

## Autumn Yoga Retreat Portugal

17-21 October 2019

Sasha Gabbe and Chia Retreats warmly invite you to join us on this 5 day retreat.



The retreat is based in north Portugal, one hour drive from Porto airport. It takes place in a gated estate where a private restored manor house lies dating back to the 17th century with recent reconstruction bringing you all the comforts of modern contemporary life. This rural property is set in 42 acres of gorgeous, green and natural scenery.

Sasha's will lead you through classes exploring the energy channels of the lungs and large intestines. They relate to letting go and change, perfect for the transition into Autumn.

### Retreat highlights

- Twice daily yoga with Sasha: morning meditation & energizing Hatha flow and a more yielding evening practice of yin & restorative in a beautiful indoor heated shala with yoga equipment including mats, bolsters, cork bricks, blocks, straps, blankets and eye pillows
- Enjoy a stay in a manor house in a private gated estate set in the Portuguese hills
- Contemporary accommodation with twin comfortable beds and fresh bed linen
- Daily housekeeping

- All rooms/apartments have en-suite bathrooms with towels and nature based body wash
- Private use of indoor and outdoor pools, lake, small gym, tennis court
- Plant-based chef and team providing Teas/coffee/light snacks pre yoga, hearty brunch and freshly cooked evening meals including local wine
- Fruit, teas, coffee and beverages available 24 hours
- 16:00 check in and 11:00 check out
- Airport return transfers included – the venue is 1 hour from Porto airport

### Retreat Rates

Type of Accommodation	Number of rooms/ apartments available	4 night Early bird pp	4 night Retreat pp
<b>Rooms</b>	10		
➤ Shared Twin Room		€825	€875
➤ Private Room sole use		€1065	€1095
<b>Stone Cottages</b>	2		
➤ Shared double bedded room		€950	€1000
➤ Private double room		€1200	€1275
➤ Shared triple/quadruple		€775	€820
Bring a non yogi partner to share your room		n/a	€690

### Discount

Early bird discount until end April 2019.

### Book now

25% deposit to secure your place! Balance due 6 weeks before the retreat.

**WOULD LOVE YOU TO JOIN US!**

**EMAIL YOUR INTEREST TODAY**

**sashagabbeyoga@gmail.com**