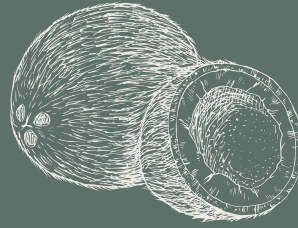


HIYÄM WELLNESS LIVING

At HIYÄM Wellness Living, we create refined sanctuaries where body, mind, and soul can recalibrate. Rooted in over two decades of martial arts, yoga, and global hospitality, our work is more than a retreat, it is a ritual journey of remembrance.

We redefine luxury as presence. Elegance lives in the quiet between two breaths, in a tea shared with intention, in movement that brings you back to your essence.

Every experience we design, private retreats and one-to-one mentorship, is fully tailor-made and held with care. Epicurean by nature, our approach blends nourishment, slowness, and sensory pleasure. A curated life where wellness meets artistry, and transformation becomes a celebration.



A JOURNEY TO REMEMBER

A ABSOLUTELY NEW WAY OF PURE
REFINEMENT TAILOR MADE JOURNEY
&
RETREATS

CONTACT US

WEBSITE: www.hiyamwellness.com

WHATSAPP: +351 910 308 076

CELL PHONE: +1 514 704 3928

EMAIL US: founder@hiyamwellness.ca



OUR OFFERINGS

- PRIVATE RETREATS
- SEMI PRIVATE RETREATS
- BACHELORETTE PRE WEDDING JOURNEY
- CORPORATE RETREATS

HIYÄM WELLNESS LIVING INC. INTERNATIONAL PRESENCE

HIYÄM WELLNESS LIVING INC.

International Presence

HIYÄM Wellness Living is a Canadian incorporated company (Inc.) specializing in the curation of high-end private, semi-private, and corporate retreats.

Our model is simple and transparent:

- We are a Canadian company operating internationally, in collaboration with luxury hotels, private villas, concierge services, and high-end travel agencies.
- We offer “turnkey” retreats in selected destinations worldwide, while keeping our headquarters and operations in Canada.
- This allows us to deliver a legal, seamless, and transparent experience for your clients, while respecting all local regulations.

RESET AT YOUR PACE



HEALING

VIBRANT

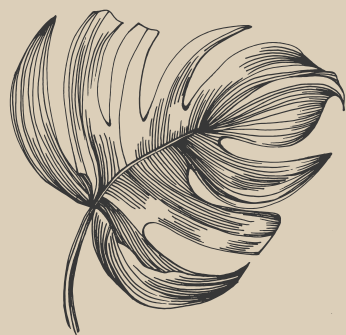
RHYTHM

Eat pray Love





OUR VISION



THE LUXURY OF PRESENCE

HIYÄM Wellness Living is where discerning clients, visionaries, and leaders come to recharge, recalibrate, and reconnect. Each experience is a transformative journey, a bespoke path where wellbeing and refinement meet in harmony. Guided by intention, presence, and quiet beauty, we listen deeply and co-create experiences that feel both intuitive and extraordinary.

Every journey is immersive and personal. Guests connect to the essence of each destination, from curated villas to intimate sanctuaries around the world. Here, elegance and wellbeing flow naturally, shaped by grace and genuine care. Every moment invites transformation, and every ritual celebrates life.

HIYÄM Wellness Living exists to help guests realize their dreams and elevate presence into a way of life. Through the art of attentive listening, we craft experiences that awaken the senses, inspire the spirit, and leave a lasting imprint of joy and harmony.



WHAT WE VALUE

OUR SIGNATURE PILLARS

- Bespoke, not packaged. Nothing off-the-shelf; every detail is made for you.
- Host • Mentor • Creative Direction. One team conceives, orchestrates, and welcomes you.
- Epicurean refinement. Chef-curated cuisine, tea rituals, and a table that restores.
- Movement & ceremony. Daily practice and evening rituals for clarity and calm.
- Discreet orchestration. A seamless path from proposal to deposit, stay, and integration.
- Places that breathe. Private villas, yachts, and island sanctuaries chosen for light and privacy.

OUR VALUES

We value retreats that are elegant and epicurean in sacred spaces to replenish, to celebrate life, and to create memories that last forever.



SACRED

INTIMATE

PRICLESS

WE VALUE TRANSFORMATION



ABOUT US

ABOUT HIYÄM WELLNESS LIVING

A maison of presence and refinement.

HIYÄM Wellness Living was born from a bold vision: to craft fully tailor-made retreats that feel both elegant and profound, where every detail, from the first sip of tea to the last candlelit breath, reflects the art of living well.

