

HOLISTIC FITNESS & WELLNESS RETREAT

15-21 MAY 2023

PORTUGAL



JOIN OUR INTERNATIONAL FITNESS PROFESSIONALS,
MADELEINE SCHAURHOFER & NICOLE GIBBARD
FOR A WEEK OF FITNESS, YOGA, FUN, NATURE,
ACTIVITY, LAUGHTER, HEALTHY FOOD & AMAZING
EXPERIENCES IN THE BEAUTIFUL RESORT OF
AROEIRA, PORTUGAL



Our private villa, backed by sand dunes, pine trees & peace & tranquility is located in the quiet coastal area of Fonte da Telha with its beach just a few minutes away. The spacious gardens of the villa offer a large private pool and will be the setting for your daily trainings of Yoga, Bodyart and a wide range of strengthening, shaping & toning classes.

We will spend part of our daily activities enjoying the beautiful walks along the beach or hiking in the many national parks in this region. For those who would like to try surfing, this stretch of coastline has numerous surf schools, and you can simply walk to the waves from the villa.

For those who like golf, there is the Aroeira golf just a stones throw away.



*There will also be plenty of time for you to **relax** by the pool or lie at the beach and you are of course totally **free to join** whichever classes and activities you like.*

Our private chef will prepare many delicious, healthy, fresh dishes, using the local products from the region, and we will be happy to offer nutritional discussions and talks around mealtimes.

THIS WEEK IS ALL ABOUT YOU!



AN EXAMPLE OF A TYPICAL DAY ON YOUR RETREAT:

<i>08.00 - 09.00</i>	<i>TOTAL BODY WORKOUT</i>
<i>09.30 - 10.30</i>	<i>BREAKFAST</i>
<i>11.00 - 12.00</i>	<i>BODYART</i>
<i>12.00 - 17.00</i>	<i>FREE TIME (SURF/HIKE/GOLF)</i>
<i>17.30 - 18.30</i>	<i>YOGA STRETCH</i>
<i>19.30 - 21.00</i>	<i>DINNER</i>

PRICES:

Prices are from € 1.395 per person for a double room to € 2.295 for a single room with ensuite bathroom & private terrace

LOGISTICS:

- *the villa is about 25 kms from lisbon airport*
- *arrival day - 15 may monday:*
 - 14.00 – 16.00 arrival*
 - 16.30 welcome drink & introduction*
 - 17.00 - 18.30 total body workout & stretch*
 - 19.30 dinner*
- *depart villa - saturday 21 may by 10.00*
- *your stay will include 6 days of training & outdoor activities, breakfast & dinner, your chosen room*
- *not included in the price: surf lessons or any additional activities outside of the given schedule (we are happy to help organize any requests) or flights & any organized transportation.*

FOR QUESTIONS/ BOOKINGS PLEASE CONTACT:

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