

Hello!  
I'm Alejandra  
Welsh Peña →

**Relationship Wellness Coach & Specialist** | *Bridging emotional wellbeing, hospitality and experiential programming*



**I'm a British-Venezuelan coach and facilitator with a background in sexology, relationship wellness and 8+ years in luxury hospitality and lifestyle spaces. I specialise in designing emotionally resonant, high-touch experiences bringing relational wellbeing to the heart of hospitality**



## What I Offer

- Retreat facilitation
- Brand activations & Event Pop-ups
- Monthly guest programming
- Signature Relationship & Intimacy series
- Resident facilitator roles
- Consulting: Programming Strategy & Relational Wellness Integration

## How I can support your space



Today's guests are craving more than saunas and smoothies. They want meaningful connection, and long-term vitality that nourish both body and soul.



### Memories & Moments Menu

#### 1:1 Private Coaching

For guests or members seeking deeper guidance in love, sex, or relationships; available as a standalone or complimentary add-on within your membership offering

#### Retreat Design & Facilitation

Each retreat is fully facilitated and can be adapted to your brand's tone and audience. Perfect for hotel programming or seasonal brand aligned pop-up experiences.

🌿 **2-Day Private Couples Retreat** - A bespoke weekend to reconnect and reignite desire. Includes sensual practices, playful intimacy games, communication tools, and partner rituals. Designed for couples craving depth with a dose of fun.

🌿 **4-Day Slow Retreat** - An immersive reset into slower, more sensual living featuring mindful movement, organic nourishing food, digital detox, and intimacy & connection rituals. Blends connection practices with nature and nervous system care

#### Workshops & Masterclasses

Drop-in sessions or mini-series that activate your guest calendar or member offerings. These are light, fun, and designed to enhance the guest experience without being too "intense." Topics include:

🌿 **Polarity & Seduction** - Playful tools to ignite attraction through masculine/feminine dynamics.

🌿 **Intimacy for Couples** - Guided practices to deepen connection through conscious touch and communication tools

🌿 **Tantric Rituals & Connection Games** - Simple, sensual exercises to awaken presence, pleasure, and trust.

#### Guest Experience Consulting & Programming

Strategic support to integrate relationship wellness across all outlets

🌿 Guest journey touchpoints from check-in to check out: in-room rituals, connection kits, anniversary programming, aphrodisiac menus, F&B & Rooms add-ons

🌿 Curate guest facilitators, cultural experiences & calendar programming

🌿 Build out a signature "Relational Wellness" pillar to enhance brand positioning and guest journey