

1:1 WITH MARINE

S U K H A

The six-week notebook

A rhythm to keep at home. Two calls, voice notes, a practice that survives a real week.

MARINE — SUKHA · BACK TO YOURSELF

6

WEEKS

2

CALLS

4

PLACES

€790

OR €400 THEN €390

THE SIX WEEKS

Week 1 — Set it down

Week 2 — Return to the body

Week 3 — Listen to yourself

Week 4 — Nourish yourself

Week 5 — The woman in you

Week 6 — Integrate

Twenty minutes first. Nothing to pay now.

sukha-retreat.com/en/guidance

The frame

A practice, not a series of appointments

For six weeks you don't add another task to the list. You choose three moves — one around food, one around the body, one boundary — and you keep them in your real life. I'm here to set them with you, to adjust them, and to stop you stacking ten more.

What this is

- One-to-one work in yoga, Ayurveda and the rhythm of a life
- Two video calls: 75 minutes in week 1, 60 minutes in week 6
- Voice notes, two or three exchanges a week
- A start Monday that's yours — no waiting for a group
- Four women at a time, no more

What this isn't

- Therapy, medical care, life coaching
- Six yoga classes on video, or the retreat online
- A WhatsApp chat that's always on, or a Monday appointment
- Work to improve you, fix you, transform you

Language, place, time

We speak French. I live in Costa Rica: 7 to 8 hours behind France. Calls are on Tuesday or Thursday, 8–10 am Costa Rica time (late afternoon where you are). Voice notes have no clock; I reply during the day, not within the minute.

How we work

Before Monday 1

- You send a request. I call you for twenty minutes.
- If the frame fits and a place is free: a €400 deposit.
- You take the Ayurvedic profile if you haven't already — 8 minutes, on the site.
- We set the opening call in one of the two windows, and the integration call six weeks later.
- The Monday after the deposit, it begins. No waiting for a group.

Voice notes

You send what happened: sleep, the move kept or dropped, a sentence that stays. Not a report. I reply two or three times in the week, in voice, rarely more than five minutes. If it turns into another kind of follow-up, I'll say so — and I'll send you elsewhere.

Week 3, optional

Twenty minutes, only if you're stuck: the move won't hold, the boundary wasn't spoken, the body says no. By default, we skip it.

Around the retreats

I don't open a new week 1 in the 14 days before a retreat, during it, or the week after. Work already under way continues in voice notes; if a call would fall in those days, we'll have set it before, or just after.

Week 1 — Set it down

Intention

Arrive. Name what you're carrying. Choose little, so it can hold.

Before the call

- Dosha profile completed
- Twenty minutes of writing, for you: what I carry for everyone else; what I haven't said
- A quiet place, a glass of water, the phone somewhere other than in your hand

During

- We read prakruti and vikruti — constitution and current imbalance
- You name the load in one sentence. If it takes a paragraph, we tighten it
- One food change. One. Warm rather than raw, regular rather than perfect — according to you
- A 10 to 15 minute practice you can keep on a day when everything slips
- One boundary: a slot, a person, a yes you turn into a no

Within 48 hours

- I send the written recap
- The WhatsApp thread opens
- The week-6 call is confirmed

Ritual for the week

Each evening, eight lines: what did I set down today. Not what I achieved.

Don't

Changing everything. New routine, new diet, new notebook. Week 1 holds if it stays narrow.

Week 2 — Return to the body

Intention

Breath, a few postures, sleep. Adjust what was chosen — add nothing.

The practice

- Ten to fifteen minutes in the morning, before the messages
- According to your dosha: more slowness and warmth (Vata), more coolness and pause (Pitta), more movement on waking (Kapha)
- Nothing athletic. If you're sweating from effort, it's too much

What you send me

Mid-week, a note: how the body fell asleep, woke, digested. One sentence is enough. I adjust the practice, not the programme.

Ritual

Same hour, same corner of the room, if you can. The body likes repetition more than novelty.

Don't

Turning the practice into a workout, or skipping three days then 'catching up' for an hour on Sunday. We reduce, we don't catch up.

Week 3 — Listen to yourself

Intention

Needs, emotions, limits. One concrete no — not a prettier analysis of yourself.

