

PRIVATE GROUP RETREATS TO WELLNESS: DISCOVER YOUR ALGARVE

Experience a specially curated
small group wellness retreat
with deeper, more meaningful
offerings in one of the sunniest
and most fascinating
destinations in Europe, the
Algarve, Portugal.



A bespoke luxurious wellness journey that takes the understanding of wellness off the mat.



Live the Algarve during a luxurious wellness retreat, tailored to your needs and interests, visiting secluded beaches, natural reserves, connecting with your group and learning about yourself along the way.

Whether looking for a cultural, fitness, adventure, culinary, team bonding or golf experience, we can tailor make the program to suit your needs, including arranging external expert resources on topics such as mental health and diversity.

The key thread: Providing an authentic, off-the-beaten track and above all transformative and holistic experience, cultivating moments of presence and mindfulness that will inspire you to acquire new habits as you step back to your daily life.



PROGRAM

While starting and ending the day with daily multi-level yoga classes in nature, no two days will be the same and the final program will depend on the theme of the retreat.

A typical schedule can include:

- 8:00 am: Outdoor multilevel Vinyasa flow yoga class
- 9:30 am: Healthy breakfast
- 10:30 am: Offsite with lunch (can include exploring the picturesque Ria Formosa Natural Park with a local environmentalist, hiking the famous Algarvian cliffs on special tracks, visiting old town of Loulé and Faro's deserted island meeting the locals)
- Afternoon: Rest at hotel enjoying the many hotel amenities.
- 6:00 pm: Workshop on area of interest (for example, can include resource on yoga and yoga therapy, meditation techniques, nutrition, Algarvian cooking or private resources)
- Evening: Following a gentle Hatha yoga at sunset, dinner at hotel or selected locations in Quinta do Lago



PAYMENT AND CONDITIONS



Typical retreats includes:

- Airport transport from and to Faro Airport
- Three nutritious meals a day (excluding alcohol beverages)
- Use of five star hotel facilities (excluding treatments)
- All transport to offsite and local restaurants
- Transport to offsites and local resources

Payment:

- Depending on final program following the brief, from 1200 euros per person for 3 nights.
- Minimum of 6 persons in a group, maximum of 12 persons.



 WYNDHAM GRAND


VILA VITA PARC
★★★★★
ALGARVE

ABOUT YOGA WITH ROLA

After a long career working multinational brands, I moved to the Algarve in 2015 and focused on building my wellness brand, in the belief that yoga is so much more than physical postures, but an invitation to explore the wider meaning of holistic health.

I have organized several retreats for various groups, including CEOs and corporate teams, around this concept. For a holistic journey that offers a wellness experience and tools for more fulfilled post-retreat living, join me in the Algarve.



rolatass@gmail.com
www.yogawithrola.com

