focus on the relationship — away from daily routines and external pressures.

Not about fixing, but about creating the conditions to understand each other differently and move forward with more clarity.



Clarity & Yoga Retreats

For moments when everything feels too full, too fast, or unclear.

A structured environment to step back, think clearly, and reconnect with what matters — without noise or external influence.



Therapeutic Retreats

For situations that require more space, more depth, and more support.

A guided setting combining psychotherapy, reflection, and time — allowing what needs to surface to do so at a natural pace.

COUPLES RETREATS

There are moments when a relationship doesn't feel broken — but something feels distant, less present, or harder to reach. Not because something is wrong, but because space, time, and attention have slowly been taken over by everyday life. These retreats exist for moments when stepping away becomes necessary to understand what is really happening. This retreat offers the opportunity to step out of that rhythm, and give your relationship the space it rarely receives.

Who it is for

For couples who want to:

- reconnect without pressure
- spend meaningful time together
- step out of routine and distractions
- better understand what is happening beneath the surface

What it offers

A calm and structured environment where you can:

- reconnect through presence, not effort
- take time to talk, listen, or simply be together
- slow down and experience your relationship differently
- gain clarity, without forcing outcomes

Guided by a psychotherapist and a coach, support is available when needed — always with discretion and respect for your space as a couple.

The experience

Days follow a gentle rhythm, balancing guided moments with time for yourselves. Mornings create space to settle and reconnect. The day unfolds through reflection, shared time, and optional guidance. Evenings remain lighter, allowing the relationship to breathe naturally. Everything is designed to offer both structure and freedom — without pressure, expectation, or exposure.

A private and contained setting

Each retreat takes place in carefully selected private villas, chosen for their calm, discretion, and quality.

The experience is intentionally kept small, with a limited number of couples, ensuring comfort, privacy, and attention. You are never required to share beyond what feels right — the space adapts to you, not the opposite.

What makes this different

This is not a group workshop, and not a traditional retreat. It is a guided experience where time, space, and professional support come together to create the conditions for deeper understanding and reconnection



Time Away, Space to Breathe, Presence to Reconnect

CLARITY RETREATS

There are moments when everything continues — but something feels unclear. Not necessarily difficult, but harder to define, harder to move forward with, or simply no longer aligned. These retreats exist for moments when stepping away becomes necessary to understand what is really happening. This retreat offers the space to pause, step back, and regain clarity — away from noise, expectations, and constant input.

Who it is for

For individuals who want to:

- step away from daily pressure and mental overload
- gain clarity on a situation, decision, or direction
- reconnect with themselves in a quiet, structured space
- take time to think without urgency

What it offers

A calm and contained environment where you can:

- create distance from everyday demands
- reflect with more clarity and perspective
- understand what feels unclear or unresolved
- move forward with greater alignment

Guided by a psychotherapist and a coach, support is available when needed — always with discretion and respect for your pace.

The experience

Days follow a quiet and intentional rhythm, balancing guided moments with time alone.

Mornings allow you to settle and become more present. The day unfolds through reflection, structured guidance, and space for integration. Evenings remain open, offering time to process, rest, or simply disconnect.

Everything is designed to reduce noise, so that what matters can become clearer.

A private and contained setting

Each retreat takes place in carefully selected private villas, chosen for their calm, discretion, and quality.

The experience is intentionally kept small, with a limited number of couples, ensuring comfort, privacy, and attention. Nothing is imposed — you move at your own rhythm, supported but never pushed.

What makes this different

This is not a coaching program, and not a traditional retreat.

It is a guided space where stepping away allows you to see more clearly, think differently, and reconnect with your own direction.



Time Away. Space to Breathe. A Moment to See Clearly.

THERAPEUTIC RETREATS

Some situations don't resolve themselves with time. Not because something is wrong — but because what you are experiencing has become difficult to understand, to carry, or to move forward from. These retreats offer a structured space to step back and work through what feels unclear, overwhelming, or unresolved.

Who it is for

For individuals facing situations that feel difficult to understand, process, or move forward from.

