



# Yoga & Ayurveda Weekend Retreat



## Discover Inner Peace & Mindfulness

Are you seeking time to deeply listen to yourself, to slow down and tune in to your body's wisdom? Begin and end your day with practices that ground you in mindfulness, offering you the serenity to disconnect from digital distractions and reconnect with your essence.

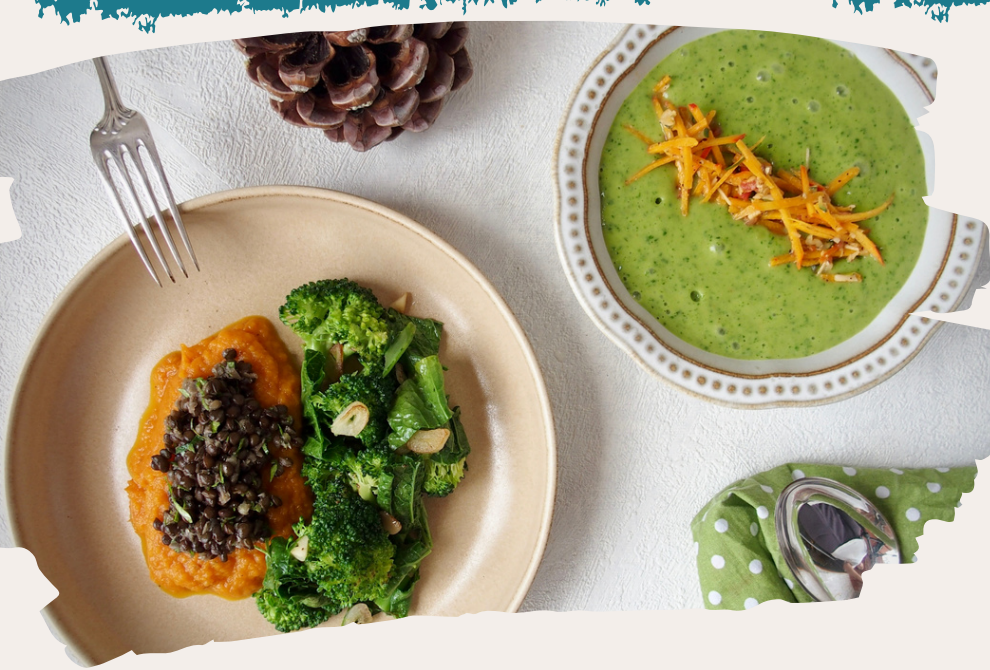
## Nurture Your Body and Spirit

Dive into the healing practices of Yoga & Ayurveda amidst the serene beauty of a Quinta just 30 minutes from Lisbon. With a beautiful yoga shala, a refreshing pool, and an atmosphere filled with positive energy, this weekend retreat invites you to explore your Dosha, indulge in nutritious meals crafted by Chef Alex, and embrace a lifestyle that nurtures both body and spirit.

## Sustain Your Growth Beyond The Retreat

Dive into a weekend designed to fit yoga into your daily routine, no matter how much time you have. Receive a class recording to keep your practice alive at home. Plus, forge lasting connections with like-minded souls, enriching your journey long after our time together ends. This retreat isn't just an escape—it's a launchpad for sustained well-being and community.





# NOURISH & UNPLUG

## Yoga & Ayurveda Retreat, 19.-21. April

### Agenda / What's included

#### FRIDAY

- Around 3pm: Arrival + welcome tea and dried fruit
- 4:30 PM Yoga Practice - "Arriving in the Body in the Here and Now" - Introducing a special 90 minute class. Participants will receive this as a recording to practice for between 20 and 90 minutes, depending on their available time.
- 7:00 PM Dinner - Healthy, organic meal prepared by Chef Alex (All meals are based on Ayurvedic Tri-Dosha principles, a collaboration between Tash & Alex)
- 8:30 PM
  - Opening Circle and Introduction - Setting the tone for our journey together.
  - Digital Minimalism Open Talk - Discussing our tech-free weekend ahead.
- 9:30 PM Short Breathing Exercise to wind down - Tash discusses Dinacharya (daily routine).

#### SATURDAY

- 7:00 AM Hot tea station + dried fruit / Tea Cup Meditation
- 7:30 AM Silent Walking Meditation - A tranquil start to the day
- 8:00 AM Morning Yoga Session - Building new habits with the new Yoga Class
- 10:00 AM Brunch - Nutritious vegan breakfast
- Time to connect, journal, get answers from the retreat leaders
- 3:00 PM Ayurveda cooking workshop (Doshas/ digestion/ Dinacharya)
- 6:00 PM Depending on when we finish with cooking, possibly a short 30-45 min Yoga Class
- 7:00 PM Dinner - Savoring the meals prepared during our cooking workshop
- 9:00 PM Yin Yoga Class - Evening practice to unwind and reflect (Yoga strap/bathrobe belt needed)

#### SUNDAY

- 7:00 AM Hot tea station + dried fruit / Tea Cup Meditation
- 7:30 AM Sunrise Yoga Session - Strengthening our new habit
- 9:30 AM: Breakfast - Light and healthy vegan breakfast
- 11:00 AM Mandala Drawing Workshop: A creative and meditative session focusing on mandala drawing
- 1:00 PM Lunch - Our final meal together
- 3:00 PM Closing Circle with Talk and Mantra Singing: Reflect on the retreat experience, share insights, sing mantras together, and set intentions for integrating the retreat's lessons into daily life
- 4-5 PM Group Picture, Farewell



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Elevate Your Wellness Journey - Unlock Our Exclusive Last-Minute Deal!

