

Retreat



Day 1

- Arrival - Exploration Day
- Check-in
- Welcome drinks
- Free time to settle in and explore the surroundings
- 19h: Dinner at the retreat center
- Orientation session and sharing circle

Day 2

- Breakfast
- Departure for a guided tour of Grotta di Benagil
- Group dinner at a local restaurant (optional)

Day 3

- Early morning yoga session
- Refreshing breakfast with healthy Ayurvedic options
- Free time
- 15 min break: conscious breathing
- Lunch
- Free time
- Introduction to ayurveda
- Individual Ayurvedic consultations (optional) / Relaxation time with access to massages (optional)
- Sunset hiking
- Dinner

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Day 4

- Early morning yoga session
- Refreshing breakfast with healthy Ayurvedic options
- Free time
- 15 min break: releasing the stress
- Lunch Afternoon
- Free time
- Skillshare (optional)
- Individual Ayurvedic consultations (optional) / Relaxation time with access to massages (optional)
- Sunset meditation session
- Dinner

Day 5

- Early morning yoga session
- Refreshing breakfast with healthy Ayurvedic options
- 15 min break: Reconnect to your body
- Free time
- Lunch
- Free time
- Workshop on mindfulness and stress management techniques
- Rejuvenating massages or Ayurvedic therapies (optional) / Private consultation (optional)
- Dinner

Day 6

- Early morning yoga session
- Refreshing breakfast with healthy Ayurvedic options
- Free time
- 15 min short workout session
- Lunch
- Free time
- Ayurvedic Workshop: Dina charya
- Relaxation Time: soothing massage or Ayurvedic therapy session / Consultation with our ayurvedic expert
- Sunset Meditation
- Dinner

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Day 7

- Early morning yoga session
- Refreshing breakfast with healthy Ayurvedic options
- Free time
- Lunch
- Free time
- Beach time (optional)
- Farewell dinner celebration with ecstatic dance
- Sharing circle

Day 8

- Final short yoga session for grounding and gratitude
- Breakfast at the retreat center
- Check-out till 11:00 and departure

SECURE
YOUR SPOT