

# Autumn Vitality Renew

Portugal Retreat

November 2-7, 2024



Join us in Portugal and take some time for you.  
Nurture & Nourish your body and soul.

Yoga. Meditation. Swim. Hike. Sail. Relax .

*Slow down, rejuvenate.*

*Take the time to find balance and flourish and let us take care of you.*

## Typical Day

Morning Swim or Beach Walk

Yoga Snack & Tea

0830am Yoga / Movement Class

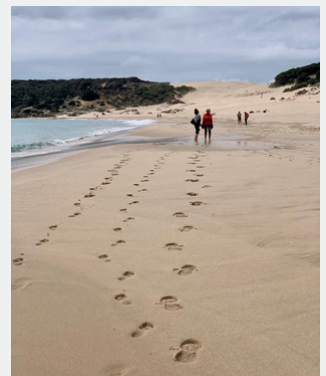
10am Brunch

Time to explore, hike, relax or enjoy a massage/workshop

Perhaps kayak, learn to surf or stand up paddle

5pm Restorative Yoga

7pm Dinner



### Whats included

- 5 nights at private surf lodge
- Private Chef cooking plant centric nutritious meals
- 4 Generous brunches
- 1 Breakfast
- 4 Dinners
- Snacks
- Daily Yoga & Meditation
- Healthy Snacks Workshop
- Coastal Cruise and Lunch
- Workshop with Tania
- Local Hikes
- Sunrise Mediation

### Travel Logistics

Our Villa is in Praia da Luz, Lagos 8600-147, Portugal

Nearest Airport is Faro

Transfers can be arranged - approx 1 hour drive

Trains from Lisbon to Lagos approx 3-4 hours .

The villa is a 15 min drive away from the town of Lagos.

Check in 2 November 3pm

Check Out 7 November 11am



# About the Lodge

We will stay in a laid back surf lodge within easy walking distance to the beach and village of Luz . Facilities include a yoga space including mats, outdoor and indoor pools, sauna, massage space and plenty of space for relaxation.

Possible optional local activities include SUP, kayaking and surf lessons.



## Price Details:

All rooms have poolside or seaview, terraces and ensuite bathrooms.

€ 1010 per person for double/ twin occupancy with a poolside /sea view with ensuite bathroom.

€ 1330 for single occupancy with a poolside /sea view with ensuite bathroom.

Included: accommodation, daily classes and activities as listed, meals prepared by our private chef, and access to all the facilities in our beautiful retreat center.

Not included: Flights / Transfers and extra local activities

Click to [Book](#) or Email to [Enquire](#) or get in touch via Whats app

