

YOGA WITH ROLA CURATED GROUP RETREATS

Wellness Adventures
in the Algarve, Portugal



JOURNEYS OF DISCOVERY

Make travel with your group an opportunity to enhance personal wellbeing while learning something new in the company of a small group of peers.

Portugal's relatively small size means you can see a lot on even a short trip. The Algarve in the South, regarded as one of Europe's top holiday destination, boasts spectacular areas of natural beauty and scenic coastal views, offering diverse experiences and services in a culturally rich environment.

The welcoming energy of its people and the famous Algarvian outdoor lifestyle make it the perfect destination for a 3-to-5-day retreat with lasting value.



WIDENING THE DEFINITION OF WELLNESS

The Global Wellness Institute defines wellness as the “active pursuit of activities, choices and lifestyle that lead to a state of holistic health.” Wellness is therefore an active process (physically and mentally) as well as holistic, with multiple dimensions.

WELLNESS IS MULTIDIMENSIONAL

Wellness is about more than just physical health. Most models of wellness include at least six dimensions.





- **Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engaging the world through learning, problem-solving, creativity, etc.
- **Emotional:** Being aware of, accepting and expressing our feelings, and understanding the feelings of others.
- **Spiritual:** Searching for meaning and higher purpose in human existence.
- **Social:** Connecting and engaging with others and our communities in meaningful ways.
- **Environmental:** Fostering positive interrelationships between planetary health and human actions, choices and wellbeing.

(Source: Global Wellness Institute)

TYPICAL PROGRAM

Curated programs mean no two retreats are the same. Depending on the objective of the group, a program can be put into place based on a theme.

While multi-level yoga postures, breathing exercises and meditation can be incorporated in the program, themes can vary and include leadership development, mental resilience, art of cultural themes — all while exploring the natural wonders of the Algarve.

Resources for workshops or talks on various subjects can also be organized to enhance the learning experience.




ABOUT ME

After a 15-year corporate career in multinationals, based in the UAE and UK, I relocated to London where I completed 200-hours Registered Teacher Training certified by Yoga Alliance, USA.

Five years ago, when my children left for university, my husband and I decided to make Portugal our home. Based in Algarve, Portugal, I completed the 500-hour level Registered Teacher Training (certified by Yoga Alliance USA and UK) in [Suryalila Center](#), Spain, and Yoga Therapy Diploma at the [Yoga Therapy Institute](#), Amsterdam.

Off the mat, I continue my free-lancing work in content marketing and writing for yoga publications such as [Yoga Magazine](#) and corporate clients, including [YPO.org](#).





I began organizing retreats five years ago, mostly for friends and family wanting to visit the Algarve and do some yoga. As an advanced yoga teacher and a yoga and wellness writer based in the Algarve, I welcomed these opportunities to meet people and share local gems and hot spots while weaving in some yoga and mindfulness tools during their stay.

Gradually, I began organizing events for larger groups from YPO.org (the leading global organization of CEOs) looking for deeper authentic experiences and learning opportunities. I became more involved in finding speakers, experts in different fields, organizing seamless programs and experiences that are “off-the-beaten track” while building my local team of suppliers.

Unlike mass marketed yoga and wellness retreats, my retreats embrace wellness in its multidimensional form, providing guests with deeper authentic experiences and wellness tools that they can carry home with them. What motivates me most is sharing simple proactive tools to maintain a healthy lifestyle, reduce stress, prevent disease, and enhance our wellbeing.

My base is in the Algarve but I can organize similar wellness retreats in Lisbon, Greece as well as Lebanon, which despite its political and economic turmoil, still has so much to offer in terms of landscape, culture and resources. Whether looking for a cultural, fitness, adventure, culinary, team bonding or golf experience, the program can be tailored to suit your needs, with external expert resources on the topic of choice.

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.



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ACCOMMODATION

All bespoke retreats are based on special five-star hotels or luxury villas surrounded by natural setting. Depending on the budget, we can choose the right space and environments to suit different objectives.



5 Key Differences from Other Retreats

1. Curated holistic wellness experiences, no cookie cutter approach: A program can be created to suit the group's objective, with ongoing content marketing support to help promote the event.
2. Lasting benefits: Learning about new wellness tools, including breathing exercises and mindfulness, strengthening personal well-being and community bonding.

3. Intimate and personal: Focusing on authentic experiences, away from crowded touristic destinations, with personal attention to individual needs.

4. A learning experience with leading experts. Resources can be secured to talk about a range of topics, including cultural, fitness, leadership, or other specific topics relevant to the group.

5. Fun and healthy: While the focus is on wellness, this is not a detox or fasting retreat. Culinary experiences will be provided to suit all requirements, sampling local food and wine with a focus on fresh produce.