Special Offer for Final Registrations:

- **Bring a Friend:** Both enjoy a €30 discount off your booking!
- **Gifts to Enhance Your Experience:** Receive an exquisite Relaxation Eye Pillow infused with lavender seeds (valued at €18), and a unique morning tea cup designed to enrich your daily mindfulness ritual.

Pricing Tiers Reimagined:

- **Early Bird:** Was €327 (until March 1st)
- **Regular Booking:** Now €360 (€340 for our cherished Beach Yoga Community Members) until April 1st.
- **Last-Minute Magic:** Final call at €380

🌿 **Secure Your Spot Now** and make this retreat the start of a rejuvenated, balanced, and mindful journey. Let's embrace wellness together, enhanced by the serene beauty of our retreat setting and the collective energy of like-minded souls.

**Your Path to Renewal Awaits.** Claim one of the last 2 spots and let's embark on this beautiful journey together. ✨

**Why Wait? Your Path to Renewal Awaits**

Discover peace amidst life's chaos, rejuvenate your spirit, and regain connection to yourself through our digital detox.

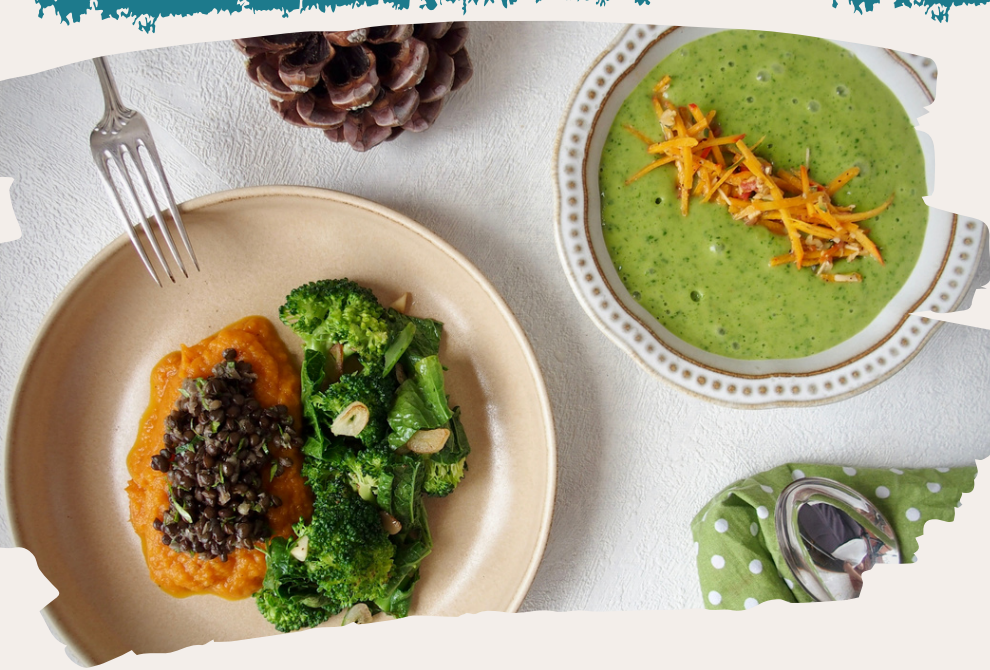
"Self-care is not a luxury, it's a necessity." - Audre Lorde

**Booking Your Spot:**

Join us on this transformative retreat.

👉 Pay with MBWAY or Revolut using my phone number (if you don't have it, e-mail me) , or with Paypal to: [om@yogawithkatalin.com](mailto:om@yogawithkatalin.com)

**Secure your spot now as there are only 2 more spots to go.**



# NOURISH & UNPLUG

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#### Payment Policy:

- 1.To secure your spot in the Yoga & Ayurveda Weekend Retreat, a non-refundable deposit of 50% of the total amount is required upon booking. The remaining balance is due 14 days before the retreat date.
- 2.Payment can be made via bank transfer, MBway, Revolut, Paypal or cash. Details for payment will be provided upon registration.
- 3.If the retreat is fully booked when your payment is received, you will be informed and placed on a waiting list. If a spot does not become available, your payment will be refunded in full.
- 4.In case of cancellation by the participant within 30 days before the retreat date, the deposit will be forfeited if we can resell the spot. No refunds will be provided for cancellations made within 14 days of the retreat date.

#### Terms and Conditions:

- 1.Participation in the Yoga & Ayurveda Weekend Retreat is at the participant's own risk. The organizer will not be held liable for any accidents, injuries, or damages that may occur during the retreat at Casa do Pateo in Meco.
- 2.The organizer reserves the right to make changes to the retreat schedule and activities if necessary. Participants will be informed of any changes as soon as possible.
- 3.Participants are responsible for their own travel arrangements and expenses to and from the retreat location, Casa do Pateo, Meco.
- 4.Participants are responsible for having valid travel insurance that covers accidents, injuries, and medical expenses.
- 5.In the unlikely event that the organizer needs to cancel the retreat due to unforeseen circumstances, a full refund of the retreat fee will be provided. However, the organizer will not be responsible for any additional expenses incurred by the participant (e.g., travel expenses).
- 6.The organizer is not responsible for any loss or damage to personal belongings during the retreat.
- 7.By registering for the Yoga & Ayurveda Weekend Retreat, participants agree to adhere to the retreat's code of conduct and respect the rights and privacy of fellow participants and staff.