



La Vida Buena

a transformational retreat with

Rainer Scheurenbrand & Frauke Marie Rünzel

June 9 - 16 2026 Tierra Cosmica, Andalucia, Spain

La Vida Buena

The right to cultivate a good and happy life begins with taking responsibility for your own path. Walk your journey of healing with gratitude, love, and support.



*"Even if you can't have everything you want,
you can find glory in everything you have."*



A Journey into Self-Fulfillment

Reconnect on a deeper level with the quiet fulfillment that comes from living with awareness, gratitude, and purpose.

Immerse yourself in profound and transformative ceremonial work, supported by psychotherapeutic guidance (group and one-on-one), meditation, bodywork, and music, all designed to help you integrate and embody your experience.



Is This Calling You?



If something in you whispers that it's time to explore your inner universe, this retreat is meant for you. Rainer and Frauke hold a tender, honest space for you, whether you are moving through change, seeking healing and transformation, or longing to feel more whole and expansive.

This retreat is for you if you are:

- ✱ in a phase of transition or personal growth, seeking clarity and renewal.
- ✱ longing for healing and a deeper sense of peace within.
- ✱ drawn to explore mindfulness, and therapeutic self-inquiry as paths to transformation.
- ✱ looking for a safe, heart-centered space to reconnect with presence, gratitude, and purpose.

After the retreat:

After La Vida Buena, you will have gathered more than memories - you carry a renewed sense of clarity, connection, and inner balance.

You may have discovered fresh insights, deeper peace, and a growing trust in life's unfolding. Or perhaps you find yourself meeting challenges with more strength and compassion, and feeling inspired to live with greater gratitude and authenticity.

This retreat is not just a pause - it's a turning point, an invitation to move forward with an open heart and a clearer sense of direction.





What Awaits You

*3 Medicine Ceremonies * Daily Meditation
Teachings & Exercises * Group Sharing * One-to-One Sessions*

Each aspect of this retreat is held in a safe, nurturing space that supports deep reflection, healing, and transformation.

There is also time to rest and simply be - to enjoy the pool, read, journal, wander in nature, and soak in the beauty of your surroundings.



Your Facilitators

This retreat is guided by ***Frauke Marie Rünzel*** and ***Rainer Scheurenbrand***, who combine their unique backgrounds in psychotherapy, music, and spiritual practice to support you on your journey of healing and self-discovery.

Their shared approach unites therapeutic understanding with the transformative energy of sound and ceremony, offering both emotional depth and soulful inspiration.



Rainer Scheurenbrand alchemises his mastery of music with his living connection to the natural world, dedicating his service to guiding ceremonial work with depth, humility and authenticity.

Through sound, silence, and presence, Rainer holds deeply transformational spaces that invite openness, healing, and inner growth.

www.rainerscheurenbrand.com
insta: [rainerscheurenbrandmusic](#)



Frauke Rünzel weaves her experience in psychotherapy and transpersonal work into a compassionate, grounded approach to healing.

With sensitivity, and a deep trust in life's unfolding, she coaches therapeutic and integration processes towards clarity, emotional freedom, and wholeness.

www.ifauh.de
insta: [fraukemarierrunzel](#)





Your Sanctuary

You will be part of an intimate group of up to 15 participants. We gather in a beautiful natural setting at Tierra Cosmica - a retreat sanctuary hidden in the lush mountains behind Marbella in the south of Spain, at 45 minutes from Malaga airport.

Set in a fertile valley, the land itself holds a rare frequency. Tierra Cosmica is a haven of peace and tranquility, with a springwater-fed pool, a roof terrace with lounge area, a meditation deck with panoramic views, a vegetable garden and fruit orchard, and an exquisite Temple for the ceremonies and group sessions.

You'll stay in beautifully crafted, airdconditioned rooms, refined in design and free from distraction. The rooms are all aesthetically pleasing, balancing simplicity and minimalism. Combining natural colors and materials with striking hand-forged metal details, each room emanates a simple elegance - a space for your soul.

If you prefer to be closer to nature, there is the option to book the 5m diameter bell tent in the garden. Please let us know your preference when booking.

The bathroom facilities are shared and are kept clean daily by the housekeeper. There is high speed internet throughout Tierra Cosmica.

