



# FEELING RETREAT

From October 6 to 11

## Day 1

- Welcome drink
- Shared dinner

## Day 2

- Yoga Session
- Breakfast
- Free time
- Hike along Costa Vicentina with lunch
- Meditation Session
- Shared dinner

## Day 3

- Yoga Session
- Breakfast
- Sauna and Ice Bath Circuit
- Lunch
- Massage
- Sound Therapy Session
- Yoga/Meditation Session
- Dinner
- Star Gazing





## Day 4

- Yoga Session
- Breakfast
- Bike ride to Odeceixe
- Picnic lunch
- Free time
- Yoga/Meditation Session
- Dinner
- Bonfire for sharing experiences

## Day 5

- Yoga Session
- Breakfast
- Free time
- Lunch
- Alentejo Painting Workshop
- Yoga/Meditation Session
- Dinner
- Bonfire for sharing experiences

## Day 6

- Yoga Session
- Breakfast
- Check-out

**Minimum age for participants: 16 years**

Program subject to availability and cannot be combined with ongoing promotions or offers.

