



SACRED UNION

PRIVATE COUPLES RETREAT



A sanctuary for *love*, intimacy & renewal



Are you ready
to take your relationship
to the *next level?*

Marriage is not the destination, *it's the journey.*

Relationships evolve, and marriage isn't the final destination; it's a stage at the beginning of the journey, moving into a different form. We invite you to bring your relationship to the next level, whether you want to explore a greater commitment, profound depth of connection, or take things to a deeper, more vulnerable space. Here you are able to build a secure, psychologically safe environment where both partners feel free to share their changing needs and desires.

You can decide what kind of marriage you want, avoid boredom and routines, learn to resolve conflicts to avoid unhealthy patterns, keep the flame alive, rediscover sexuality, or even evolve into a strong business partnership.

Are you looking for a *deeper connection*?

In our couples retreats we work on the 7 dimensions, which you can choose to explore in greater depth.



BODY



ENERGY



EMOTIONS



MIND



SPIRIT



RELATIONSHIPS



LIFE MISSION

Are you experiencing *challenges* in your relationship?

Every love story has its challenges. Love doesn't make us immune to frustration in marriage or to problems. Sometimes we don't know how we end up building a wall between us that makes communication difficult, and the space between the partners keeps growing, building unhealthy patterns of behavior that are repeated and make us feel that we are not a couple, but two lonely souls together.

Is this *you*?

[] **Communication seems impossible:** you only talk about schedules, expenses, and social commitments.

[] **You feel invisible:** it seems like everything you say doesn't resonate with your partner; your opinions are minimized.

[] **You feel like your emotions are invalid to your partner:** when you want to talk about relationship problems, it never seems like the right time.

[] **Trust has been broken:** you're going through a time where it's hard to rebuild trust with your partner, and this prevents you from experiencing a fulfilling life.

[] **Respect has been lost:** you don't remember how or when it started, but now you treat each other poorly, speak rudely, or ignore each other.

[] **Routine has killed the passion:** you spend more time scrolling on your phones than making space for intimacy, or intimacy feels like an obligation.

[] **The spark is dying:** you can't find a way to rekindle the passion you felt years ago.

[] **You feel like you're in a prison, not in a relationship:** you feel like you have to hide who you are and what you want to please your partner or avoid conflict.

[] **Jealousy is winning the battle:** you don't know how you stopped trusting each other, and jealousy appears and dominates the relationship.

[] **Anger is present in your daily life:** you don't know why but you feel anger, frustration and annoyance with your partner.

If you want to live a fulfilling life with your partner, schedule a free consultation with our team: nierika.ch@gmail.com



The next chapter of your relationship *starts here*

This retreat is more than a getaway—it's a rite of passage. You'll leave with a shared language, embodied practices, and a personalized plan to sustain **love, trust, erotic charge, and creative partnership**. Whether you're rebuilding, deepening, or elevating to your next level, Sacred Union is an invitation to remember why you chose each other—and how extraordinary your love can be.

Our approach is refined and comprehensive: sacred sexuality practices that cultivate safety and spark: breathwork, meditation, Qigong, and yoga that reset the body and refine awareness; hypnotherapy, EFT (tapping), and precision coaching that turn insight into embodied change.

You'll practice how to speak your truth with warmth, repair quickly, kindle polarity, and create rituals that carry **you—effortlessly—back to each other**. Couples may choose to experience the healing powers of **sacred plant medicine ceremony**, with thorough preparation and post-retreat integration support. Every element is trauma-sensitive, consent-based, and aligned with your values and boundaries.



NIERIKA'S HOLISTIC
APPROACH



Nierika's holistic approach to couples retreats treats the relationship as a living system, integrating **mind, body, spirit, emotions, relationships, energy, and life purpose.**

We focus not on conflict but on the paths to healing. It combines traditional talk therapy with practices such as mindfulness, somatic (body-based) therapies, and wellness to heal the whole person and foster a lasting connection.

We create a safe space, supported by our team of professionals, who nourish the body and soul and accompany you during the process of healing and transforming your relationship, reaching a space of trust where you will have a deeper understanding and connection with your partner

More than just a vacation, this retreat is designed to strengthen your relationship and bring you closer



The Sacred Union Retreat offers an ideal setting to explore how emotional communication flows within a relationship.

Through group activities, workshops, and moments of reflection, the main goal is to discover each person's primary emotional language and practice actively expressing it with love and empathy.

The answer is *Love*

- Jason Milne -



KEY PILLARS OF SACRED UNION

HOLISTIC RETREAT



MIND-BODY INTEGRATION

Activities like guided yoga, somatic experiences, and meditation help partners release stored stress and reconnect physically.

EMOTIONAL REGULATION

Sessions often focus on teaching you and your partner how to identify negative communication cycles and self-soothe your nervous systems during arguments.



