

The LoMar[®] Learning Retreat

A reflection by:
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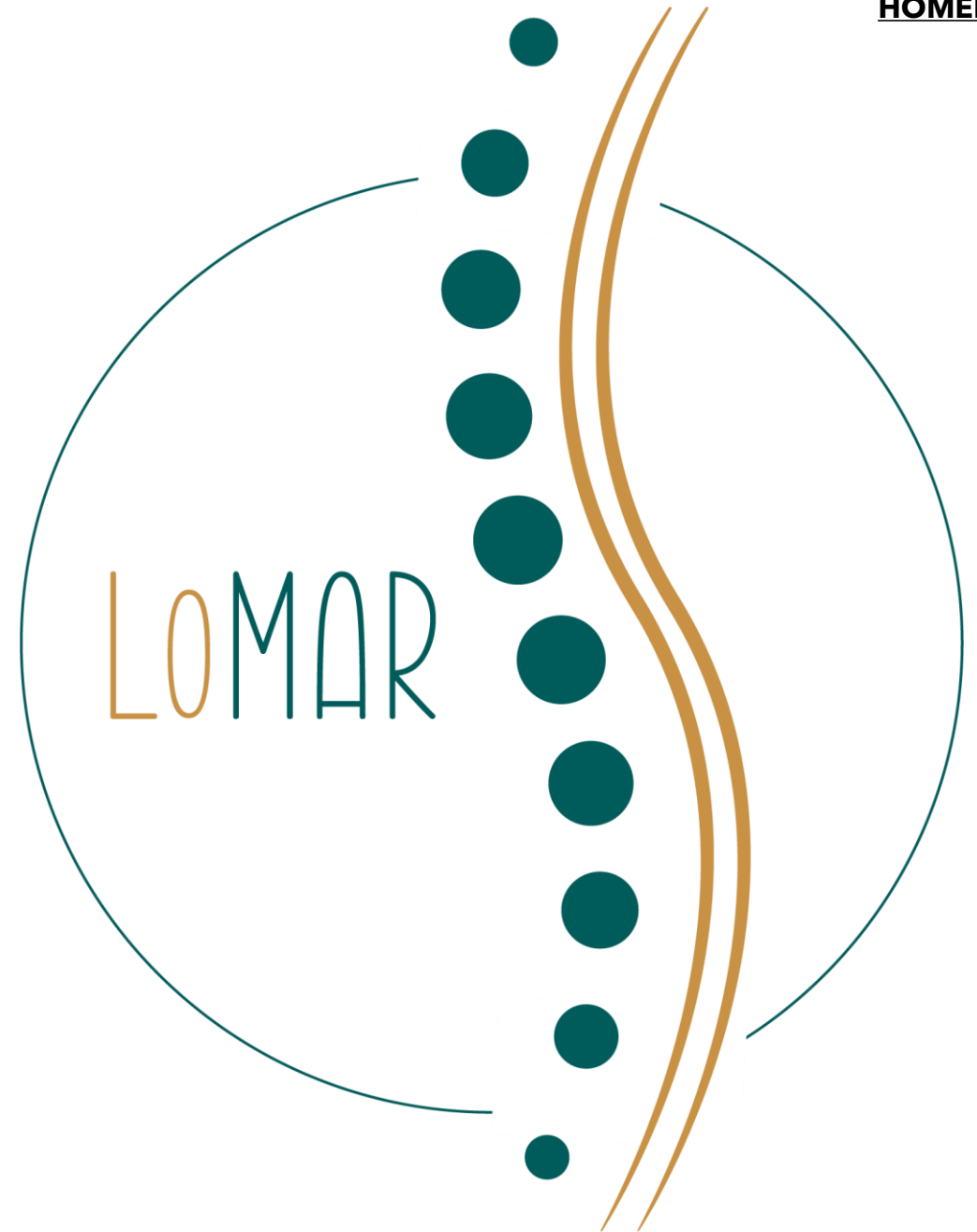
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LoMar[®] Learning Retreat

- Reflections
- The Space
- The Experience
- The Guiding Principles
- The Learning
- The Healing
- The Integration



What unfolded was more than just a retreat.

Key elements of
a memorable
week...

