

Yin & Yang Wellness Retreat

Join Sarah & Marta for this 5 nights/6 days retreat in Lourinhã, Portugal
5 - 10 October 2023



The retreat is always a beautiful opportunity to tune into yourself, into nature and within the community that joins together for the purpose of SOUL ESCAPE.

During this time we will navigate smoothly between two driving energies: the yang and the yin, the sun and the moon, the masculine and feminine. We will check in, charge up and harvest the sun, Yang, masculine energy of action, of fire, of movement, of wind, so it can prepare us & carry us into the last quarter of 2023, into the yin, the moon, the feminine energy of being, of reflection, of retreating inwards, as the cooler and darker months will come.

Our daily practice will also navigate between these two energies: yang in the morning and within the first part of the day. Starting with active pranayama, juicy movement, followed by nutritious brunch and activities of the day: swimming in the ocean, having an excursion to the protected area of Berlengas islands, or if you wish, booking a surf class or horse riding. Our evening practice will be to retreat inwards, in the spirit of yin energy, meditation, followed by journaling exercises, sharing circles, and rituals.





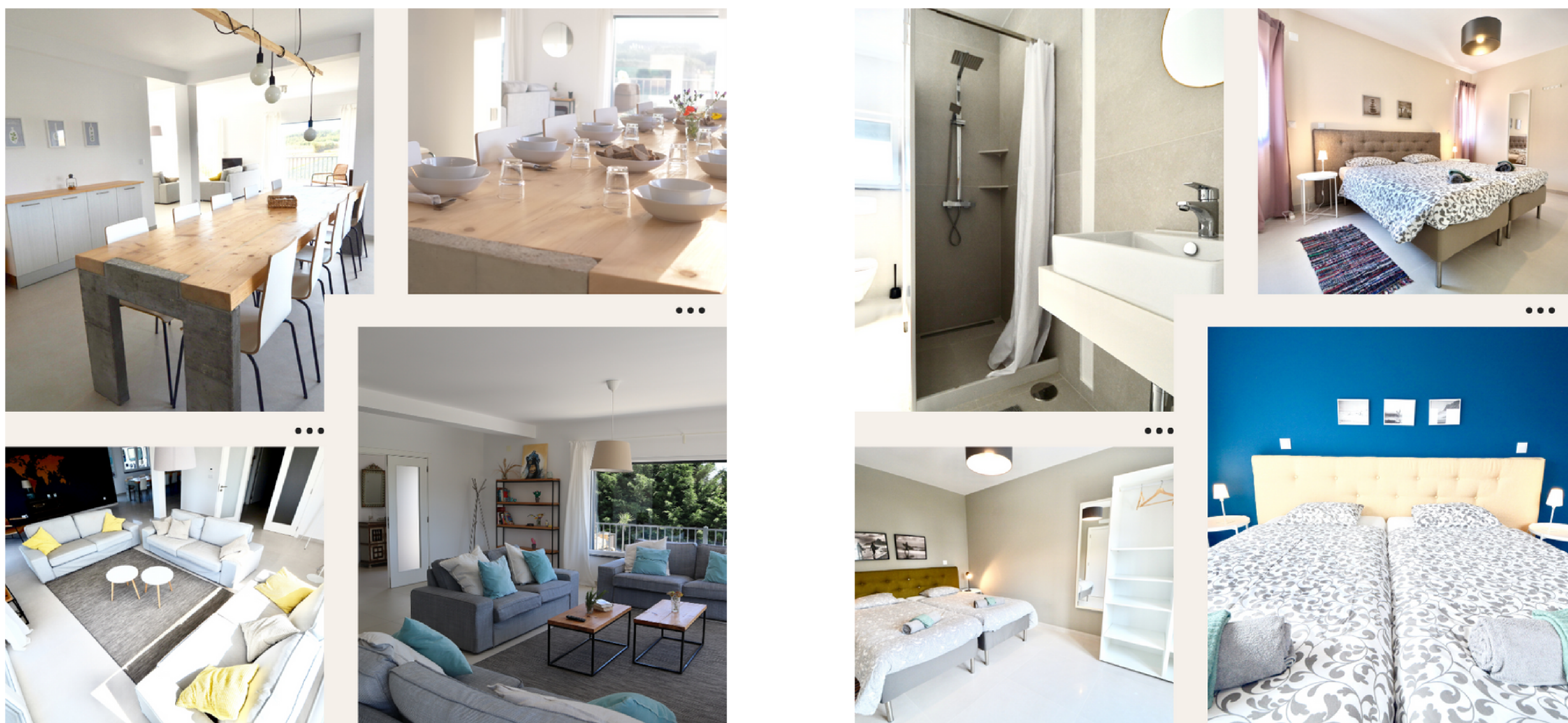
What this Yin & Yang Wellness Retreat will offer you:

