



# Wellness is a Balance Retreat

Sept 14-18th in Sintra, Portugal

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 YOGA  
ROOM

Book Now



Time to  
relax

Book Now

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# Are you *looking to*

Raise your Vitality?

Take a break and retreat into five days of yoga, being active, having fun, eating well, meeting new people, soothing your nervous system and making some amazing memories.

Go on an Adventure?

A day trip with hike and picnic lunch into the healing lush nature of the Serra De Sintra mountain range. Free time to explore the many coastal beaches to clear your mind, be kissed by the sun, and play in the ocean. Many amazing sites to explore in Sintra!

Challenge yourself?

Yoga! Two playful workshops to work on your inversions and arm balances. Morning Cardio session for an active start to your day.

Relax & Chill?

Close the day by soothing the nervous system with singing bowls, yoga self massage, and breathing practices to have you floating into a sweet slumber.

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# Who are *we*

*Discover with curiosity, learn with passion and be focused but not serious.*

Nick & Lars are two of Yoga Room's lead teachers.

Lars is e-RYT 500hour certified with a keen interest in anatomy, alignment and the yoga as a practices to enhance the life journey. He has a non-dogmatic approach to teaching which includes: injury prevention and management; finding a smart balance between strengthening and creating space; and an encouraging, challenging and light hearted class environment for a variety of styles of yoga practice.

Nick was born in Taiwan and has over 18 years of experience working with the physical body as physical trainer, dancer, and performer in theatre. Nick has an eRYT500 certification with a commitment to continued learning. In Nick's classes you will be guided by clear alignment cues, a mix of humour, kind encouragement to help new and seasoned students go deeper into understanding their physical body.



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# Food & *lodging*

The food is homemade by our chef, using fresh, local & seasonal products. Whether you eat meat, are vegan, gluten free or something else, the kitchen will adapt to your dietary needs.

Boasting different sized rooms, the villa has a large and airy sitting room for socialising and quiet time, a piano, a covered space to practice yoga, an equipped gym, and a stunning pool area for relaxation & barbecue. This place is truly an off-the-grid spot while still being close to the village and all the beaches around.

The Surf Villa is located in Sintra around 30 minutes from Lisbon, the capital of Portugal. A strategic position with 7 different surf breaks within a 15 minutes drive with dazzling scenery, small fishermen towns, uncrowded beaches and stunning sunsets.

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## A day at *the retreat*

Take this opportunity to unwind in the perfect setting and reconnect with yourself, nature and our community.

Between movement and stillness, work and play, strength and surrender, you will integrate the adventures of your day by balancing the body, mind and spirit while enjoying an active yet relaxing holiday.

### Example of schedule

08:00 - 09:30: Cardio Yoga: a yoga inspired practice to raise your energy set to music. Be prepared to sweat and enjoy!

09:30 - 10:30: Buffet Breakfast

10:30 - 13:00: Free time

13:00 - 14:00: Lunch

14:00 - 17:30: Free time or local experience (Surfing, Beach, Hiking, Chilling)

17:30 - 18:30: Playful Workshop: Inversions and Arm Balances

19:30 - 21:00: Home made Dinner

21:00 - 22:00: Chill and Soothe with Singing Bowls, yoga self massage balls, breathing and meditation.

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# How to *sign up*

Price per person includes full board, food, accommodation, ceremonies, workshops, welcome gift, shower towels, one local experience in Sintra, and all the classes.

Not included: Surfing classes (available on site), transportation to get there and insurance. Option to book your transfer with us at an extra cost from Lisbon or Sintra.

## **EARLY BIRD PRICES** (until July 24th)

Shared Room - 950€ a spot in a shared room with 4X single beds (no bunk beds) with private bathroom

Shared Double - 950€ A spot in a private room with a double bed and shared bathroom

Ensuite Bedroom - 1150€ A spot in a private room with a double bed and private bathroom

Glamping Tent - 1150€ A spot in a private tent with a double bed with private bathroom

Have a question? Write us at: [ferrenbachceline@gmail.com](mailto:ferrenbachceline@gmail.com) or click on the link below

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