



RECONNECTING BODY, MIND, SPIRIT & NATURE RETREAT

Pestana Pousada Mosteiro de Amares



PESTANA
POUSADA MOSTEIRO
AMARES - GERÊS
MONUMENT HOTEL
PORTUGAL

April 17 until 21, 2024

IN THIS RETREAT WE WILL HAVE:

- Sharing Circles
- Daily Yoga Practices
(Pranayama, Hatha, Yin and Nidra)
- Systemic Family Constellations
- Mini Aura Readings
- Soundbath massages and
Individual Reiki sessions*
- Silent Walking Meditation
- Dance and Body Expression

Many of us live blocked and hostage to external and internal constraints, not exercising the freedom we have to be who we want to be. This retreat is a proposal to reconnect with our most intimate being, through the integration of body, mind, spirit and nature. Here, we will give priority to what we feel and intuit, and in silence, returning our spirit of belonging, and with another look at life and at ourselves.

DATES & PRICES

APRIL 17 until 21, 2024

5 DAYS, 4 NIGHTS

Single Room: 1150€

Double Room: 1940€ (970€ per person)

TEAM RETREAT FACILITATED BY



Inês Sotelino

- Reiki – Usui and Holy Fire
- Aura Reading
- Yoga YTT 200hrs
- Meditation
- Human Design
- Dance & Movement
- Spiritual Mentoring



Sofia Fonseca

- Permaculture
- Family Constellations
- Conscious Communication (NVC)
- Aura - Reading
- Rose Meditation



*Included at the retreat price, subject to appointment only

TERMS AND CONDITIONS

Check In Time after 3 pm and Check out Time before 12 pm
The dynamics included can be adjusted, according to the group and weather conditions.

PAYMENT POLICY

To confirm your reservation, we request a deposit of 50% of the total amount of your reservation on the 15 of december.
The remaining amount shall be paid 30 days prior to arrival.

CANCELLATION POLICY

50% deposit non-refundable. Free cancellation up to 30 days prior to arrival. After this period no modifications nor cancelations will be allowed.
In case of no-show, 100% of the reservation will be charged.
Minimum 8 people, if there is no minimum number of people guaranteed, the hotel reserves the right to cancel the event on December 15th without any compensation

Contact: catarina.ferreira@pestana.com



PESTANA
POUSADAS - PORTUGAL
MONUMENT & HISTORIC HOTELS



RECONNECTING BODY, MIND, SPIRIT & NATURE RETREAT

Pestana Pousada Mosteiro de Amares



April 17 until 21, 2024

5 DAYS, 4 NIGHTS
Single Room: 1150€
Double Room: 1940€
(970€ per person)

DAY 1 – Wednesday (17th April)

15h00 | Check-In at Pousada de Amares
| Free Afternoon
20h00 | Dinner
21h00 | Sharing Circle (Full Moon)

DAY 2 – Thursday (18th April)

08h00 | Pranayama and Hatha Yoga
09h30 | Breakfast
10h00 | Meditation and Systemic
Movements
13h00 | Lunch
15h00 | Yoga Nidra
16h00 | Body Expression
17h00 | Mini Aura Readings
19h00 | Free Time
19h30 | Dinner

DAY 3 – Friday (19th April)

08h00 | Pranayama and Hatha Yoga
09h30 | Breakfast
10h00 | Silent Walking Meditation
13h00 | Picnic Lunch
15h00 | Return to Pousada
17h00 | Yin Yoga
18h00 | Massages*
19h00 | Free Time
19h30 | Dinner

DAY 4 – Saturday (20th April)

08h00 | Pranayama and Hatha Yoga
09h30 | Breakfast
10h30 | Dance & Movement
13h00 | Lunch
15h00 | Family Constellations
19h00 | Free time
19h30 | Dinner
21h00 | Fire Sharing Circle (Releasing)

DAY 5 – Sunday (21st April)

08h00 | Pranayama and Hatha Yoga
09h30 | Breakfast
10h30 | Closing Ceremony
13h00 | Lunch & Check-Out
15h00 | Free afternoon



PESTANA
POUSADAS de PORTUGAL
MONUMENT & HISTORIC HOTELS



*Massages and Individual Reiki - Included at the retreat price, subject to appointment only.

The dynamics included can be adjusted, according to the group and weather conditions.

TEAM RETREAT FACILITATED BY



Sofia Fonseca

Studies Marketing and Advertising (degree), Hotel Business Management (Bachelor's degree) and Management and Creation of Tourist Products (Postgraduate), worked in marketing until she created Fuga Perfeita - Animação e Turismo Cultural, in 2004. She has always been passionate about projects and causes, LOVES NATURE, and became aware of the inconsistencies we practice as a consumer society, in relation to human beings, in relation to the planet and in relation to all the living beings that inhabit it. Since then, she has been trying to live her daily life in a more sustainable and conscious way, with deep respect and in balance with nature and its biodiversity. Mentor of the Eco Life Experience project, she dedicates her life to helping people rediscover a more conscious path of reconnection with themselves and nature.

Inês Sotelino

Graduated in Tourism, as a National Interpreter Guide, she worked for 15 years in the hospitality sales area, including Pestana Group. In 2021, Inês embraces the area of spirituality and personal development. She dedicates her life to guiding people who seek to connect with their Essence and live their Purpose, through several practices that connect Body, Mind and Spirit.