

Ayurvedic Yoga and Sound Bath Retreat for Mind Body Balance

January 5-10 2024 - Portugal



Destination Wellness



Get away from the stresses of normal life and immerse yourself in 6 days of self care at our Exclusive, Tranquil, Luxury Resort



- Daily yoga classes, for all abilities, at Europe's #1 yoga studio
- A chance to Refresh, Renew, & start the year with Purpose & Intention
- Reduce stress with simple, powerful routines
- Daily workshops for healing, growth and transformation
- Balanced, Scrumptious, Nourishing Food
- Be utterly pampered with Luxury Treatments



From £1150, depending on room style. What's included:
60 minute Ayurvedic consultation - 45 minute treatment -All meals, snacks & drinks
Airport transfers - Retreat pack (worth £100) - Daily Yoga, Workshops & Activities