Over the past years, we have hosted refined group gatherings and private immersions in Panama and beyond, shaping a signature approach: one house, one host, one creative vision. We design with you, then host you with quiet, attentive presence, so the experience is not purchased, it is composed. Our lineage of mastery.

BESPOKE LUXURY RETREATS



ABOUT US

Our lineage of mastery.

Rooted in 23 years of martial arts, 13 years of teaching, and 2,000+ hours of yoga training, HIYÄM unites discipline and grace. Add to this two decades in fine dining and luxury hospitality, and the result is a uniquely curated rhythm: movement that restores, cuisine that nourishes, rituals that clarify, and spaces chosen for light, texture, and privacy.

A worldfully lived perspective.

Having lived and worked across Europe, Thailand, Panama, and French Polynesia, our team carries an international gaze and a meticulous standard. Each setting, villa, yacht, or island hideaway, is selected for its atmosphere: the sense of arrival, the silence in between, the way morning light moves across linen.

What we create.

MAGIC MOVEMENT NOMADIC



HOW WE HOST

CALL → CONCEPT →
PROPOSAL → DEPOSIT →
ORCHESTRATION → RETREAT
& HOSTING → INTEGRATION

**HIYÄM WELLNESS LIVING IS
NOT JUST A JOURNEY, IT IS
AN ELEGANT,
UNFORGETTABLE
EXPERIENCE, COMPOSED
ONLY FOR YOU.**



PRIVATE RETREATS

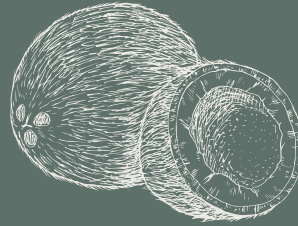
1-4 guests · Minimum 5 nights · Exclusive locations

A sacred, intimate immersion designed entirely around you.

Whether you're moving through a life transition, longing for stillness, reconnecting to yourself, celebrating life, or softening through deep fatigue, even burnout, this retreat becomes a refined sanctuary for renewal, beauty, and inner clarity.

Our Signature Pillars

- Presence is luxury. Quiet, attentive hosting from first call to integration.
- Movement is medicine. Gentle martial arts, yoga, and breathwork to restore the nervous system.
- Culinary artistry. Chef-curated menus, tea rituals, and epicurean nourishment.
- Ritual & integration. Daily ceremonies and post-retreat guidance that travels home with you.



UNIQUE
EPIC
REFINED

IMMERSIVE & INSPIRING

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INDONESEA
THAILAND
EUROPE

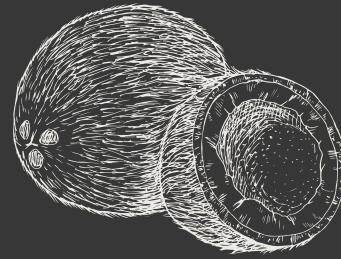
WE WILL TRAVEL THE WORLD FOR
OUR GUESTS

PRIVATE RETREATS

- Discreet orchestration. One team conceives, arranges, and hosts, no handoffs.
- Places that breathe. Villas, yachts, and island sanctuaries chosen for light, texture, and privacy.

What's Included

- Signature private villa/sanctuary (curated for light & privacy)
- Private chef: daily breakfasts & dinners (sample menus provided)
- Daily movement & rituals (yoga, pranayama, gentle martial arts, guided meditations)
- Concierge & local transfers (arrival/departure)
- On-site hosting by HIYÄM (presence, pacing, choreography)
- Welcome kit + post-retreat integration call



LUMINOUS BESPOKE RENEWAL

YOUR LIFE IS YOUR
MESSAGE



EPICUREAN
FREEDOM
GASTRONOMIC

WE WILL TRAVEL THE WORLD FOR
OUR GUESTS

PRIVATE RETREATS

Options: expert bodywork & somatic care, photography, boat days, tastings, private drivers, extended stays.

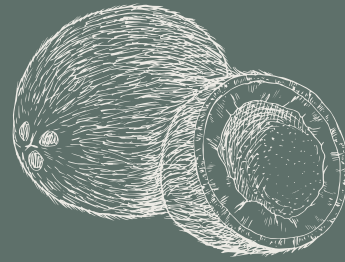
Not included: international flights, travel insurance, personal expenses.

A Day in Residence (example)

- Morning: Movement & breath, chef breakfast, unhurried light.
- Afternoon: Sea, rest, and gentle exploration curated for you.
- Evening: Epicurean table, tea ritual, and quiet ceremony.