When something feels overwhelming, unresolved, or repeated — and stepping away becomes necessary to see things more clearly.

What it offers

A structured therapeutic space combining time, distance, and guided support.

An environment where you can slow down, understand what is happening, and begin to move forward — without pressure, and at your own pace.

A different kind of experience

This is not simply time away.

It is a guided space where emotional, relational, or personal situations can be explored with clarity — without pressure, and without needing to force immediate answers.

The work remains focused, contained, and adapted to your pace.

A structured and supported approach

Each retreat combines:

- psychotherapy
- coaching
- guided reflection
- body-based practices when relevant

The structure is present to support the process — but never imposed.

A private and contained setting

The experience is intentionally small, discreet, and carefully held.

You are not required to share beyond what feels right.

The environment is designed to create safety, distance, and enough space for things to become clearer.

What makes this different

When time, space, and the right support come together, something shifts.

Not by forcing change — but by allowing what is already present to be understood differently.



Time Away, Space to Breathe. A Space to Understand Clearly.

THREE THERAPEUTIC APPROACHES

Within this therapeutic approach, three retreat formats are available — each corresponding to a different type of situation.

BREAKUP RECOVERY RETREAT

When a relationship ends, but something remains unfinished. This retreat supports the process of understanding what happened, integrating the experience, and not carrying it forward unconsciously.

EMOTIONAL RESET RETREAT

For individuals facing situations that feel difficult to understand, process, or move forward from. When something feels overwhelming, unresolved, or repeated — and stepping away becomes necessary to see things more clearly.

RELATIONSHIP PATTERNS RETREAT

When the same dynamics repeat — in different forms, with different people. This retreat focuses on identifying these patterns, understanding their origin, and creating the conditions to experience relationships differently.

ONE SHARED INTENTION

*Different situations. Same need:
To step back, understand clearly, and move forward
without carrying what has not been processed.*



UPCOMING RETREATS 2026

Each retreat offers a structured space to step away from daily life, understand what is really happening, and move forward with clarity. Retreats take place across the Mediterranean — between Southern Europe and North Africa — in carefully selected private residences, chosen for their calm, discretion, and quality.

PROGRAM 2026–2027

	JUNE 7–13, 2026	COUPLE RECONNECTION & INTIMACY RETREAT Puerto Banús, Spain <i>Led by Tatiana van den Bergh & Catherine Ndong</i>
	SEPTEMBER 6–12, 2026	EMOTIONAL RESET RETREAT Florence, Italy <i>Led by Tatiana van den Bergh & Catherine Ndong</i>
	SEPTEMBER 20–26, 2026	COUPLE RECONNECTION & INTIMACY RETREAT Marrakech, Morocco <i>Led by Tatiana van den Bergh & Catherine Ndong</i>
	OCTOBER 4–10, 2026	RELATIONSHIP PATTERNS RETREAT Algarve, Portugal <i>Led by Tatiana van den Bergh & Catherine Ndong</i>
	OCTOBER 18–24, 2026	CLARITY & YOGA RETREAT Tuscany, Italy <i>Led by Tatiana van den Bergh & Catherine Ndong</i>
	NOVEMBER 8–14, 2026	BREAKUP RECOVERY RETREAT El Gouna, Egypt <i>Led by Tatiana van den Bergh & Catherine Ndong</i>
	DECEMBER 6–12, 2026	COUPLE RECONNECTION & INTIMACY RETREAT Djerba, Tunisia <i>Led by Tatiana van den Bergh & Catherine Ndong</i>



Locations & environments

All retreats take place in private villas and carefully selected residences across the Mediterranean.

Each location is chosen for:

- discretion and privacy
- natural surroundings and climate
- comfort and quality of service
- proximity to international airports

While remaining away from busy or crowded areas, each setting creates the right conditions to step out of daily life and gain distance.

The format

Each retreat follows a 7-day structure combining:

- guided sessions (psychotherapy, coaching, reflection)
- time for integration and personal space
- moments to rest, step back, and slow down

The experience remains structured, yet non-intrusive — allowing each person or couple to move at their own pace.

