

Come to celebrate PRIMAVERA (Spring) with us!

WEEKEND RETREAT

BY  YOGA
ROOM

April 14-16th, 2023

with Gabi

at **Vila Epicurea in Sesimbra**



MORE INFO AT THE STUDIO

☆☆ **EARLY BIRD -15% until March 31** ☆☆

SPOTS LIMITED - BOOK NOW!





PRACTICAL INFOS

AGENDA

Friday April 14	4pm	Welcome and Check-in
	5.30pm	Opening Ceremony
	6pm	Yin Yang yoga class "Transition into Spring" followed by a meditation
	8pm	Dinner
Saturday April 14	8am	Pranayama & Morning Yoga
	9.30am	Breakfast
	10.30	Nature walk until the ocean
	1pm	Lunch time & Free time
	4.30pm	Art activity
	6pm	Gentle Flow to balance your energies
	8pm	Dinner "Art & Wine"
Sunday April 14	8am	Pranayama & Morning Yoga & Closing Ceremony
	10.30am	Check out rooms
	11am	Brunch

LOCATION

**R. do Casalinho 5A, 2970-052 Fetais
(SESIMBRA - Serra da Arrabida)**

Access from Lisbon (40 min) by car
Parking available



pt.villaepicurea.com

PRICING

EARLY BIRD 15% OFF until march 31

REGULAR PRICE from 450€ to 600€/p.



SPOTS LIMITED - MORE INFO AT THE FRONT DESK or info.lisbon@yoga-room.pt

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ROOM 1



Serenity

x2 people

Double or 2 single beds
1 bathroom included and a little balcony

Price : 550€/person

Can be privatized for 675€

ROOM 2



Courage

x3 people

3 single beds or 1 double and 1 single
1 bathroom included and a little balcony

Price : 500€/person

ROOM 3



2 single beds or 1 double
1 bathroom included and direct access to a little balcony

Price : 500€/person

AND

2 single beds (no direct natural light)
price : 450€/person

SOLD OUT



Wisdom

x4 people

ECO LODGE



ECO LODGE IND.

x4 people

You want to feel like in your own home with more privacy?

Your own kitchen and to share the experience with your besties?

The ecolodge is for you!

4 single beds or 1 double and 2 single beds
1 bathroom and a private balcony
Kitchen and chill out area

Price : 600€/person