How Booking Works

Exploration Call → Creative Proposal → Deposit → Orchestration → Retreat & Hosting → Integration



UNIQUE EPIC REFINED

YOUR LIFE IS YOUR MESSAGE

INVESTMENT
FROM USD 13 080\$ PER
GUEST (5 NIGHTS,
FOUNDATION INCLUSIONS).
TAILORED TO LOCATION,
SEASON, CHEF LEVEL, AND
PRACTITIONER TEAM. A
DETAILED, TRANSPARENT
PROPOSAL IS PROVIDED
AFTER YOUR CALL.



INDONESEA THAILAND EUROPE

WE WILL TRAVEL THE WORLD FOR
OUR GUESTS

SEMI PRIVATE RETREATS

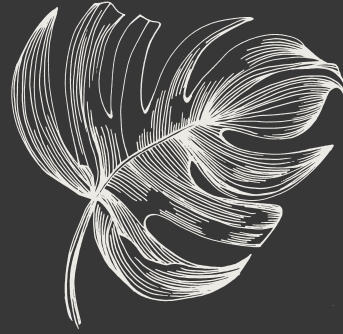
4+ guests · Minimum 5 nights · Sacred natural
spaces

A gentle circle for connection without the
overwhelm.

A living sanctuary where community is not
forced but softly woven through daily ritual,
intuitive movement, epicurean nourishment, and
soulful conversation, infused with celebration
and freedom.

Our Signature Pillars

- Belonging, not crowding. Intimate groups
curated for ease and depth.
- Movement is medicine. Gentle martial arts,
yoga, and breathwork to restore.
- Culinary communion. Chef-curated menus
and intuitive cooking circles.
- Ritual & rhythm. Daily ceremonies that
ground and open the group.
- Discreet orchestration. One team conceives,
arranges, and hosts, end-to-end.
- Nature as ally. Fire, ocean, night sky, spaces
chosen for light and serenity.



PARADISE ON EARTH

UNFORGETTABLE, BECAUSE IT'S YOURS

Each retreat is more than an escape it
is a living creation, tailored uniquely
for you. Whether silence or
celebration, reunion or renewal, every
detail is sculpted to reflect your
desires. What you dream, we design.
What you wish to remember forever,
we bring to life with elegance,
intimacy, and unforgettable presence.



RAW BEAUTY WITHIN

SACRED. INTIMATE. TIMELESS



SEMIPRIVATE RETREAT

What's Included

- Private villa/sanctuary selected for the group (light, privacy, nature)
- Private chef: daily breakfasts & dinners (group-tailored menus)
- Daily movement & rituals (yoga, pranayama, gentle martial arts, guided meditations)
- Intuitive cooking circle (hosted session during the stay)
- Concierge & local transfers (arrival/departure)
- On-site hosting by HIYÄM (pacing, presence, care)
- Post-retreat integration call (group or representative)

RHYTHM PRIVATE ASPIRATIONAL



DISCRET

RESET

EMBODIMENT





SEMIPRIVATE RETREAT

Options: expert bodywork, photography,
boat days, tastings, private drivers,
extended stays, facilitated workshops.
Not included: international flights, travel
insurance, personal expenses.

A Day in Residence

- Morning: Breath & movement, chef breakfast, unhurried light.
- Afternoon: Nature, rest, shared exploration or cooking circle.
- Evening: Epicurean table, fire ritual, and laughter under the stars.

How Booking Works

Exploration Call → Creative Proposal →
Deposit → Orchestration → Retreat &
Hosting → Integration

NOURISH YOUR BODY



INVESTMENT
FROM USD 9 360\$ PER GUEST
(5 NIGHTS, FOUNDATION
INCLUSIONS).

FINAL INVESTMENT IS
TAILORED TO LOCATION,
SEASON, CHEF LEVEL, AND
PRACTITIONER TEAM. A
CLEAR, TRANSPARENT
PROPOSAL FOLLOWS YOUR
CALL.



CORPORATE RETREATS

For founders, leaders & aligned teams ·

Tailored experiences · Nature-based settings

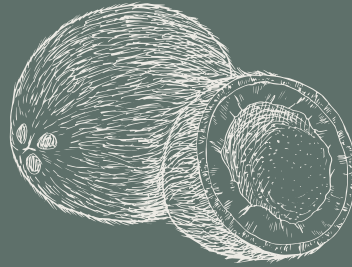
For visionary founders, creative entrepreneurs, investors, and leadership teams who seek more than a pause, who seek refinement, freedom, and depth.

In these custom-crafted immersions, work and wellness merge into one seamless flow.