DEEPENED INTIMACY

Through mindful listening exercises and shared spiritual or nature-based exploration, couples learn to rebuild trust and empathy on a profound level.

We create a sacred space where romance meets physical intimacy and mutual joy.



Our retreat is one of a kind, tailor-made for each couple. You can choose the duration, the country and your goals; with the support of our team, we offer you the opportunity to heal, reconnect and transform your relationship, improving communication and establishing daily rituals to foster love and intimacy.

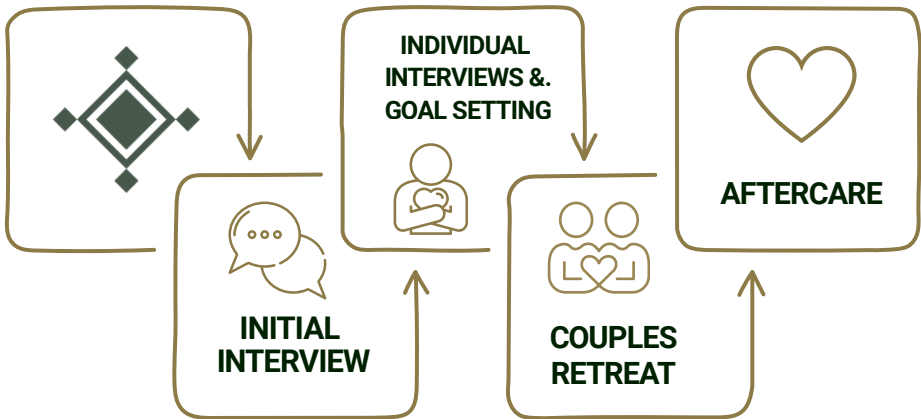
THE RETREAT INCLUDES:

- Accommodations in a luxury private villa
- Transportation
- Meals tailored to the couples needs
- Daily wellness activities
- Daily 1:1 healing session
- Specialized and individualized workshops
- Shared couples sessions
- 2 psychedelic medicine ceremonies (on demand)
- Pre- and post-retreat support
- Holistic practices tailored to your needs.
 - Yoga
 - Qigong
 - Meditation
 - Breathwork
 - Ice plunge
 - Watsu
 - Sound Healing
 - Massages
 - Cultural immersion
 - Tantra teachings
 - Biomagnetism & Binaural Therapy
 - Fascial Maneuvers
- Tailored tool kit for love, communication and intimacy

A growth process to *be yourself* with your partner

Our retreat is designed to create a deep connection where assertive communication plays a key role. We create an environment for mature, deep, and safe conversations, supported by our team who offer holistic practices, 1:1 coaching sessions, wellness activities, and processes for learning and reshaping behavioral patterns.

Our team accompanies you on a profound and meaningful journey to identify and break negative patterns in your relationship. There are no guilty parties here; this is a space for healing, where empathy, love, and trust are the key elements for building a lasting relationship where happiness isn't the goal, but the daily practice.





Intimacy & Sexuality

Intimacy is one of the most complex aspects of a romantic relationship. Expectations, culture, past experiences, family of origin, and even age differences can shape our interactions around intimacy and sexuality, and can be key factors in causing a rift in the relationship, which in the long term affects not only sexual satisfaction but also the individuals' trust and self-esteem.

Sexuality goes beyond the intimate act. It is the bond between partners, the way they touch and look at one another, the spark they feel when they are together. Sexual intimacy is a unique way of getting to know one another, that **is about being vulnerable in a safe space**, showing love without the need for physical contact, and experiencing transcendental pleasure.

Nierika offers the opportunity to discuss your most intimate desires, free from judgement, in a **safe space** where boundaries are established in advance, without sexual displays or nudity. It creates an **opportunity to learn and grow** towards a fulfilling and satisfying sex life. You can choose how deeply you wish to explore your sexuality with your partner.

ARE YOU READY TO TAKE YOUR RELATIONSHIP TO THE NEXT LEVEL?



A COUPLES RETREAT
TAILORED **JUST FOR YOU**



You can choose *à la carte* retreat for love and deep connection



LANDSCAPE

WHAT'S YOUR PERFECT SPOT?

Do you prefer the beach, mountains, lakes, rivers, forests or the desert? Choose the place that gives you peace, tranquility, and the chance to reconnect.



LUXURY LEVEL

LUXURIOUS OR ULTRA-LUXURIOUS?

We have a catalog of private villas in the most idyllic locations to offer you the experience you deserve.



TOPICS

WHAT TOPICS WOULD YOU LIKE TO FOCUS ON?

Healing, communication, respect, trust, sexuality, intimacy, reconnection. You decide, and we'll make it happen.



DURATION

HOW MUCH TIME CAN YOU COMMIT?

You can choose from a long 3-day weekend, one week or more. We'll adjust the program accordingly.



