Luminous Core



DARK *Feminine*
ENERGY

Barcelona Nov 09th 25'

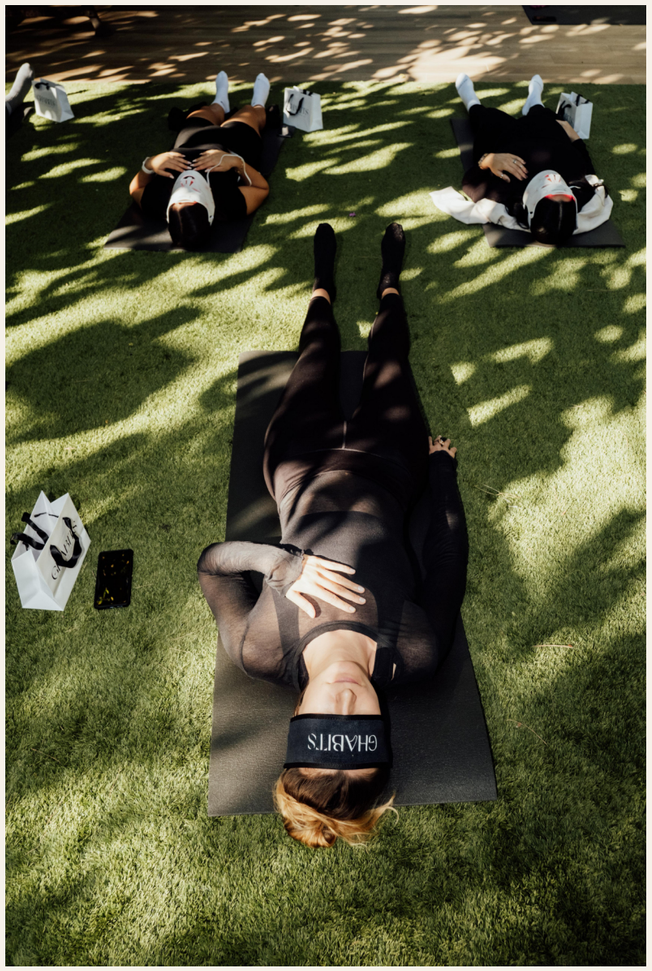
Editor's Note

I honestly can't remember the last time I spent a few hours surrounded only by women, in a beautiful spot in Barcelona, with everything dedicated to wellness. Just a simple pause — a few hours to disconnect from work, problems, that low-grade anxiety that loves to tag along... and simply enjoy life as it is.

I was invited to the Luminous Core event by Sheila Gomez, founder of the Dark Femenine Energy Club, and the whole experience was crafted to perfection. We had a Pilates session, a talk on feminine sexuality led by Valérie Tasso — a well-known sexologist and writer, a breath-work class, and an inspiring conversation on spirituality led by Alba Cañizares, an energetic coach, holistic mentor, and retreat facilitator.

Of course, the event had some fantastic partners, from the iconic ceremonial matcha brand Matcha & Co to LELO, the international luxury brand specialising in sexual wellbeing, plus many more that I'll introduce you to.

In the following pages, I want you to get to know the organisers, the speakers, and the incredible group of women who joined us — with the hope that one day you also decide to disconnect for a moment and attend a wellness event where everything is about you, and absolutely no one else.



"Our bodies are our gardens – our wills are our gardeners." –
William Shakespeare

Luminous Core

Like every great event, nothing happens without the people who first had that spark – the organisers who carry the vision.

“Luminous Core was born from a clear and powerful intention, created by Sheila Elizabeth Gomez, founder of the club, together with Patricia Martins, founder of Ghabits: to create a space where women leaders could reconnect with their essence and their power – not only on a professional or aesthetic level, but through a holistic approach to wellbeing.”

Their goal with this gathering was to blend the physical, the mental, and the spiritual into an experience that reminds us that wellbeing isn’t linear – it’s a dance between body, energy, and mind.

Through movement, conversation, and the brands that joined us, they wanted to inspire every woman to reconnect with her luminous core – that inner space where authenticity, desire, and balance live.





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Sheila Elizabeth Gomez - Founder of Dark Femenine Energy club

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Patricia Martins - Founder of Ghabits

Matcha & Co

We started the event with a cup of seriously good ceremonial matcha – the kind that boosts your mood, your focus, and basically convinces you that you're a very put-together person. Matcha & Co mixes Japanese tradition with a modern, mindful vibe... and honestly, it was the exact dose of energy we needed.



www.matchaandco.com
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Pilates Barre

After Matcha ceremony, we jumped into a Pilates class with Judith Medina – an absolute pro in Pilates Barre and a woman who somehow manages to mix strength, femininity, and body awareness without making you feel like you're suffering.



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Biohacking for Wellness

But we also had a lovely surprise for our skin – each participant got to try the LED mask from Biohacking for Wellness, a brand founded by Natalia Esquivias. It felt incredibly relaxing, and their biohacking solutions enhance both beauty and wellbeing from a truly holistic perspective.