Movement becomes clarity, celebration becomes alignment, and gastronomy becomes a conscious, epicurean art of nourishment. We hold sacred time for leaders to rest, redefine, and fully reset, through presence, beauty, and nature.

Our Signature Pillars

- Clarity through presence. Quiet, attentive hosting that lets leaders breathe and think.
- Embodied leadership. Somatic tools, movement, and breath to regulate and reset.
- Epicurean performance. Chef-curated cuisine that restores energy and focus.
- Ritual & cohesion. Leadership circles and evening ceremonies that align the team.



YOUR JOURNEY YOUR LIFE

ELEGANCE

We intentionally favour off-the-map locations, raw and untamed places where nature mirrors the truth we seek because transformation does not happen in the crowd; it happens in clarity,



RAW

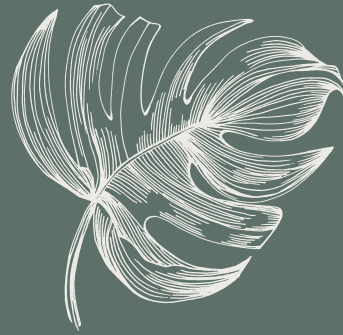
LEAD WITH CLARITY, RETURN
WITH VISION

CORPORATE RETREATS

- Discreet orchestration. One team conceives, arranges, and hosts, end-to-end.
- Nature as strategy. Settings chosen for light, privacy, and calm thinking.

What's Included

- Private sanctuary (villa or island setting) curated for privacy & focus
- Private chef: daily breakfasts & dinners (functional, refined menus)
- Daily movement & rituals (yoga, breathwork, somatic reset, guided meditations)
- Leadership circles (facilitated discussions; themes set with you)
- Concierge & local transfers (arrival/departure)
- On-site hosting by HIYÄM (pacing, presence, choreography)
- Post-retreat integration call (actions, practices, and next steps)



STEPPING INTO THE HIYÄM CIRCLE
IS TO ENTER A CURATED
SPACE OF BELONGING AND
RETURN.

AWAKEN

Each retreat is a handcrafted sanctuary, a
rare
moment where time expands, the body
softens, and
the spirit breathes.



ALCHEMY

CORPORATE RETREATS

Options: executive coaching sessions, expert bodywork, facilitated workshops, photography, boat days, tastings, private drivers, extended stays.

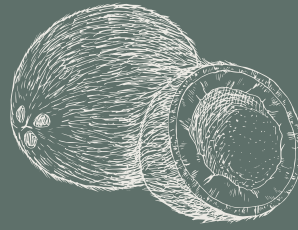
Not included: international flights, travel insurance, personal expenses.

A Day in Residence

- Morning: Breath & movement, chef breakfast, leadership circle (clarity).
- Afternoon: Nature immersion, quiet work blocks, gentle exploration.
- Evening: Epicurean table, fireside ritual, alignment for the next day.

How Booking Works

Exploration Call → Tailored Proposal →
Deposit → Orchestration → Retreat & Hosting
→ Integration



YOUR JOURNEY YOUR LIFE

INVESTMENT
FROM USD 15 000\$ PER
GUEST (MINIMUM 5 NIGHTS,
FOUNDATION INCLUSIONS).

FINAL INVESTMENT
DEPENDS ON LOCATION,
SEASON, CHEF LEVEL, AND
FACILITATION DEPTH. A
CLEAR, TRANSPARENT
PROPOSAL FOLLOWS YOUR
CALL.



RAW

LEAD WITH CLARITY, RETURN
WITH VISION



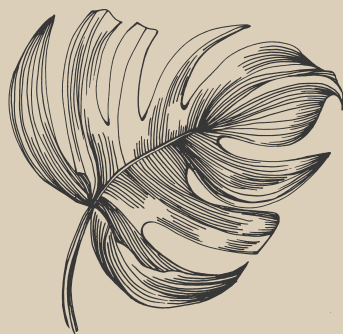
FOLLOW US
ON OUR
SOCIAL
MEDIA

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HIYÄM WELLNESS

HIYÄM Wellness Living redefines the journey by insisting that everything is tailor-made not only for you, but with you. Guests do not follow a program; they co-create their journey with HIYÄM.

Our sanctuaries are designed from lived experience, evolving organically long before wellness became standardized.

This is the art of sacred simplicity, an orchestration of precision, elegance, and presence, transforming each guest's deepest desires into a bespoke reality. Returning to yourself is not a luxury, it is a sacred necessity. Through this dedicated process, we celebrate life, awaken resonance, and elevate presence into a way of life. Together, we realize your dreams and craft a lasting imprint of joy, harmony, and timeless sophistication.