



SATURDAY 5 OCTOBER, 10 -

5.30PM

Yoga Day Retreat

AUTUMN EQUINOX

5 OCT 2024, 10 - 5.30PM

**INDIAN STYLE LUNCH
AFTERNOON TEA & CAKE**

QUINTA DO AREAL, LOUSÃ, €60

TIME TO REFLECT...

Welcome Autumn in with a replenishing experience that includes yoga, sound, silence, meditation, relaxation, vegetarian Indian lunch & afternoon tea with cake. Return home nourished and relaxed for Autumn.



JUSTINE ~ YOGA

How and what we practice in yoga can influence our immune system, nervous system, emotions and more. The yoga practices will invite self compassion for the cooler months ahead.



NINA ~ SOUND

Drift into a place of deep relaxation, allowing the vibrations, gongs, bowls, drums and other instruments to recharge your energies for autumn and winter close behind.



LUNCH

Authentic vegetarian Indian style lunch. Diverse ingredients including herbs and spices for depth of flavour. Dal's and vegetarian curries, balanced with breads, samosas, pakoras and condiments.

★★★★★ "The yoga sets me up for deep relaxation in the sound bath. It's a precious gift to myself for some wellbeing time"

★★★★★ "Amazing yoga & sound bath with super professionals! A warm environment created by Justine and Nina"

CONTINUED ... 

Yoga Day Retreat

REKINDLE YOUR SPIRIT
THROUGH THE ART OF WITHDRAWAL

WHAT TO EXPECT ...

10.00am ~ tea, energy shot & snack

10.30am ~ introduction to the day

11.15am ~ Yoga with Justine

12.15am ~ Sound Bath with Nina

1.30pm ~ lunch served in the main house

2.30pm ~ silent time OR conversations

3.15pm ~ **!!NEW!!** *Yoga-Sound Fusion*

4.30pm ~ tea & cake

5.00pm ~ closing ceremony

5.30pm ~ end of day retreat

THIS YOGA DAY RETREAT offers you the chance to invest in some essential you time. Here you will be able to savour each moment without the pressures of normal life. No interruptions, no pressures, no stress ... just tranquility for your body, mind and soul. The yoga sessions will be therapeutic, mindful and good for your nervous system. The sound bath sessions will help you relax more deeply than a normal savasana session and promote healing through frequencies and vibrations.



CONTINUED ...



Yoga Day Retreat



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QUINTA DO AREAL

More than 100 years old, this beautifully restored Quinta is surrounded by rolling pastures. It's a working farm with accommodation and wellbeing facilities, kitchen garden and powered mostly by green energy.



YOGA STUDIO

Under floor heated studio, Manduka yoga equipment & DoTerra aromas! You are treated to the best and the setting is perfect for our day retreat. From your yoga mat expect spectacular views over the farm fields.



ACCOMMODATION

A discounted price of €100 B&B has been negotiated for those wishing to come the night before or, stay for the evening. You will have a peaceful nights sleep waking to relaxing views from your window.

- **BOOK YOUR SPACE NOW!**
- **€60 PER PERSON INC FOOD**
- **ACCOMMODATION OPTIONS**
- **QUALIFIED TEACHERS**
- **PAYMENT IN ADVANCE**
- **ALL EQUIPMENT PROVIDED**
- **PARKING ON SITE**

RSVP OR QUESTIONS

+351 967 302 713 (JUSTINE)

+351 967 937 424 (NINA)

**RETREAT
TO
RECONNECT**

Rua da Quinta do Areal
22 Vale de Pereira
3200-129 Lousã

Payment on booking please.
Terms and conditions apply (see
Sweet yoga website). Full payment
required if you cancel within 24hrs.

If event is cancelled by
organiser your money will
be returned.