The week's work

- Notice a yes given out of habit
- Turn it, once this week, into a no or a later
- Say it to the person concerned, or to yourself out loud if the person isn't the point

The optional call

If you can't get the words out, if the boundary panics you, if the body says no to the practice: twenty minutes. Otherwise a voice note is enough. By default, we skip it.

Ritual

A sentence spoken. Not only written in the journal — spoken.

Don't

Understanding why you still say yes, instead of saying no once. Understanding can wait for week 6.

Week 4 — Nourish yourself

Intention

Dinacharya: the rhythm of the day. Not a diet. The hour you rise, eat, switch off.

What we watch

- The hour of the first meal — and whether it is warm
- The 2 pm dip
- The hour the phone enters the bedroom
- Falling asleep, not only how long you sleep

The week's gesture

One meal at a set time, without the phone. That's all. The rest of eating follows what we set in week 1; we don't open another front.

What you send me

Two observations, not a spreadsheet. 'Tuesday, dinner at 9.30, broken sleep. Thursday, dinner at 7.30, sleep in one piece.' I can work with that.

Don't

A perfect routine on paper, abandoned on Wednesday. One rule kept beats six intentions.

Week 5 — The woman in you

Intention

Desire, joy, creativity — without turning them into a project, a business, an improved version of you. An appointment that produces nothing.

The week's gesture

- One hour in the calendar, named, useful to no one else
- Not self-care to tick off: not a face mask while you answer email
- It can be walking with no errand, dancing in the kitchen, doing nothing in the sun

What we don't do

Not a class. An hour useful to no one — including a WhatsApp thread. The circle is Costa Rica.

Don't

Making it something to show. A post, a purchase, a ritual for the photo. If it has to be seen, it isn't this week.

Week 6 — Integrate

Intention

See clearly what stayed and what was only for show. Leave with little, so it survives the month after.

Before the call

- Reread the eight evening lines, without correcting them
- Note three moves you actually kept — not the ones you meant to keep
- Note one move that was only there to look right

During

- We keep the return plan to one page: three to keep, one to drop
- How you'll notice it's slipping — a sign in the body, not a bad mark you give yourself
- If you wish to continue differently (one call a month), we speak of it here. It isn't on the site. It isn't required.

After

The WhatsApp thread stays open seven days, then it closes. The notebook remains yours. You no longer need to write to me in order to practise.

Don't

Leaving with a list. Three moves are enough.

A typical week

Morning

10 to 15 minutes of practice, before the messages. Then breakfast — the food gesture from week 1, if it falls in the morning.

Midday

Nothing required. If you write to me, a voice note when it comes. I reply during the day. Two or three exchanges in the week, not an ongoing conversation.

Evening

Eight lines. Phone out of the bedroom if that's the week-4 gesture. Nothing else to 'get right'.

If the week overflows

We reduce. We don't postpone, we don't double on Sunday. Telling me in one sentence is enough: 'This week, only the breath.'

Commitments

On my side

- Be there for both calls, prepared, on time
- The written recap within 48 hours of week 1
- Reply to voice notes during the day, two or three times a week
- Tell you if what you bring asks for a different frame than mine
- Not filling the six weeks with calls so it looks like a follow-up

On your side

- The short practice, almost every day — not perfect, kept
- A voice note mid-week, even a short one
- 24 hours' notice if a call has to move
- Not asking me to be your therapist
- Saying when it's too much, so we reduce rather than you disappearing

Practicalities & the price

The price

€790. A €400 deposit holds the place, €390 before week 3. If you've already been on a SUKHA retreat: €490. Four women at a time.

Cancellation

- Before the first call: half the deposit is returned
- After the first call: the deposit is kept; the balance is only due if week 3 has begun
- A call may be moved once, with 24 hours' notice, inside the same windows, within the six weeks
- Under 24 hours, the call is lost

Health

This is neither a medical act nor psychotherapy, and does not replace any treatment under way. In case of illness, pregnancy or medication, ask your doctor's advice. The writing and speaking we do belong to personal feeling: they have no diagnostic value.

Privacy

Your notes, your profile, what you say on the calls stay between us. Nothing is shared, sold, or used as a testimonial without your written consent.

How to begin

A request on the site — sukha-retreat.com/en/guidance. Twenty minutes. If it fits, the deposit, then a Monday. The work begins in your kitchen.

One place, one Monday.

Write. We talk for twenty minutes. The deposit, only after.

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