



## Welcome to Portugal

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Desenrascanço, The Spirit of the People

Welcome to Portugal! Your experience begins in the lush, green heart of Sertã, where the rolling hills and freshwater river beaches provide a grounding sanctuary for deep reflection and daily asana. It is a place to unplug from the noise and reconnect with the earth. From the serenity of the interior, we journey to the vibrant coast of Ericeira, Europe's only World Surfing Reserve. Here, the energy shifts to the expansive horizon. You'll balance your practice with the salt air, dramatic cliffs, and the soulful, bohemian charm of one of Portugal's most beloved seaside towns.

 Accommodation

 [Website](#)

### Day 2 Yoga & Local Discovery

Guided Hike

On your second day in Lisbon you will arise a revitalizing class to start the day with Energy. Then join your group for a delicious buffet breakfast offering a variety of healthy options to replenish your energy. This afternoon the group will take a guided hike through the serene landscape surrounding the sheist village of Figueira. Later, join a workshop and enjoy learning about local desserts and culture through guided preparation of Tigelada a local dessert. You will then have some free time to explore and relax before you join your group for a sunset yoga practice and dinner on own.

### Day 3 Waters of Serenity

Canoe Experience

On this 3rd day of retreat, you will wait for a morning yoga practice in the hotel garden and again enjoy a delicious buffet breakfast. Today the group will experience an energizing canoe ride at the Bouca Reservoir followed by a picnic lunch. We hope you enjoy this immersive excursion in nature and relax along the river shores. After the excursion you will return back to the hotel for some free time along with a restorative yoga session

 Accommodation

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### Day 4 From River to Sea



Today you will enjoy an early energizing yoga session focused on vitality, enjoy on one last delicious breakfast at hotel before meeting the driver in the lobby to depart for the Coast. On the way to Ericeira you will stop along the way for a guided tour of Tomar and the Covenant of Christ which is a UNESCO World Heritage Site. Arrive at the beautiful seaside town of Ericeira and check to the village cliffside resort the Vila Gale. You now have free time to explore relax, perhaps go to the beach before meeting your group for a sunset yoga session and group dinner at the hotel.

### Day 5 Ocean breeze and deep relaxation

Free Day

Enjoy an energizing morning practice followed by breakfast. Today is your day to enjoy as you please, Take a moment to slow down and breathe in the salty Atlantic air. There are no wrong choices as you create the day you want in the beautifully scenic town of Ericeira. This location is a mecca for beach lovers and surfers alike, put your toes in the sand before strolling down the cobblestone streets and having yummy bite in a local cafe. You will be meeting your group in the late afternoon to enjoy an evening practice, before enjoying dinner on your own.

### Day 6 Explore Lisbon

The Capital City

After your morning breakfast you will meet the guide in the lobby to depart for the capital city of Lisbon. Discover the charm of the scenic viewpoints and landmarks, you will then enjoy a Sunset boat cruise along the Tagus River where a light dinner will be provided on board as you watch the golden hues reflect on the water. You will then return to the hotel for a possible yoga stretch and an evening free to relax

### Day 7 Sintra

Palaces and Fairytales

On this final full day of your retreat, you will wake early for morning practice and breakfast. After breakfast you will journey to the magical town of Sintra, A UNESCO World Heritage Site nestled in the mountains. Begin with a visit to either the exotic park and palace of Montserrat with its lush garden and romantic architectural. Lunch on own. Don't miss the chance to try the famous "Travesseiros de Sintra" A sweet local delicacy. You will then continue to Queluz And visit the National Palace and Gardens. These are often referred to as the Portuguese Versailles. The group will then return to Ericeira where you will enjoy a delicious group farewell d and the in the hotel.

### Day 8 Departure

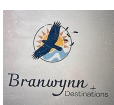
Farewell & Gratitude

After breakfast, please meet your driver in the hotel lobby for The departure to return to Lisbon Airport. We hope that you have enjoyed the beauty and the culture of Portugal and that you leave with a closer connection to self, your practice, and the world around you. Namaste.

### What's Included

#### What's included

- ✓ Accommodations
- ✓ Airport Transfers



- ✓ Guide and Driver
- ✓ Excursions Listed
- ✓ Daily Breakfast
- ✓ Welcome and Farewell Dinners
- ✓ Other meals on excursions

**What's not included**

- ✗ Airfare
- ✗ Meals not listed
- ✗ Alcohol
- ✗ Tipping