WELLNESS

YOUR WELL-BEING IS THE KEY.

Meditation, yoga, massages and more. All of our services are designed to nourish your body, mind, and spirit.



HOLISTIC PRACTICES

We offer more than **20 holistic practices** to choose from, including: Breathwork, Ice Plunge, Watsu, Sound Healing, Tantra teachings, Biomagnetism, and Binaural Therapy.

Build a balanced relationship with
love, compassion & trust
-Jason Milne-



AFTER CARE

You can choose between 5 and 10 aftercare sessions. If the retreat includes sacred medicine, we recommend 5 individual integration sessions and 5 couples' integration sessions.



SACRED MEDICINE

You have the option to include sacred medicine (peyote or psilocybin mushrooms). If you wish to engage in this **deep healing practice**, we'll guide you every step of the way to ensure the best possible experience.

If you wish to include **sacred medicine**, the retreat must take place in **Mexico, the Netherlands, or Portugal** to ensure a profound, sacred, legal, safe, and confidential experience.



DURATION AND PRICES

EUROPE

The cost of the retreat is for a couple and is all-inclusive, starting from arrival at the airport closest to the villa. Prices are set for retreats in Austria, Switzerland, Italy, or Portugal.



4 DAYS, 3 NIGHTS

A one-of-a-kind, private, and exclusive retreat where you can disconnect from the outside world and reconnect with your partner.

CHF 28,500.00



5 DAYS, 4 NIGHTS

Reconnect on every level—with our 5-day retreat, you'll be able to reignite your relationship and explore it on a deeper level.

CHF 35,000.00



7 DAYS, 6 NIGHTS

A profound and meaningful journey to identify and break negative patterns in your relationship, Building a routine of love, respect, and communication.

CHF 39,500.00

If you wish to include psychedelic medicine or **MDMA therapy for couples**, the only place in Europe where you can book it is in Portugal, and it includes an **additional cost of CHF5,000.00**.

DURATION AND PRICES

MEXICO

Retreats in Mexico include psychedelic medicine (peyote and/or psilocybin mushrooms) in one or two traditional ceremonies and can take place on the Riviera Maya (Cancún, Tulum, or Playa del Carmen), in Baja California Sur (Los Cabos or La Paz), or in Real de Catorce in San Luis Potosí.

The retreats last **7 days and 6 nights**, as the ceremonies involving psychedelic medicine are held two days apart. They are all-inclusive from the moment you land at the nearest airport.



RIVIERA MAYA

In the Mexican Caribbean, a place that invites you to reconnect with the freedom offered by plant medicine and ancestral knowledge

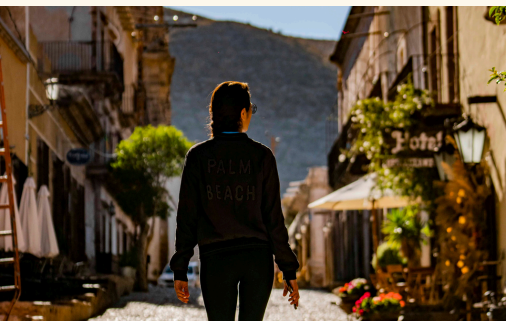
CHF 43,000.00



LOS CABOS

Los Cabos offers the perfect setting to reconnect with nature and the primal instincts of love and passion.

