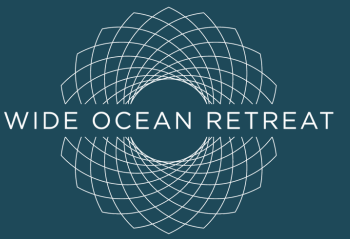


# SUMMER VILLA



## Alentejo, Portugal

We'd like to welcome you warmly to our Summer Villa! Here, you and your students will be able to feel the effects of your programme, mix them with unique experiences and deep rest, creating a retreat you will never forget!

### CREATE MEMORIES!

- A silent hike on the top of the nearby mountain will calm the mind, move the body and let you see life in a different light.
- Time to reset in nature: direct access from the Villa to the wild mountains invites you to go on long hikes and sunset meditations. Discover the guided hiking trails of the Rota Vicentina that run past the accommodation!
- Enjoy a swim in a natural oasis between rocks and forest - a 'river beach' that is only a 40 minute drive!
- Switch up the yoga sessions with a trip to our hidden river platform. Doing yoga on the river, watching fish jump and storks fly.
- Round off the retreat with a delicious Portuguese cheese and jam tasting and a barbeque with local products. Time to laugh and just be together on a warm summer night.

### GET SOME DEEP REST

Enjoy yoga sessions on the open outdoor terrace with a view of the fields in the morning or a candlelit session in the covered area in the evening. Yoga mats, blocks, belts and blankets will be provided.



The Summer Villa has a brand new swimming pool, as well as lots of outdoor sofas and beds for a relaxing read in the shadow. We are also happy to arrange Ayurvedic massages with our therapist Tiago, who will come and set up at the venue.



### DISCOVER AND FEEL ALIVE!

- Time to breathe the fresh ocean breeze! The surrounding natural parks and wild mountains are perfect to reconnect with nature. The River Mira is not far away, which is known to be one of the cleanest rivers in Europe!
- Of course, the Summer Villa is great to discover untouched beaches in the area by foot or car! Enjoy a walk along the stunning cliffs, between the ocean and the colourful bloom of the coastal flora and fauna.