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Seeds by Alba

During the event, we were lovingly guided by Alba Cañizares — energetic coach, holistic mentor, and retreat facilitator. Her presence throughout the event helped integrate the emotional and spiritual aspects, bringing balance and depth to the experience. She kept us connected in a circle, where each of us could open up freely about our challenges and desires.

I especially enjoyed our little chat about astrology — Alba has this calm, positive energy that made me want to interview her so you can get to know her better.

How do yoga and breath-work influence hormonal balance and emotional flow?

Alba: Yoga and breath-work create alignment – something we often overcomplicate. At their core, they reconnect mind and heart, and when that coherence is present, everything else follows naturally, including hormonal flow and emotional steadiness.

In Sanskrit, Prāṇāyāma, breath-work means "expansion of life force":

prāṇa – the energy that animates everything

āyāma – expansion or extension

Yoga begins before movement – with how we show up for ourselves. In Ashtanga (which I teach), the mat becomes a mirror: every day reflects something different. That teaches presence, honesty, and patience. Through this, emotional and hormonal alignment becomes less about control and more about connection.

Many women in business feel pressured to "perform" constantly – how can cycle awareness change that narrative?

Alba: Cycle awareness can reshape how we live and work. A cycle is a sphere – a full return – and everything in nature moves in circles: planets, tides, seasons, even breath.

I've always been guided by the moon (I'm a Cancer sun, born on the last day of the season), and observing my own cycle and the cycles of my students has shown me how much our internal tides respond to the external ones.

When women honour these rhythms instead of resisting them, performance becomes alignment rather than pressure. Feeling different each day isn't inconsistency – it's wisdom.

Do you think spirituality can coexist with science in women's health?

Alba: Absolutely. Science is essential – but it's still catching up when it comes to women's bodies.

Many studies still use male physiology as a baseline, which means a lot of what we experience isn't fully represented.

Practices like cold plunging have shown me this firsthand. I noticed subtle shifts in my own cycle that no current research explains – yet my body was very clear.

Science gives structure. Spirituality, intuition, and presence give meaning. When we combine both, we reclaim a more complete truth about our health: one that's informed, but also alive, felt, and personal.

What's one practice you recommend to reconnect with feminine energy when feeling disconnected or numb?

Alba: A simple practice I love: one hand on the heart, one on the womb. Close your eyes and breathe into both spaces. Notice the quality of your heartbeat today.

This creates a bridge between presence, emotional safety, and inner rhythm. Feminine energy opens through feeling – not forcing – and this practice reconnects you with that softness and intelligence.

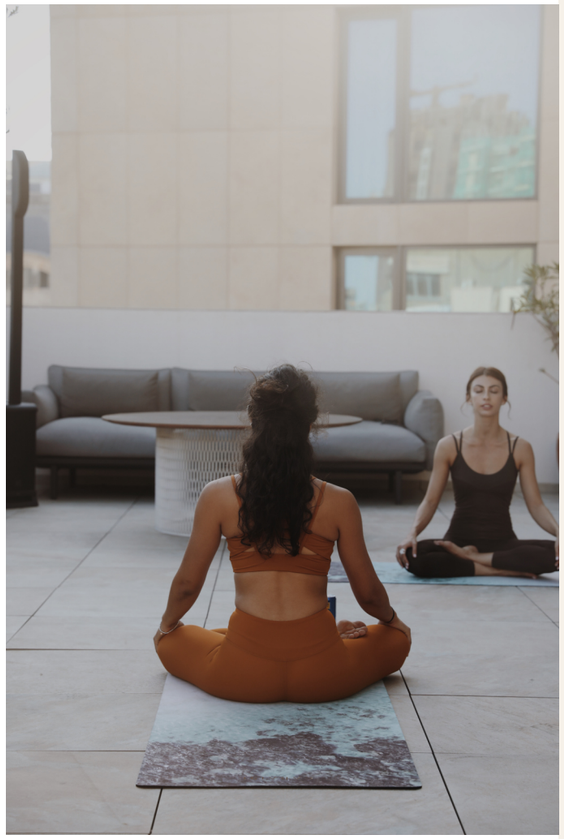
How has your own journey shaped your understanding of womanhood?
What does "embodied wellness" mean to you?

Alba: My journey is still unfolding, but the spaces I've held – especially with women – have shaped everything. Womanhood feels sacred to me: a place where strength and softness meet.

Every project I create naturally gravitates toward women. It's not intentional; it's intuitive. Women hold so much depth, and creating space for that depth feels like a calling.

To me, embodied wellness means inhabiting your truth fully – listening inward, honouring boundaries, staying connected to your inner rhythm, and allowing the body to be a guide rather than a battleground.





Tell us a bit more about the retreats you're offering.

Alba: We're finalizing the retreat schedule for 2026, with the next dates beginning soon.

22–24 February in Pals – Sound & Presence: an intimate gathering in an 18th-century masia surrounded by nature. I'll be teaching alongside Jade (sound healer) and Montse (meditation teacher of 15 years). It's a weekend to release, attune, and reconnect with presence.

