

30<sup>TH</sup> - 6<sup>th</sup> April 2019

Experienced yoga tutors Lucie Landau & Maggie Davis are inviting you to join them on a retreat in North Portugal.

The brand-new yoga retreat centre has been developed on an ancient quinta (farm) surrounded by a scented Eucalyptus forest settled at the base of a hill with stunning vistas.

The focus will be on going deeper into your spiritual practice.

We will cover Asana - dynamic and restorative, Pranayama, Meditation, Yoga Nidra and Yoga Philosophy. You'll be able to enjoy time to yourself for walks, relaxation by a beautiful swimming pool (depending on the weather), and silent times for reflection alongside social times for discussion. The walks around the centre are beautiful but steep.

Yoga practice (All sessions adjusted to the needs of the group.)

Morning:

- 7:00 -8.00 Kriya, Pranayama and Meditation / short silent morning Walk
- 9:00 -11.00 Asana and Relaxation
- 12:30-13.30 Philosophy

Afternoon:

16:30-18:30 Gentle or Restorative yoga and Yoga Nidra

Evening:

- 20:15-21:15 Meditation sessions

Personal Time

- 13:30 - 16:30 for walks, swimming or relaxation
- Local trip can be organised to a local town or a ½ day guided walk (small extra charge will apply)

2 main meals a day - 11:00 Brunch and 18:00 Dinner

Healthy, balanced meals are vegetarian/vegan made from local produce. No alcohol will be served. In between meal times tea, coffee, fruit are included.

Extra snacks, specialised tea or coffee are available for small extra charge.

Prices (Includes all teaching, 2 main meals & accommodation)

- Shared 4 Bedroom - £685 per person (suitable to people that know each other)
- Twin Bedroom - £785 per person

- Single Bedroom - £985 per person  
(All rooms with separate WC and shower)
- Airfare and transfers are not included (transfers can be organised for ~75 euros per car, which seat 3 people, for a larger group minibus can be organised).

To book the retreat please contact:

Lucie Landau - [lucieindia@gmail.com](mailto:lucieindia@gmail.com) or

Maggie Davis - [maggie.davis@btinternet.com](mailto:maggie.davis@btinternet.com)