

YOGA & BEACH IN PORTUGAL WITH MICHELA

15 - 22 SEPTEMBER 2018



A week of yoga, sun, beach and a lot of space and time to simply enjoy the moment. During our stay in Portugal we will allow ourselves to unwind and recharge body and spirit nourished by the experience of the Atlantic Ocean and the powerful Nature surrounding us. We will practice yoga twice a day, have time to surf, hike, climb, mountain bike, swim or just chill . Our location, the Star Pine Lodge, is very well situated, easy to reach in about 40 minutes from Lisbon and just a 5 minutes walk to the closest beach. Our program is tailored to allow you to relax completely and it includes a personal Kinesiology treatment, all breakfasts and lunches and two delicious vegetarian dinners.

Detailed information

About our location

We will stay at the cosy Star Pine Lodge, within walking distance to several beautiful beaches, restaurants and picturesque villages. The Star Pine Lodge is surrounded by the green hills and the mystic forests of the natural park of Sintra & Cascais to the east and the deep blue Atlantic Ocean to the west.

Wake up to the sound of the waves breaking on the shores of Praia Grande and feel the mysticism of Sintra, one of Portugal's oldest towns and age-long holiday home of king and queens.

The lodge is exclusively reserved for our group. There is a garden with swimming pool, beautiful indoor and outdoor areas which invite you to stay and relax as well as a communal kitchen and barbecue for free use. The historic town of Sintra, is only about 10 km away. Come enjoy the region on a walk to Cabo da Roca along the Atlantic coast, a stroll through one of the picturesque villages or a visit to one of the magnificent palaces and castles and their gardens.



www.starpinelodge.com
Colares, Sintra, Portugal

Program

Day of arrival 15.9	Check-in from 14.00 17.45-19.15 Happy landing Hatha Flow Yoga Vegetarian 3 course dinner included
Daily program	Approx. 7.30-9.15 Hatha Flow Yoga From 9.15 Breakfast Lunch box included every day Free time (optional surfing, mountain bike, hiking, climbing, etc.) One Individual treatment (60 min) Approx. 17.45-19.15 Yin Yoga Free dinner, options in town or to use kitchen at the lodge *Last evening: Vegetarian 3 course dinner incl.
Last day 22.9	Hatha Flow Yoga 7.30-9.00 Breakfast 9.00 End of retreat

* All yoga units by Michela Montalbetti

** Program times are subject to minor changes to suit the group's needs.

Optional activities

- **Surfing.** You can book a surf course over several days or just rent a board if you already know how to surf
- **Rock climbing and Mountain biking**
- **Trips** to the surrounding sights
- Drive with the historical tram to **Sintra**

- Organised **hikes** in the natural reserve
- Private yoga assessment classes with Michela
- For info about arranged optional please contact Betina. If you are interested in a surf course we kindly ask you to tell us in advance ---



How to get there

Individual arrival by plane to Lisbon. Several airlines offer direct flights a day from Zurich or Milan (TAP, Swiss, Easyjet, ecc.). Prices start from CHF 150.00. Take the train from Lisbon to Sintra, there are several trains per hour and the trip takes about 40 minutes. A taxi or shuttle bus transfer from the airport to the lodge can be arranged too. Ask Betina if you are interested in a private taxi transfer.

The lodge offers a **free pick-up service from the train station in Sintra**. Extend your stay with a few days by the sea or explore Lisbon - it's totally worth it!

Price

Price per person (with at least 10 participants) for 7 nights in the room of choice incl. breakfast, lunch box and two vegetarian dinners, daily morning and evening yoga lessons and one treatment in Kinesiology/Energetic Medicine. All yoga props are available (mats, blocks and belts) we recommend to bring your own mat.

Double room with shared WC/Shower	1036 €
Double room with private WC/Shower	1121 €
Single room with shared WC/Shower	1336 €

Who are we

Betina and Michela met in Ticino during a Yoga Retreat where Michela was teaching Yoga. Betina is living in Portugal at the moment and is taking care of the organisation and putting her local know-how at our service. We are happy to have her local support!



Michela Montalbetti
E-RYT 500,
Ticino & Zurich



Betina Siegle-Antunes
Kinesiologist DGAK
tourism specialist

Yoga is an intelligent and subtle way to find balance, calmness and connection, every day on the mat and in other areas of my life. It prepares us for so many big and small waves of this incredible journey. Sharing yoga is the most beautiful way to .

I like to accompany people on their journey closer to themselves. I work with elements of kinesiology as well as energetic bodywork and get involved intuitively with my counterpart. In Portugal, my second home, I organize various weeks and retreats.

Contact for further info and enrolment

Betina Siegle-Antunes
info@portugal-erlebnis.ch Tel +351 910 642 148, www.portugal-erlebnis.ch

Contact for further info about Yoga

Michela Montalbetti,, info@yogami.ch, Tel +41 79 103 74 43, www.yogami.ch

Conditions and policy

Register by using the form and e-mail it to info@portugal-erlebnis.ch

Minimum number of participants The yoga & beach week is guaranteed from 10 participants upwards. A small group surcharge may be charged for fewer participants.

Deposit of EUR 550.00 after receiving the definitive confirmation (as soon as the minimum number of participants has been reached or a small group with the corresponding surcharge) payment of the due balance up to 1 month before starting of the retreat.

Cancellation policy

In case of cancellation, the participant owes the organizer the following amounts:

- From registration until the definitive confirmation of travel: EUR 60.00 handling fee.
- From definitive travel confirmation until 61 days before departure: 75 % of the total amount according to reservation confirmation.
- 60 - 0 days before departure: 100 % of the total amount. In order to calculate the cancellation costs, the arrival date of the cancellation at the organizer is decisive.
- We highly recommend to have a travel insurance
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Registration form

Name _____

Date of birth _____

Address _____

Phone nr. _____

E-mail _____

Type of room _____

- Please send me further information about SURF CLASSES
- Please send me further information about CLIMBING ACTIVITY
- Please send me further information about MOUNTAIN BIKING
- I do have a travel cancellation insurance

Every participant has his/her own health insurance and is completely responsible for his/ her own health. There is no liability for damage to property or personal injury.

- I have read the cancellation policy and agree on the liability policy above.

Date and Place

Signature