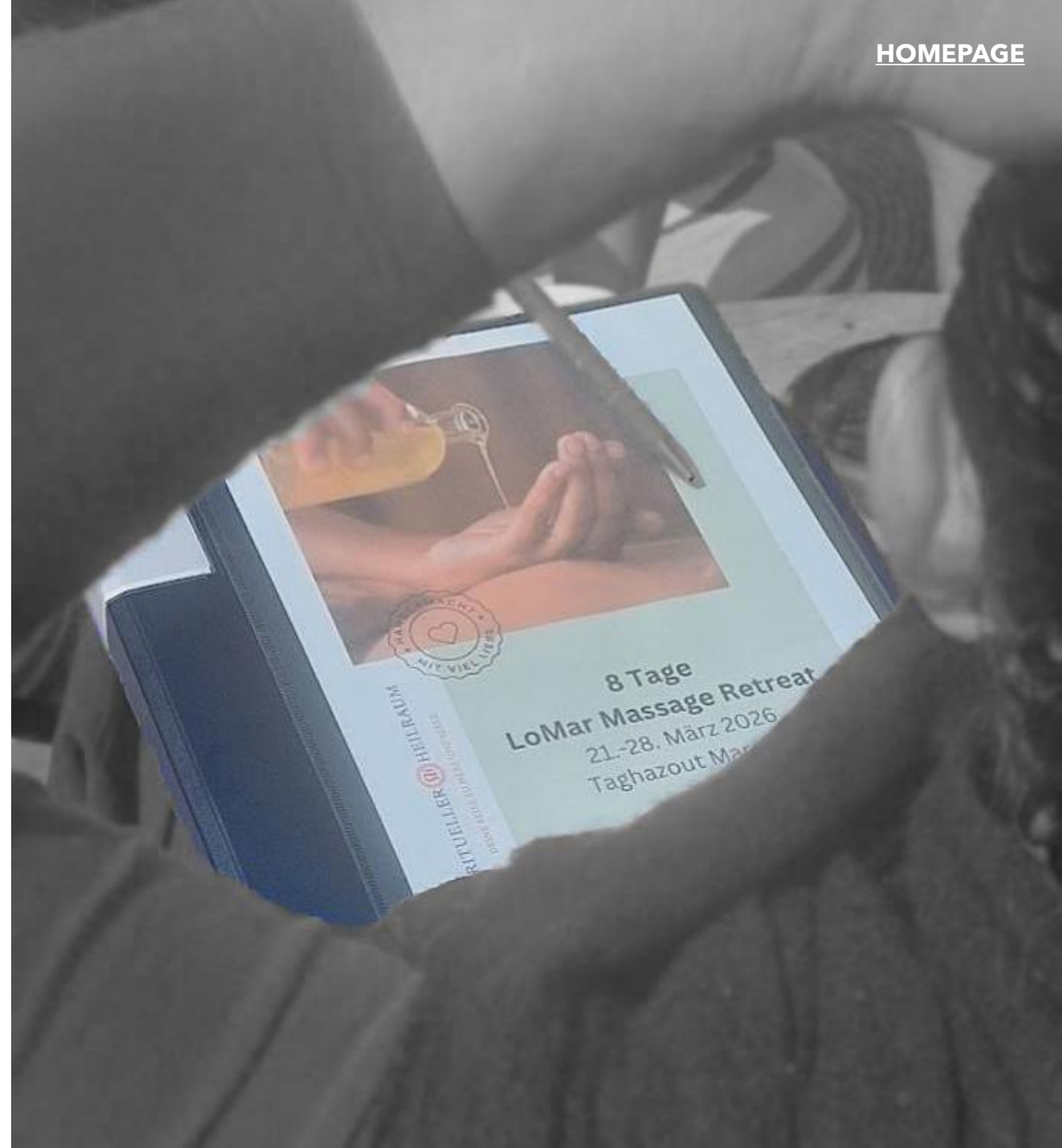
Reflections

We did it.

Our vision of **LoMar**[®] and a **Learning Retreat**, became reality.

8 days of nourishment for body, mind, and soul.

Held within the beauty and quiet generosity of Riad Dar Sarah in Taghazout, this retreat offered a gentle yet powerful departure from the hectic pace of everyday life into something slower, deeper, and more intentional.





The Space

Within the sanctuary of Riad dar Sarah, a different rhythm emerged.

The **LoMar® Learning Retreat** became a space for exploration, learning, connection, and healing—through mindful awareness and intentional touch - which anchored what was felt.

Days were shaped by presence rather than schedule—woven together through shared practice, stillness, and sensory experience.

Participants gathered with openness in many forms: curiosity, courage, along with moments of self-awareness and subtle resistance.

Sandra and I held the framework - the retreat became alive with your unique lives.