*location: <https://maps.app.goo.gl/iKwMCkYK1wd9if7V6>
www.tierracosmica.com
insta: [tierracosmicaretreat](https://www.instagram.com/tierracosmicaretreat)*





Food by La Pachamama

During your stay, you will be cared for with nourishing plant-based retreat cuisine by La Pachamama | Organic Kitchen & Garden. Each dish is crafted with love, using fresh wholefoods to support your journey.

All ingredients are 100% organic and carefully sourced. Much of the produce comes directly from the vegetable garden and fruit orchard on the land of Tierra Cosmica, complemented by ingredients from local organic suppliers and farmers.

With over 15 years of experience in catering - and having authored a cookbook - La Pachamama Organic brings a deep understanding of how food nourishes the body, calms the mind, and uplifts the spirit. Each meal is designed to be both wholesome and delicious - a balance that supports the inner work you will be doing in this the retreat.

www.pachamamaorganic.eu
insta: [pachamamaorganic](https://www.instagram.com/pachamamaorganic)



Essentials

Dates:

June 9 - 16 2026

Location:

Tierra Cosmica, Andalucia, Spain

<https://maps.app.goo.gl/UjPCyEjukhn6uyJt6>

Nearest airport:

Málaga (45 minute drive)

Maximum Group Size:

15 participants

Investment

The total cost of the retreat is €3.600, which includes:

3 Medicine Ceremonies * Daily Meditations * Teachings & Exercises *
One-to-One sessions * Group Sessions *
7 Nights Accommodation * Fully catered with vibrant, plant-based meals

Are You In?

Confirm your booking by transferring
a deposit of €1.600 to the following bank account:

Account holder: Frauke Rünzel

IBAN: DE78100500001844616416

BIC: BELADEBEXX

Address: Eichhörnchenweg 103, 14558, Nuthetal

The remaining €2.000 is to be settled in cash
upon your arrival at Tierra Cosmica.

*Please note that PayPal transfers
are not accepted.*

A Personal Note

Hello,

Thank you for taking the time to explore this retreat.

La Vida Buena is not just a retreat title - it is a guiding principle. It reminds us that a 'good life' is something we can cultivate consciously, through gratitude, through responsibility for our inner path, through honesty and integrity with ourselves and others, and through remembering what truly nourishes the heart.

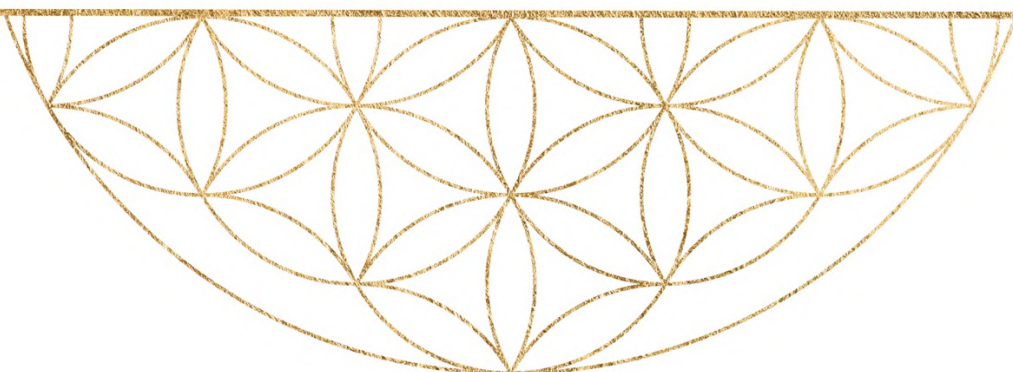
This retreat was born from our wish to share that way of living. La Vida Buena invites you to slow down, to breathe, and to return to the goodness and clarity that already live within you. It is an invitation to meet life with more openness, gentleness, and trust — and to rediscover the beauty in what you already have.

In our work together — through ceremony, therapeutic guidance, music, silence, and the presence of nature — we aim to create conditions where this “good life” can be felt again. A life in which healing becomes possible, where your inner wisdom becomes audible, and where you can realign with your truest direction.

Every retreat is shaped by the people who gather, and we are always moved by the depth, courage, and sincerity that each person brings. It is an honor for us to hold this space and to accompany you on this part of your journey.

If the spirit of La Vida Buena resonates with you — if you feel a longing for more vitality, clarity, gratitude, or inner alignment — we welcome you wholeheartedly.

*With love,
Frauke & Rainer*



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Info & Bookings: kontakt@ifauh.de

