

3 ELEMENTS RETREAT

April 21st to 28th 2019



Retreat Philosophy

Whether you're a yogi, paddler, adventure seeker or a wellness inspired traveler, we have created a program built upon the shared intention of compassion, growth, and unity, to deliver the vacation experience you envision.

We invite you to leave your agenda behind and follow us on a week-long adventure that sharpens your sense of body awareness, boosts your energy, increases your confidence, and puts a smile on your face that will last beyond your holiday.

During our Retreats, we offer you a perfect balance of exciting activities, time to disconnect and options for you to explore further in any direction you feel like. Enjoy the company of like-minded people, shared meals, inspiring new ideas, as well as time for yourself. You will feel inspired, motivated and energized for the return to your daily life.

Activities

Stand Up Paddle (SUP)

Stand-Up Paddling is easy to learn and lots of fun. On your first session we will take you to a protected Lagoon to introduce you to the basics of SUP. Your second session is expected to be in the scenic bay of *Arrábida*, located within the *Serra da Arrábida* National Park, depending on the conditions. From there, we will paddle along the calm coastline, stopping on the white sand beaches as we feel like. Experienced instructors will guide and teach you new skills as you paddle. Paddlers with experience are welcome to step it up by choosing more advanced equipment for their experience.

Awareness Hike

If you have not yet fallen in love with Portugal, these two beautiful and varied hikes through the greater area of the *Arrábida* Natural Park will do the rest. Whether it will be along the expansive

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stretch of sandy beach backed by cliffs and dunes or through the heart of the Natural Park with all its protected flora and fauna, either way, the path is varied and stunning.

We invite you to leave all your thoughts behind during this hike, sink in with the moment, and simply enjoy this unique setting. We will practice various Mindful techniques such as meditation, partner practices, and silent walk, that will allow you to consciously dive into the world of nature. The highlight of this Awareness Hike will be a stop during which we will practice *Loving Kindness Meditation*. While walking back, you will feel relaxed and resonate with loving energy, for yourself and all around you.

Accommodation & Location

Set amidst a huge private garden, a spacious and cozy wooden House is the center point of the property. Located at *Aldeia do Meco*, the region is well known for its tranquility and relaxed environment, even the beaches rarely get very busy as they stretch out over many kilometers. All rooms come with private bathroom and shower, and are located on the ground floor with direct access to the terraces and the garden. Meals can be taken inside or on the patio overlooking the garden. The Beach is only walking distance away but bicycles are also available for all guests.

Aldeia do Meco is located 40 km South of Lisbon. If you would like to explore Lisbon, or any other nearby location during your stay, we will help you arrange a ride or a local guide. Alternatively, if you prefer to have your own rent a car, we can also offer you a quote.

Meals

We believe that food is the cornerstone of well-being. Dinners consist of delicious, largely vegetarian based meals, with fish options (vegan can be arranged upon request). Breakfasts are buffet style with several healthy options to choose from. Lunch can be ordered individually or, depending on the activity of the day, we may suggest a simple local Restaurant along the way.

Yoga & Meditation

This Retreat is about learning to work more skillfully with what you have. Alignment techniques will help you to feel less limited, relaxed and more in tune with your body and your inner self. During the class the instructor will guide you with clear directions through a sequence of movements (*Asanas*), which are challenging, yet therapeutic. A topic is chosen for each class that will help you realize your intentions physically, in your mind, and in your heart. Through the practice of *Pranayama*, *Mantras* and *Meditation* you learn to unwind, and bring some moments of "magic" into your daily life.



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A Sample Retreat Day

7 am : One hour Yoga & Pranayama Session to awaken your energy
8.30 -9.30: Breakfast
10 am: Take off to start the day's activity (Stand up Paddle, for example)
10.30am- 12 am: Arrive at the Beach and start the activity

12.30 pm Return to the House or, if you wish, stay on at the Beach/Town

We will happily assist you with any extra activities you might want to incorporate during you stay.

6.30pm Gather at the House for a little meditation or mindful exercise

7.30pm Dinner

Price per person: 1, 090 Euro

Don't forget to check with us for early Bird discounts for each date

What is included ?

- 2x Group Transfer (both ways)
 - 7x Dinner & Breakfast
 - 7x Accommodation (twin share based)*
 - Daily Yoga session
 - 5x Activities (half day)
 - 1x Meditation
- *Single room surcharge (30 Euro/night)

Are you curious? Please follow the next steps....

- 1) For any queries please e-mail Tina Sahl at: info@beyond-boards.com, Subject: #3 Elements Retreat. Or call (+351) 91 797 0488
- 2) Let us know if you have any queries via e-mail or let us know when we can reach you for a chat.
- 3) We will send you the booking and cancellation policy with the details for a deposit.
- 4) Once the deposit has been received you are in! Congrats for this awesome decision.

Retreat dates for 2019

April 21- 28/May 12-19/May 26 - June 2nd/June 16-23/Sept 22-29/Oct 6-13/Oct 20-27/Nov 3-10

