



HAVEN REST RETREAT

Private Therapist-Led Retreats

When One Hour Is Not Enough

WWW.HAVENRESTRETREAT.COM

ABOUT HAVEN REST RETREAT



Haven Rest Retreat was founded by Catherine Ndong, psychotherapist, founder of Malaga Therapy, and founder and publisher of Therapies Magazine, through years of working with international individuals and couples navigating demanding lifestyles, emotional pressure, personal transitions, and complex relational situations.

The retreat concept was created for moments when one hour a week is no longer enough — when stepping away from everyday life becomes necessary to gain perspective, create space, and engage in deeper, more focused work.

Unlike traditional wellness retreats, Haven Rest Retreat offers a structured, private, psychotherapist-led experience designed for meaningful reflection, emotional clarity, and lasting personal transformation.

Depending on the retreat format and individual needs, selected specialist support may be integrated where relevant, including therapeutic, psychological, wellbeing, or body-based support, always within the same discreet, carefully curated premium environment.

WHEN ONE HOUR IS NOT ENOUGH

**Luxury is not always rest.
Success is not always peace.
And stepping away is not always a holiday.**

Sometimes, what is needed is not simply time away, but the right space to think clearly, reconnect deeply, and engage in more meaningful emotional work.

Haven Rest Retreat was created for individuals and couples navigating demanding lives, personal transitions, emotional pressure, or relationship challenges that require more than a weekly conversation.

Our private psychotherapist-led retreats offer a discreet, structured, and carefully curated environment where perspective, emotional clarity, and lasting personal transformation can begin.

Because sometimes, one hour is simply no longer enough.



OUR RETREATS

Private therapist-led experiences designed around different needs, life moments, and levels of support.



COUPLE RECONNECTION RETREATS

Created for couples seeking protected time away to reconnect, improve communication, navigate relationship challenges, or simply create space for deeper conversations in a private, professionally guided setting.



CLARITY RETREATS

Designed primarily for individuals — and also suitable for couples navigating shared decisions or important transitions — these retreats offer the space to step back, gain perspective, think clearly, and move forward with greater confidence and renewed clarity.



THERAPEUTIC RETREATS

For individuals seeking deeper psychotherapeutic support, focused emotional work, reflection, and the dedicated space required for more meaningful therapeutic progress beyond traditional weekly sessions.

Each experience is hosted in carefully selected private premium residences across curated destinations, chosen for privacy, comfort, discretion, and the emotional conditions needed for meaningful work.

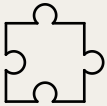
THE EXPERIENCE

Designed to offer the right balance of professional support, personal space, and meaningful time away.



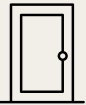
PRIVATE CONSULTATION

Every retreat begins with a confidential private consultation to understand your situation, what you are navigating, and whether a retreat is the appropriate next step.



PERSONALISED MATCHING

The retreat format, pace, and destination are selected according to your circumstances, priorities, and the kind of support that would best serve your situation.



ARRIVAL & SETTLING IN

From the moment you arrive, the experience is designed to create privacy, comfort, and a clear sense of distance from the pace and pressures of daily life.



GUIDED SUPPORT

Structured therapeutic guidance is available throughout the retreat, offering dedicated time for reflection, conversation, deeper personal work, or relationship support when relevant. When appropriate, specialist support may be incorporated depending on the retreat format and individual needs.



PERSONAL SPACE

Not every moment is programmed. Time remains intentionally protected for rest, reflection, private conversations, and integration.



MOVING FORWARD

The goal is not simply stepping away, but returning with greater clarity, renewed perspective, and a clearer understanding of what truly matters next.



PRIVATE RESIDENCES & CURATED SETTINGS

The environment shapes the experience. Privacy, comfort, and emotional ease are not optional — they are part of the therapeutic design.



CAREFULLY SELECTED PRIVATE RESIDENCES

Each retreat takes place in hand-selected private villas and premium residences chosen for discretion, comfort, calm, and the atmosphere they create.



DESIGNED FOR PRIVACY

These are not crowded resorts or high-traffic hospitality settings. Every location is selected to create the protected personal space needed for reflection, reconnection, and deeper personal work.



CURATED SETTINGS

From coastal settings to secluded premium residences, each environment is chosen to support stillness, perspective, and the emotional breathing room that everyday life rarely allows.



MORE THAN A BEAUTIFUL SETTING

The setting is never chosen for aesthetics alone. Light, pace, privacy, comfort, and distance from routine pressures all contribute to creating the right conditions for deeper personal and relational work.



BEGIN WITH A PRIVATE CONVERSATION



A discreet first conversation to explore your situation, your needs, and whether this experience may be the right next step.

This private consultation is designed to understand what you are navigating, answer your questions, and determine whether Haven Rest Retreat may be the right environment for your circumstances.

Whether you are considering stepping away alone, as a couple, or simply exploring what may feel like the right next step, this conversation offers a discreet and professional first step.

Simply a private first conversation, with no pressure to proceed.



Private



Confidential



By appointment only



BECAUSE SOMETIMES ONE HOUR IS NO LONGER ENOUGH.

The Right Space Can Change Everything

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