

RESET RETREAT



SOUL
HOME

RETREATS & MENTORING

Friday, 22nd of March, 2024

- from 3.00 p.m. Check-in
- 7.00 – 7.30 p.m. Short presentation of Monte da Orada
- 7.30 – 8.30 p.m. Dinner
- 8.30 – 9.30 p.m. Your intention & yoga meditation

Saturday, 23th of March, 2024

- 9.00 – 10.00 a.m. Brunch
- 10.15 – 11.45 a.m. Yoga & meditation
- 12.00 – 1.00 p.m. Lunch
- 1.00 – 6.00 p.m. Leisure time, beach, tea, extras*
- 6.00 – 7.00 p.m. Dinner
- 7.30 – 8.30 p.m. Yoga focusing

Sunday, 24th of March, 2024

- 9.00 – 10.00 a.m. Brunch
- 10.15 – 11.45 a.m. Yoga & Meditation
- 12.00 – 1.00 p.m. Lunch
- 1.00 – 6.00 p.m. Leisure time, beach, tea, extras*
- 6.00 – 7.00 p.m. Dinner
- 7.30 – 8.30 p.m. Yoga, breathing techniques, relaxation

Monday, 25th of March, 2024

- 9.00 – 10.00 a.m. Brunch
- 10.15 – 11.45 a.m. Yoga & meditation
- 12.00 – 1.00 p.m. Lunch
- 1.00 – 6.00 p.m. Leisure time, beach, tea, extras*
- 6.00 – 7.00 p.m. Dinner
- 7.30 – 8.30 p.m. Yoga, breathing techniques, relaxation

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Tuesday, 26th of March, 2024

9.00 – 10.00 a.m.	Brunch
10.15 – 11.45 a.m.	Yoga, breathing techniques, neck massage
12.00 – 1.00 p.m.	Lunch
1.00 – 6.00 p.m.	Leisure time, beach, tea, extras*
6.00 – 7.00 p.m.	Dinner
7.30 – 8.30 p.m.	Yoga, breathing techniques, neck massage

Wednesday, 27th of March, 2024

9.00 – 10.00 a.m.	Brunch
10.15 – 11.45 a.m.	Yoga, breathing techniques, neck massage
12.00 – 1.00 p.m.	Lunch
1.00 – 6.00 p.m.	Leisure time, beach, tea, extras*
6.00 – 7.00 p.m.	Dinner
7.30 – 8.30 p.m.	Yoga - total relaxation

Thursday, 28th of March, 2024

Intuitive yoga program at 10:15 a.m., fireplace at night,
time of brunch, lunch & dinner remains as usual

Friday, 29th of March, 2024

6.00 – 6.30 a.m.	Grab-and-go-breakfast from Thursday
6.30 – 7.00 a.m.	Check-out & first transfer to the airport
10.00 - 11.00 a.m.	Brunch & Check-out of the room
till 12:00 p.m	Second transfer to the airport

*In free time there are many opportunities for beautiful beach visits, bio pool, sauna, refreshing channel with clean water, open-air bath, roof terraces, tea/coffee/water at 24/7

Extra bookings: astrology, canoeing, kayaking, sailing, ice bath, car rental, surf lessons, boat tour, massages