

HEALTH FIX



in touch with our aliveness but, on the other hand, we are terrified of it," says Miriam.

Over the next few days, accompanied by candles and crystals, I take in yoga, reflexology, centring and breathwork. Holotropic breathing aims to release pent-up energy that might be sexual tension or some other blockage. I lie down and surrender to Miriam's voice. Forty-five minutes later, I sob gently as she leans over me, her soft tones drawing out my anxieties. "Work with the body, open the places that are shut down, move them, breathe them, sound them," she says. I think of my children growing up and the inevitability of them leaving me; the impossibility of trying to do it all as a mother, writer, daughter and partner; and the fragility of life. When I finally sit up, I feel refreshed in the way that a child does after a good cry.

La Luna's programme is a curated range of familiar and not-so-familiar activities: kundalini yoga, sacred dance, deep tissue massage and Tantric practices, along with somatic trauma therapy. Over the next few days, I explore Tantric rising Shakti energy; I "clear" my womb (squatting over a bowl of hot water with herbs – not unpleasant); and I chat. People share a lot, but only when they feel like it. A recurring theme is the search for female connection, which Miriam believes we crave.

"I felt disconnected from myself in my 20s," she says. "I was unable to have the intimate relationships I was longing for, and I was working in a field that did not inspire me. So I began a quest. I started studying psychology, but realised that the system was outdated, that I didn't want to process through the mind." She leaned deeper into her kundalini and followed from there. "More and more people



FINDING THE FEELING

MORE NEW INTIMACY GURUS

BIBI BRZOSKA

A leading light in the realm of sensuality, Bibi Brzozka focuses on "reclaiming" the body, accessing pleasure and reigniting personal power. She works with Miriam Adler on La Luna retreats, and her online courses and private sessions are much sought after, often including live "pleasure practices". bibibrzozka.com

SOPHIE BENGE

Sophie Bengé describes herself as a feminine energy guide, with a mission to embrace sensuality, explore meditation in touch and work with energy flows. Her practices blend ancient systems of medicine with neuroscience and personal experience via short courses, massage, workshops and retreats. sophiebenge.com

ELINA PAVLIDIS

Born in Paris to a Greek architect and French dancer, Elina Pavlidis draws on numerous spiritual and physical lineages for her one-on-one coaching, workshops and retreats. After a decade of studying yoga and working as a consultant, she dedicated herself to mastering a range of practices such as Tantra, sound therapy and holographic healing, and now coaches in developing "feminine magnetic powers". elinapavlidis.com; yennaei.com

KALINDI JORDAN

"Energy engineer" Kalindi Jordan has forged a niche offering sexual healing, sacred intimacy and conscious relationship guiding for single people and couples. She runs workshops and events at a range of festivals, as well as offering online individual coaching. Her programmes emphasise healing from sexual trauma and reconnection with the self. kalindijordan.com



From left: plant-based lunch; Mayan temazcal ceremony; retreat leader Miriam Adler

need this," she says. "Slowing down, reflecting. For some, the pandemic was healing, for others, devastating and lonely. Either way, people saw that there was another way than going to the office and falling into bed at night exhausted."

In one workshop, I sit in front of a young, beautiful stewardess who is on a break from working aboard a tech billionaire's yacht, and I cry about my mother, without going into specifics. After these unexpected personal responses, I walk along the shoreline and salt flats, and think about solace and sanctuary. I know that the retreat's activities are a well-trodden strategy designed to manipulate such results out of me but, damn it, they're working.

I feel nourished by the clean, detoxing and delicious food by Aliwalú, the renowned chef-educator behind the Ibiza-based Vital Kitchen. But the most nourishing thing is the shared laughter that comes from talking freely to women. The retreat is a peaceful pause in the hecticness of my life, and I realise I haven't rested properly since becoming a mother 15 years ago. I stop analysing the details of my life on a neurotic loop. Instead, I gaze at the clouds above the Balearic Sea and listen to the southern Migjorn wind, which whips up around noon. I feel lighter and can breathe, sleeping deeper and feeling more in tune with myself than I have done in a very long time.

In a guided 5Rhythms dance sequence with Ibiza-based Italian dancer Marie Sol, I finally fully surrender. During some of the dances, breasts are laid bare (not mine; I am too repressed) and inhibitions are lost. The circle of women beneath the canopy breaks open. Everyone smiles and hugs. No judgement, no expectations – just something that we do. 🕊