

THE SPRING RETREAT

Portugal

THE PROGRAM*

Day 1: Sunset welcome circle & dinner

Day 2: Morning meditation and practice for 1h30
Forest walk/animals of the quinta
Yin practice followed by dinner

Day 3: Morning vinyasa practice for 1h30
Workshop on dealing with trauma
Restorative practice followed by dinner

Day 4: Morning power flow for 45 minutes
Forest meditation
Inversions workshop

Day 5: Sunrise hike and practice outdoor
Animal of the quinta
Closing circle and takeaways

** this is a condensed version, ask us the full program*

A TRANSFORMATIVE YOGA RETREAT, RECONNECTING YOU WITH NATURE AND YOUR POWER

THE PLACE

Inserted in the beautiful countryside of North Portugal, the Quinta where we will stay during the retreat is a rural hotel with whole houses near Porto (1h drive).

Full of history and traditions, green landscapes, crystal clear water rivers and amazing paths to explore, the place is an invitation to connect with nature and Yourself. There will be the opportunity to deepen your relationship with the land through open-air yoga practices and meditation, as well as other activities.

The rooms to choose from are inserted into houses that will be on a shared basis:

- **Villa Compadre with 2 separate bedrooms with 2 beds each**



- **Villa Barrels with 2 bedrooms + a mezzanine with 3 beds**



- **Villa Palheiros with 1 double bedroom and a mezzanine with 2 beds**



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Prices

Pricing includes accommodation, yoga and 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	Villa Compadre	Villa Barrels	Villa Palheiros
4 nights	Shared 690€ Private 820€	Shared 645€ Private 880€	Shared 540€ Private 780€