



MONTE DE VELHO RETREAT SAMPLE ITINERARY

7-9 Sunrise Yoga and Meditation
9-10 Light veg/vegan breakfast
11-12 Mid morning meditation
12-1 Raw and cooked vegetarian and vegan food for lunch
2-4 Learn horsemanship and to ride consciously
4-6 Sunset yoga and Relaxation practices
7-7:30 Sauna and Hamam
8pm Delicious cooked vegetarian and vegan food for dinner

There are so many ways to spend your time here - if you ever want to leave the beautiful round geodesic yoga shala! On site you can enjoy the breathtaking scenery that extends to the ocean sitting in any number of places and still feel entirely alone. There is a lake to swim in or cake yourself in clay and lay by or stroll down to the little farm with pigs, goats, ducks and geese! There is time for Ayurvedic, Thai or Holistic massage throughout your stay and there is a beautiful walk down to Amado beach with its incredible multi-coloured stone cliffs and vast expanse of sandy beach. This place really is a haven for exploration. The horseman on site can teach you how to ride safely, consciously and sensitively and may even get a bow and arrow out so that you can play every part the centaur. Top it off with a dance and a drum by the fire!

FAQS

THE RETREAT COST INCLUDES: YOGA AND MEDITATION CLASSES AND WORKSHOPS.

ALL VEGETARIAN FOOD AND ACCOMODATION

TRANSFERS, EXCURSIONS, HOLISTIC THERAPIES AND CHILDCARE ARE NOT INCLUDED.

FLIGHTS ARE DIRECT TO FARO

ROOMS ARE FROM £680PP TO £855PP

FOR INFORMATION ON THE YOGA TEACHER TEACHING THIS RETREAT PLEASE KINDLY

EMAIL FRANCESCA@YOGOLOJI.COM