

RESET RETREAT



SOUL
HOME

RETREATS & MENTORING

Friday, 22nd of March, 2024

- from 3.00 p.m. Check-in
- 6.00 – 06.30 p.m. Short presentation of Monte da Orada
- 7.00 – 8.00 p.m. Dinner
- 8.15 – 9.15 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
- 7.15 – 8.15 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
- 7.15 – 8.15 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
- 7.15 – 8.15 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
- 7.15 – 8.15 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
- 7.15 – 8.15 p.m. Soul Singing at the fireplace

Thursday, 28th of March, 2024

Intuitive program & movie night; time of brunch, lunch & dinner remains as usual

Friday, 29th of March, 2024

- 9.00 – 9.30 a.m. Voicing
- 9.30 – 10.00 a.m. Check-out
- 10.00 - 11.00 a.m. Brunch

*In free time there are many opportunities for beautiful beach visits, soul singing by the fire pit, 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