CHF 45,000.00



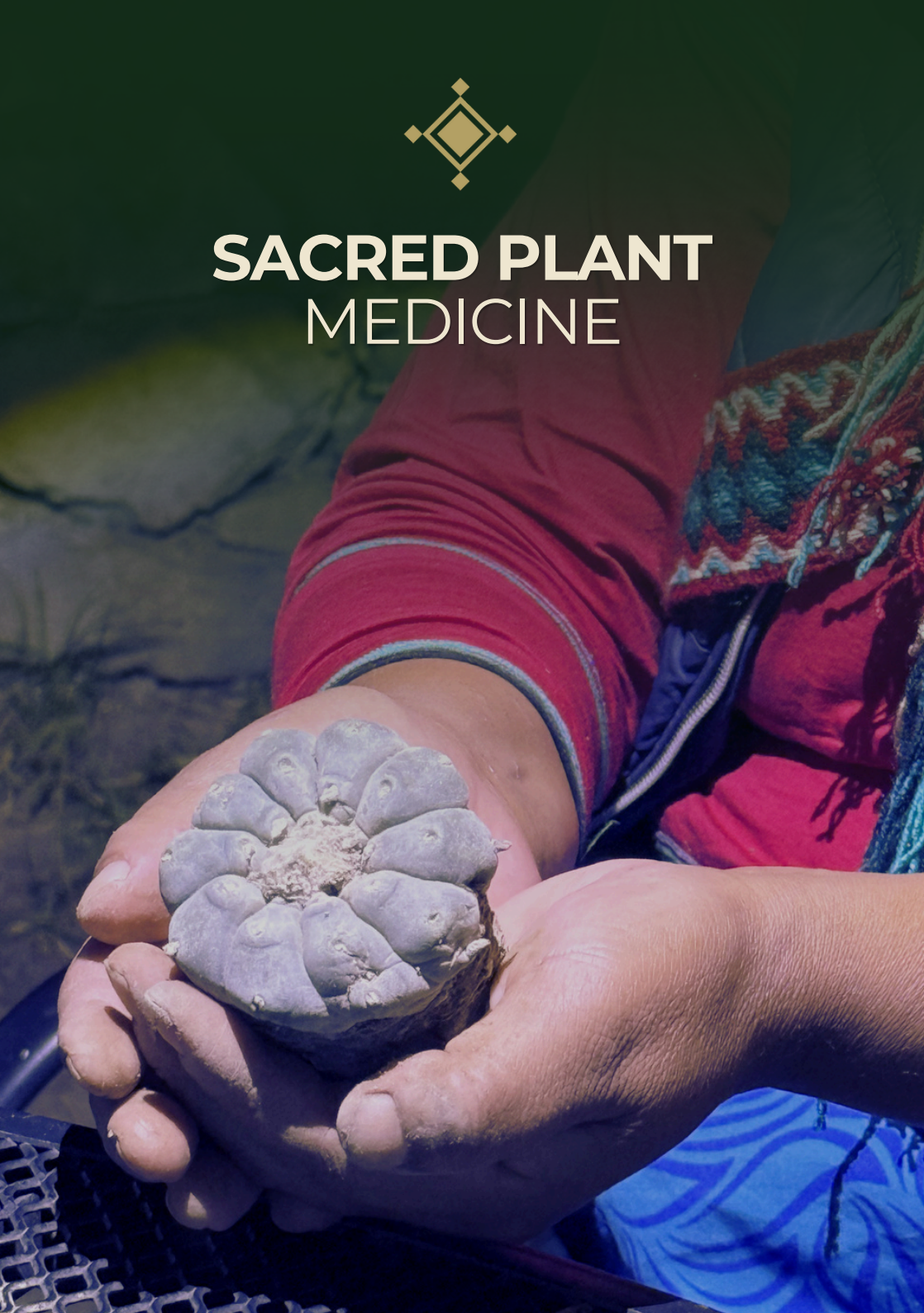
REAL DE CATORCE

This retreat takes place in the mountains of the Sierra de Wirikuta, where peyote originated, accompanied by coaches, therapists, and spiritual guides.

CHF 35,500.00



SACRED PLANT MEDICINE



Sacred medicine offers a wide range of benefits for couples going through a difficult time in their relationship, as well as for those who wish to achieve an even deeper level of connection.

This medicine's ability to **increase neuroplasticity and reconfigure neural patterns** allows us to release behaviors learned over decades and develop new, healthy habits that enable sustained, long-term change. When used in a controlled, safe, and supportive environment, couples can identify the emotional blocks preventing them from living a fulfilling life, discuss them with empathy and love, and resolve them on a profound level.

Benefits that have been reported by couples who experience psychedelic medicine ceremonies together:

- **Improved anxiety management**
- **Reformulation of practices**
- **Improved communication**
- **Finding bliss**
- **Deeper intimacy**
- **A unique way of bonding**

The plant medicines offered by Nierika have different ways of working. If the couple wants to have a deeper connection and increase empathy, we recommend the peyote experience. If they want to heal wounds, betrayal, or understand toxic patterns of behavior, Nierika recommends the use of psilocybin mushrooms.

If the couple wishes to include sacred medicine, an integration process is necessary, which is why the aftercare package includes 5 individual integration sessions and 5 couple sessions with our team of coaches and therapists.



It is possible to have 1 or 2 ceremonies with the sacred medicine, but this is only possible in 5 to 7 day retreats held in Portugal, Holland or Mexico, to offer a legal and safe experience.

Nierika's *Team*



MICHAEL ROMANKIEWICZ
CEO & FOUNDER



JASON MILNE
HEAD OF SACRED & HOLISTIC HEALING



ADELINA LOBO
RETREAT & WELLNESS CURATOR



MAURICIO HERNANDEZ
HEAD OF THERAPEUTIC SERVICES



GRISELDO BAUTISTA
MARAKAME (WIXARIKA SHAMAN)



LINA MUÑOZ
SACRED & HOLISTIC HEALER



Exclusive, Safe and *Discreet Couples Retreats*

Nierika GmbH is a Swiss start-up company that seeks to improve people's quality of life by achieving a balance between mind, body, and spirit through unique, transformative, and unforgettable experiences around the world.

Your journey *begins here*

SCAN TO DISCOVER NIERIKA



nierika.ch



Instagram



Youtube

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