1. 5 nights/6 days stay at Villa w/ Private heated Pool
 2. Morning Meditation, breathwork & Yoga Session and Evening Yoga & Meditation/breathwork Sessions plus Experiences to heal and cleanse the soul: sharing circles, rituals, free movement, ecstatic dance.
 3. Journaling exercises daily to process and reflect on our journey.
 4. A personal chef cooking for us daily Vegetarian fare: pre yoga snacks (tea/coffee/fruits), brunch, dinner
 5. Trip to Berlengas Islands, which is a protected area.
 6. Possibility to book surfing Lesson(s).
- The place where we stay offers very good package prices for participants. Our retreat is not surf focused, so we do not include it, but you will have plenty of free time to try it, if it's on your bucket list. There is also the possibility to book a horse riding within a spectacular landscape or a massage.
7. Daily transport to the beach- our villa is surrounded by nature and hills- and we will have daily transport to the beach in your free time
 8. Heated swimming pool just for us, that can be used even on a chill evening.
 9. Great way to either discover or deepen your yoga practice and its gifts to our everyday lives. Practicing in a new environment, surrounded with nature and in a retreat setting is always a transformative experience.
 10. Like minded individuals to connect with and create friendships that will last a lifetime.
 11. Double shared room with bathroom, in a private villa with heated pool.

Example of Daily Schedule: (though it may change day by day)

- 8.00 Pre yoga snacks
- 8:30-10 Morning Yoga Yang Energy
- 10.30-12 Brunch
- 12-4pm Personal time: Relaxing by the pool or beach time, one of the afternoons - excursion to the islands. Possibility to book surfing, horse riding, massage
- 4-6pm Evening practice Yin Energy; with space for sharing, reflections, journaling exercises, rituals
- 6.30-8:00 pm Dinner
- 8:00-10pm Joyful time together: games, dancing/ free movement sessions: ecstatic dance
- 10pm relaxing





Retreat Place:

The villas are nestled in the quiet countryside with short distances to the most beautiful beaches of Lourinha. Between the biggest wave in the world and beautiful hills, a cosy family resort invites you to relax, retreat, tune in and recharge.

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Price: 1150 eur in a shared double room.

For the moment we have only 6 more places available!!!! First come, first serve!
If there is bigger interest, we will book a second villa.

Not included: Flights & transport to the retreat place.

They will organize the transport together with a retreat place, according to the flights.
There is quite a good range of flights available, both from zaventem and charleroi.
Ryanair offers a good connection in the morning on Thursday and Flying back in the evening of Tuesday.

If it happens that we all take the same plane- we will go all together

If not, we will organize 2/3 scheduled vans to bring you safely:

70€ One-Way for 1 person, 90€ for two persons, €15 for each additional person, up to 8 people per van- price cap per van @ €120 . We will try to put together at least a couple of people, so the price becomes fair. 8 people can go together in the Van and the total price of 120 eur will be shared per 8. We will take care of the organization.

If you are interested, please book it via email.

To book the place 500 eur non refundable deposit is required. Once we receive your interest- we will send you the bank details.

We are so looking forward to spending this magical retreat time with YOU!
In the email attached photos of the place.

MORE INFO & BOOK: bulik.marta@gmail.com

