

THE DETOX & MOVE RETREAT

Douro Valley, Portugal

THE PROGRAM*

Day 1: Sunset welcome circle & dinner

Day 2: AM & PM yoga practices
Outdoor workshops
Optional ayurvedic consultation

Day 3: AM & PM yoga practices
Meditation workshop in the Douro valley
Sharing circle

Day 4: AM & PM yoga practices
Forest meditation
Breathing workshop

Day 5: Grounding outdoor yoga practice
Closing circle and takeaways

** This is a condensed version, scroll down for the full program*

A DEEPLY DETOXIFYING AND HOLISTIC YOGA RETREAT, RE-ALIGNING YOUR BODY AND MIND TO CLEANSE YOUR ENERGY

THE PLACE

Located in the beautiful Douro Valley, Portugal, the Quinta where we will stay during the retreat is a beautiful, renovated and fully equipped house, at about 1h drive from Porto.

Inserted in a beautiful and peaceful scenery, the property has a swimming-pool, as well as breath-taking river views and outdoor space, providing us with the opportunity to connect with nature through open-air yoga practices and meditation, as well as other activities.

The 6 rooms to choose from will be to share or privatise, on a first-come, first-served basis, knowing that the rooms 2 to 6 are queen beds.

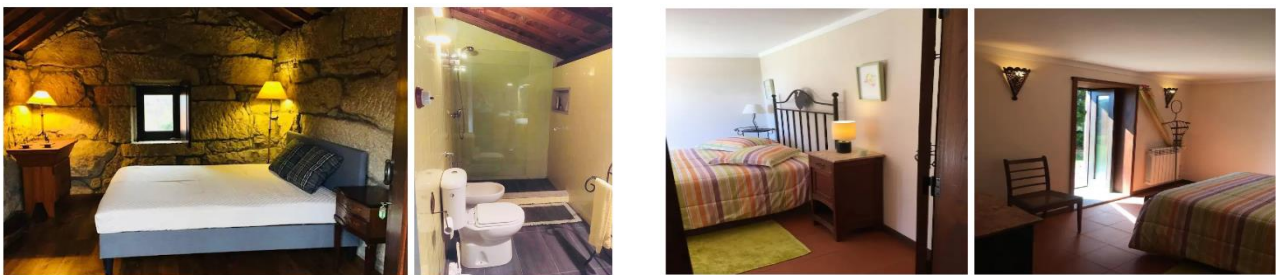
- Room 1 – 3 bulk beds



- Room 2 & 3 – Queen beds



- Room 4 & 5 – Queen beds



- Room 6 – Queen bed



THE PROGRAM

Day 1: Sunset welcome circle & dinner

Day 2: Morning meditation and vinyasa practice for 1h30
Forest walk / take care of the animals of the quinta
Optional massage / ayurvedic treatment (extra cost)
Yin practice followed by dinner

Day 3: Morning vinyasa flow practice
Beautiful and mindful walk in the Douro valley
Breathing workshop
RX fascial release practice followed by dinner

Day 4: Morning power flow for 45 minutes
Forest meditation
Mobility workshop
Sharing circle and dinner

Day 5: Sunrise meditation and breathing class, followed by a vinyasa class
Animals of the quinta and seasonal fruits gathering
Hips & legs flexibility workshop to release toxins
Closing circle

Prices

Pricing includes accommodation, yoga, meditation and breathing classes, as well as healthy meals (breakfast, lunch and dinner). It excludes flights and transport to the Quinta, as well as massages or ayurvedic treatments.

All rooms are subject to availability and are first-come, first-serve. Please complete the application form as early as possible.

Total per person	Room 1	Room 2 & 3	Room 4 & 5	Rooms 6
5 nights	Shared 680€ Private 1100€	Shared 880€ Private 1490€	Shared 790€ Private 1300€	Shared 815€ Private 1360€

Common areas of the property

