

Upcoming

RECHARGE

Baleal, Portugal

4-7th December 2020

The Recharge Yoga Retreat includes:

- 3 Nights in a beautiful Villa with cozy, unique rooms
- 6 yoga Classes of 90minutes adapted to all levels : 3 Vinyasa flow and 3 Restorative classes
 - 3 Vegetarian Breakfasts
 - 3 Vegetarian Dinners
- Tea, coffee, and water all day
 - fruits all day
 - Wifi in all the Villa
 - Transfer from/to the Bus Station in Peniche

Optional Extras : Osteopathic treatments, Reiki, Surf lessons, Surf rentals, Airport Transfer

A long weekend to recharge and focus on yourself in the beautiful surroundings of Peniche just an hour away from Lisbon.

Explore the wildness of the Portuguese coast, famous for its surf, take long walks on the beach, rest and self-nurture in the beautiful Villa by the fire with a book.

Get back into some regular yoga practice starting with a restorative flow on arrival on Friday. Saturday and Sunday will be intensive yoga days with vinyasa energising yoga flows in the morning and restorative yin flows in the evening. Ending the retreat with a closing vinyasa flow on Monday morning. There will be specific cues and individual correction for optimal alignment to take your practice safely to the next level. Pranayamas , breathing exercises will be part of every class. There will be opportunity to journal.

The yoga classes will take place either outside in the garden or inside depending on the weather.









Recharge Yoga Retreat Schedule

FRIDAY	SATURDAY	SUNDAY	MONDAY
<p>Arrival after 12:00</p> <p>Take the time to check in and relax</p>	<p>Fruits, Coffee, Tea</p> <p>Morning Vinyasa Class</p> <p>Vegetarian Breakfast/Brunch</p>	<p>Fruits, Coffee, Tea</p> <p>Morning Vinyasa Class</p> <p>Vegetarian Breakfast/Brunch</p>	<p>Fruits, Coffee, Tea</p> <p>Closing Morning Vinyasa Class</p> <p>Vegetarian Breakfast/Brunch</p>

Opening Class in the afternoon with a restorative flow to set up the recharging intention of the weekend	Free time to explore the surroundings, take a surf lesson, walk on the beach	Free time to recharge, to read, to get an osteopathic treatment, a reiki session or go explore Obidos	
	Late Afternoon Restorative Yin Flow	Late Afternoon Restorative Yin Flow	
Vegetarian Dinner	Vegetarian Dinner	Vegetarian Dinner	Checkout at 11:00

All Inclusive price per person :

Single Occupancy Double Room : €390

Double Occupancy Double Room: €325

Early Bird discount 5% if booked before October 25th