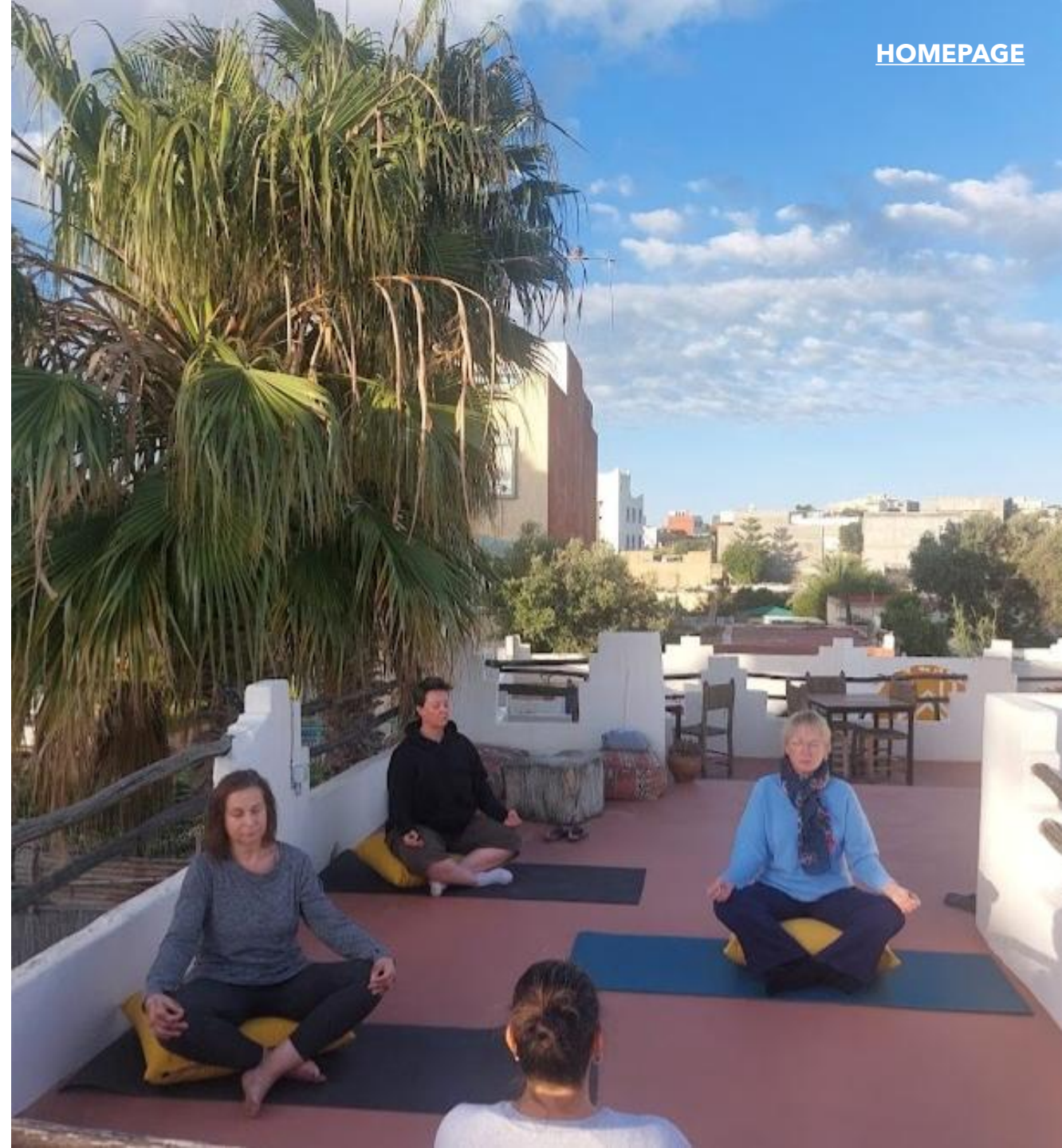


The Experience

LoMar® was enriched with:

- nourishing and delicious meals
- yoga and breath work
- the cleansing ritual of the hammam
- a hike through Paradise Valley
- immersion in the Atlantic Ocean
- local exploration, from Argan oil to vibrant markets

Laughter, connection, tears, and the simple, yet complex joy of be-ing.







These principles guided you in creating a foundation that will serve you after the retreat:

Intention

Every movement, every moment of contact, begins with clarity of purpose.

Stillness & Pace

Slowing down reveals a deeper perception:

Empathy and sensitivity awakens intuition where an understanding unfolds, and the nervous system find regulation.

Balance

The interplay between association and dissociation highlighted the importance of both connection and space.

Touch

Touch became a language—one that listens as much as it gives, one that communicates without words.

The Learning

At the heart of the LoMar® lies two ancient methodologies:

Lomi Lomi – flowing, intuitive, heart-led touch

Marma Point Therapy – knowledge of the body's vital energy points from Ayurveda

Together, they create a dialogue between structure and intuition, between movement and stillness, giving and receiving.

What emerged was not only technique, but a refined art of touch and awareness of how the body communicates, responds, and remembers.



The Intelligence of Your Hands

No longer only instruments of technique, your hands became extensions of attention.

The same hands that nourish your body or caress, can also support the nervous system – when guided by presence, softness, and care.

The desire to “get it right” was replaced by the knowing that the body does not respond to perfection – it responds to your presence and letting go of a “perfect performance” which opens up genuine connection.



