

## General information

### Low season: April – June & October

| Retreat package   | Twin/double shared bathroom | Twin/double ensuite bathroom | Single shared bathroom | Single ensuite bathroom |
|-------------------|-----------------------------|------------------------------|------------------------|-------------------------|
| 4 day yoga        | € 575                       | € 775                        | € 825                  | € 1,025                 |
| 5 day yoga        | € 705                       | € 905                        | € 955                  | € 1,155                 |
| 7 day yoga        | € 925                       | € 1,125                      | € 1,175                | € 1,375                 |
| 4 day yoga & surf | € 615                       | € 815                        | € 865                  | € 1,065                 |
| 5 day yoga & surf | € 765                       | € 965                        | € 1,015                | € 1,215                 |
| 7 day yoga & surf | € 1,025                     | € 1,225                      | € 1,275                | € 1,475                 |

### High season: July – September

| Retreat package   | Twin/double shared bathroom | Twin/double ensuite bathroom | Single shared bathroom | Single ensuite bathroom |
|-------------------|-----------------------------|------------------------------|------------------------|-------------------------|
| 4 day yoga        | € 650                       | € 850                        | € 900                  | € 1,100                 |
| 5 day yoga        | € 790                       | € 990                        | € 1,040                | € 1,240                 |
| 7 day yoga        | € 1,020                     | € 1,220                      | € 1,270                | € 1,470                 |
| 4 day yoga & surf | € 690                       | € 890                        | € 940                  | € 1,140                 |
| 5 day yoga & surf | € 850                       | € 1,050                      | € 1,100                | € 1,300                 |
| 7 day yoga & surf | € 1,120                     | € 1,320                      | € 1,370                | € 1,570                 |

### *What is included?*

The packages include accommodation (e.g. 6 nights for the 7 day packages etc.), all yoga lessons, surf lessons including equipment and transfer to the beach (for the yoga & surf packages), all meals (i.e. healthy and energizing breakfast buffet, lunch and dinner) and fruits, tea, coffee and water throughout the day. Flights and transfers from and to Lisbon airport are not included.

The individual packages include the following yoga and surf lessons:

- 4 day yoga retreat: 6 yoga classes
- 5 day yoga retreat: 8 yoga classes
- 7 day yoga retreat: 12 yoga classes
- 4 day yoga & surf retreat: 2 surf lessons and 4 yoga classes
- 5 day yoga & surf retreat: 3 surf lessons and 5 yoga classes
- 7 day yoga & surf retreat: 5 surf lessons and 7 yoga classes

Yoga teachers and yoga styles during our retreats:

During the 2026 retreat season Marie Endres will be our main yoga teacher. Marie is a certified E-RYT yoga teacher with more than 15 years experience. Her teaching style is a blend of traditional Hatha Yoga and the modern dynamic creative flow of Vinyasa. We will be having special guest teachers during the season as well. Please let us know in case you are looking for a particular yoga style.

### *How does arrival and departure day look like?*

Arrival day:

|       |                                                                             |
|-------|-----------------------------------------------------------------------------|
| 14.00 | From 14.00 check-in                                                         |
| 18.00 | Yoga (if not arriving on day one of the retreat the class will be at 17.00) |
| 20.00 | Dinner                                                                      |

Departure day:

|       |           |
|-------|-----------|
| 8.00  | Yoga      |
| 9.30  | Breakfast |
| 11:00 | Check-out |

If your departure day is midway through the retreat check-out is after lunch at 14:00.

*How does a typical day during a yoga retreat look like?*

|             |                                |
|-------------|--------------------------------|
| 8:00 - 9:00 | Healthy & energizing breakfast |
| 10:00       | Yoga                           |
| 13:00       | Lunch                          |
| 17:00       | Yoga                           |
| 19:30       | Dinner                         |

*How does a typical day during a yoga & surf retreat look like?*

|              |                                         |
|--------------|-----------------------------------------|
| 08:00 – 9:00 | Healthy & energizing breakfast          |
| 10:00        | Surfing (theory & lessons in the water) |
| 13:00        | Lunch                                   |
| 17:00        | Yoga                                    |
| 19:30        | Dinner                                  |

*What is the cancellation policy?*

Down payments are not refundable in case of cancellation. However, we offer the option to reschedule and to credit the down payment to a later retreat date in the same year (if cancelled at least 30 days before arrival).

Cancellation less than 30 days before departure: 100% cancellation fee of the total booking amount.

We strongly advise to take out travel insurance in case you must cancel your booking.