In May, I'll host a retreat dedicated to the feminine, coinciding with Mother's Day, including a mother–daughter version. Later, we'll explore the masculine, healing it's energy, which both gender have, and them return to the feminine through fire, and end with a mixed retreat. In total 5 retreats, the two lasts holding the keys for Feminine and Masculine Energy Healing.

Each retreat is designed as a journey – a space to go deeper, with its own rhythm and intention.



For Alba, yoga is devotion – her strongest anchor in a life rooted in presence, awareness, and transformation. She blends a love for nurturing spaces with the philosophy of yoga, supporting people in their healing journeys where body, mind, and spirit can reconnect and remember their own wisdom.

A 300RTT Ashtanga teacher, Alba has spent the past four years holding space for over 4,000 students through lessons and private sessions. She has also embraced the slow, introspective practice of Yin, weaving strength and surrender, breath and stillness, action and reflection into her teaching.

After hosting her first Women Retreat last August in a 14th century monastery, Son Rullan in Mallorca, she now feels called to make retreats her next mountain – immersive journeys where people can deepen their relationship with themselves in a held, intentional space.

For Alba, yoga is a practice of devotion and presence – a way of inhabiting the body as a place of empowerment, wisdom, and transformation.









What's your fantasy?

For me, the highlight of the event was the talk by Valérie Tasso, a well-known sexologist here in Spain and author of several books. It was genuinely refreshing to hear someone speak so openly about women's health, sexuality and overall wellbeing. Valérie has this warmth and ease that makes you feel instantly comfortable, making it easy to ask questions and be open.

@valerietasso69



LELO

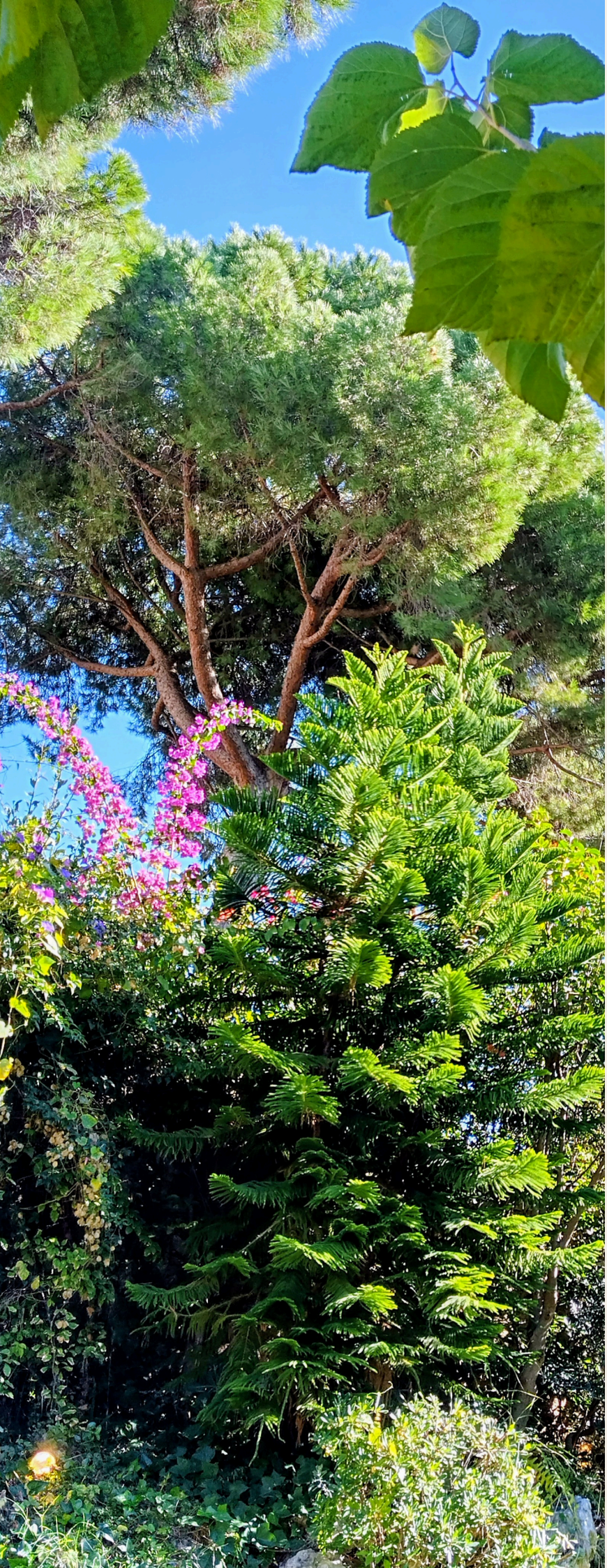
Valérie also represents LELO, a luxury international brand specializing in sexual wellness. Known for its innovative design and focus on conscious sensuality, LELO promotes a modern, liberated and empowered vision of female sexuality. During her talk, Valérie explained the different LELO devices in detail and shared thoughtful reflections on eroticism in general. If you're curious, explore her website – and definitely check out LELO's collection.



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