TESTIMONIES

People arrive for different reasons. Sometimes with questions. Sometimes with the feeling that something is not fully clear — even if nothing seems obviously wrong. What they often share afterwards is not a solution, but a shift. A different way of seeing, understanding, and experiencing what felt unclear before.

“I came feeling stuck. I left with clarity.”

*“Nothing dramatic was happening, but something felt off.
This gave me the space to finally understand it.”*

*“We didn’t need more conversations.
We needed the right space for them to happen.”*

*“For the first time in a long time,
everything slowed down enough to make sense.”*

A shared experience

Each experience remains personal. What is shared here reflects what often emerges when time, space, and the right environment come together.

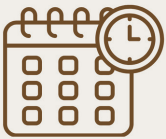


LET'S TALK

Your Next Step Starts Here

If you feel that stepping away could be the right next step, you can reach out to discuss your situation or explore the available retreats. This is not a sales call — but a space to understand whether this experience is right for you.

BOOK A CALL



Schedule a private call to talk through your situation and explore which retreat may be most appropriate.

www.havenrestretreat.com/contact

EMAIL



contact@havenrestretreat.com

TEL. / WHATSAPP



+34 634 48 20 22

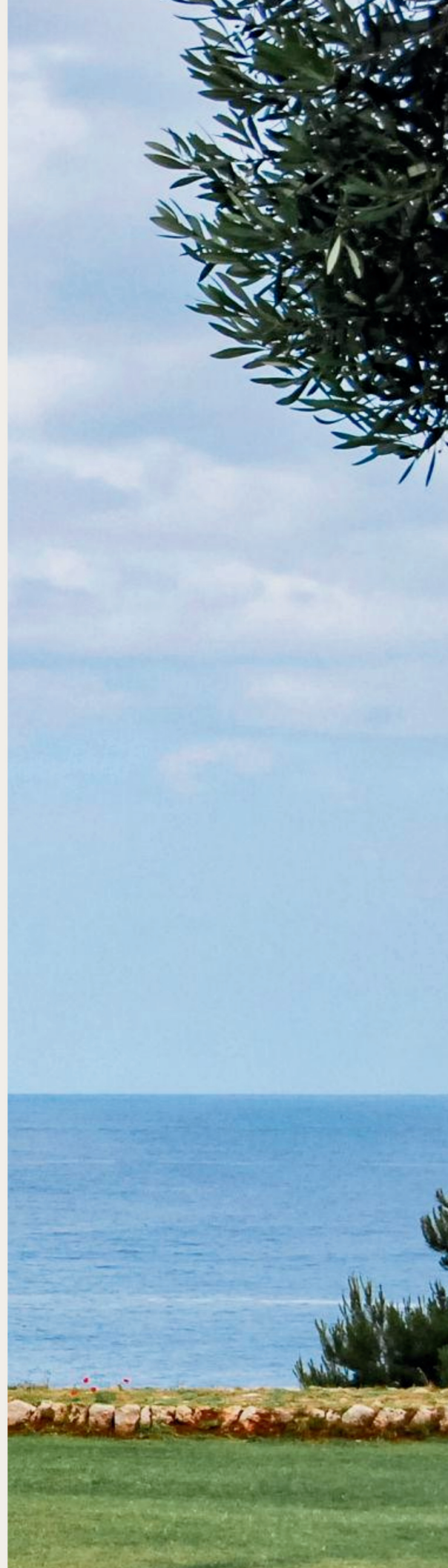
EXPLORE ONLINE



Find all retreats, locations, and details online: www.havenrestretreat.com

A SIMPLE NEXT STEP

Sometimes, clarity begins with a conversation.



*When stepping away becomes necessary,
understanding begins here.*

HAVEN REST RETREAT

-The Podcast

Listen now.

*Conversations on relationships,
transitions, and moments that
require more space, more time,
and a different perspective.*



www.havenrestretreat.com