The Healing

Between structured sessions, something unplanned unfolded – moments of depth and lightness arrived quietly without direction.

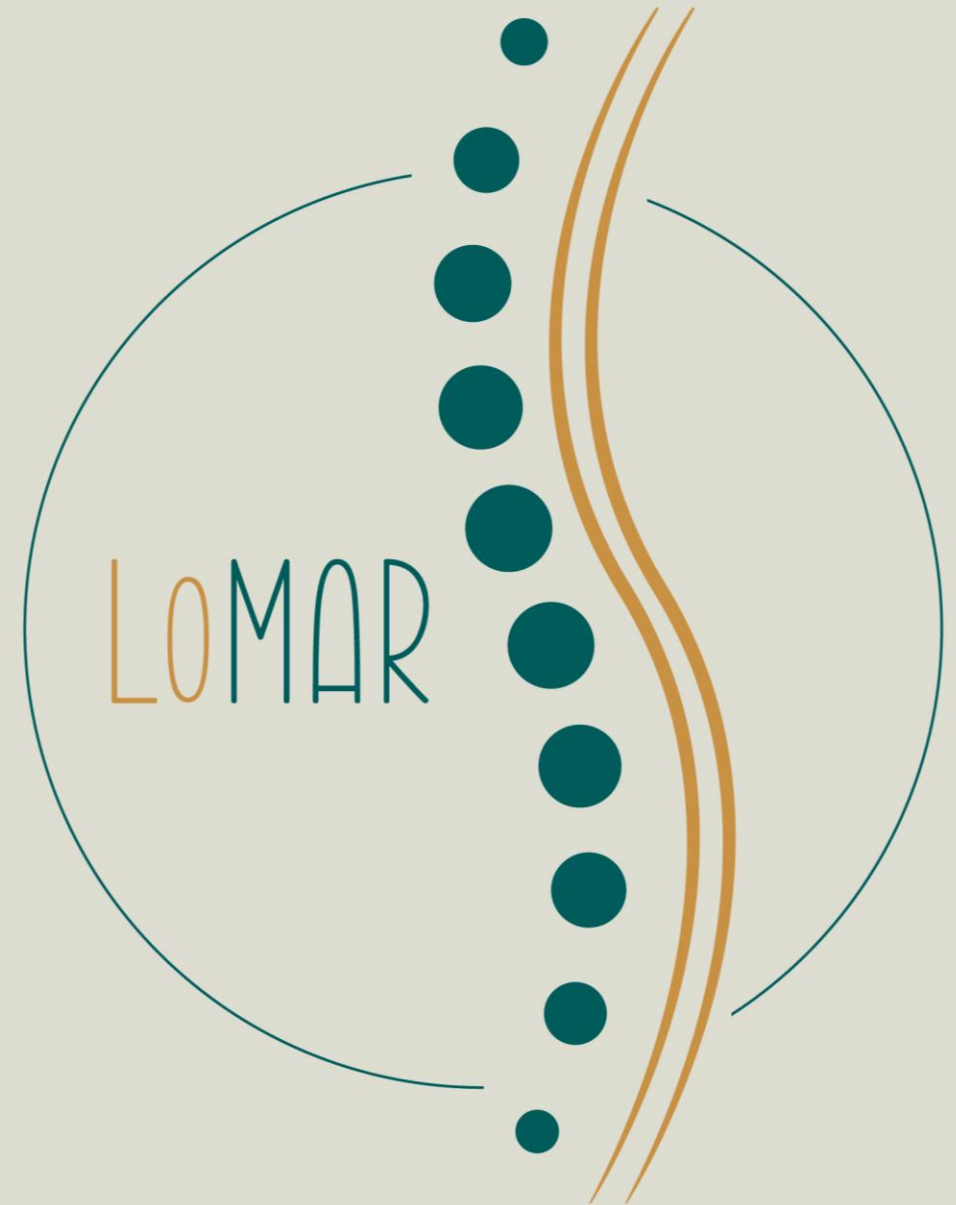
At times, there was a gentle pull inward – a soft withdrawal of body or emotion – not to be changed, but to be noticed.

In that space, without challenging boundaries, reflection emerged naturally.

This was an invitation to choose, to explore, and, when ready, to expand with confidence.

A process of letting go as well as integration.

You, becoming and healing.



The Integration

A retreat does not end with departure.

Your journey continues in the small, consistent moments of awareness woven into your daily life.

The invitation now is simply to remain connected to the intelligence of your hands, and the quality of your presence while slowing down.

Understanding, clarity and flow is the basis of your work.



“They may forget what you said, but they will never forget how you made them feel.” – Carl W. Buechner

With love, go in peace – “inshallah” - Hester and Sandra