

From Pressure to Pleasure

Awakening Inner Volcano

A 6-DAY SOMATIC IMMERSION

with Amal & Randa

(Certified Nia & 5Rhythms Teachers)

Pressure holds your life force.

The volcano transforms it.

Pleasure is energy set free.

Join us for a deeply embodied journey where pressure softens, energy moves, and the body leads the way.

Through movement, nature, and guided practices, we gently release stored tension and reconnect with our natural capacity for ease, vitality, and authentic expression.



LOCATION

Laughing Orchard Center, Furnas
São Miguel Island, Azores, Portugal



DATES

July 12–17, 2026

REGISTRATION & INFO

with
Dancelife
AMAL ISMAIL
EMBODY. EXPRESS. AWAKEN.



RANDA ABURAYYAN
MOVE. FEEL. BE.



CONTACT

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CALDEIRA, FURNAS

✦ ESSENCE ✦

This immersion is an invitation to return to the body as a source of truth, intelligence, and transformation. ✦

In a world that often asks us to hold and control, we gently shift into listening, allowing, and moving from within.

Through movement and nature, we rediscover ease, clarity, and aliveness. ✦

✦ THE EXPERIENCE ✦

Pressure is not something to get rid of.

It is stored life force.

In this immersion, we:

- soften resistance
- allow expression
- reconnect with natural flow

This is a gentle unfolding, not a forced process.

✦ WHAT TO EXPECT ✦

- Daily Nia & 5Rhythms sessions
- Somatic inquiry & integration ✦
- Multiple types of Meditations
- Nature-based experiences
- Time for rest & reflection
- Supportive group environment



◆THE JOURNEY◆

Day 1 – Meeting the body & inner pressure

Day 2 – Deepening awareness

Day 3 – Emotional release

Day 4 – Softening & receiving

Day 5 – Play & expression

Day 6 – Integration



◆THE PLACES◆

- The Caldeira of Furnas
- Waterfalls & forest
- Hot springs & botanic garden
- Ocean beach

Each space supports a different stage of the inner journey.

◆ABOUT THE FACILITATORS◆

Amal Ismail:

is a transpersonal therapist, embodiment guide, and 2nd degree black belt Nia teacher. Her work integrates body awareness, movement, and transpersonal psychology to support individuals in reconnecting with their inner truth and creative life force. She has facilitated retreats and programs internationally, guiding participants through experiences that combine depth, safety, and embodied transformation.



Randa Aburayyan:

is a design architect by profession and a certified 5Rhythms® teacher and certified holistic guidance counselor by passion. Following the desire to be of service to others, she currently dedicates her time to private holistic counseling as well as holding 5Rhythms® classes and workshops to support individual journeys towards the Authentic Self.



◆INVESTMENT◆

11,800 SAR

Includes:

- Program
- Accommodation
- Breakfast & dinner
- Lunchbox on excursions
- Excursion tickets
- Group transportation (selected flight)

Not Included:

- Flights
- Personal expenses
- 1:1 sessions

◆TRAVEL INFORMATION◆

Arrival on the 11th of July:
Ponta Delgada Airport (PDL)
We will share recommended flights and
coordinate group transfers for aligned arrivals.
Departure on the 18th of July

◆LAUGHING ORCHARD◆

- Located in Furnas volcanic landscape
- Surrounded by nature
- Simple, peaceful environment

An ancient temple to your highest self, where you are invited
to slow down and reconnect.

Step into the space:
<https://laughingorchard.org/>





✦THIS IMMERSION IS FOR YOU IF... ✦

- You want to reconnect with your body
- You feel something is held or stuck
- You are open to movement and inner work

✦REGISTRATION & INQUIRIES ✦

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