



PORTUGAL RETREAT

**SATURDAY 8TH TO SATURDAY 15TH MAY 2027
YOGA EVOLUTION RETREAT CENTRE, OLEIROS**

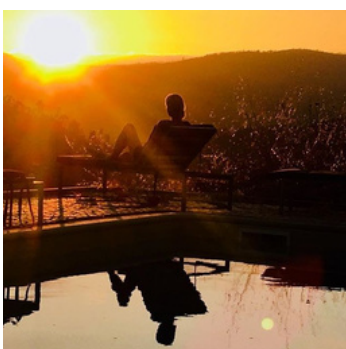


Our home for our spring retreat in 2027 will be the beautiful Yoga Evolution Retreat Centre in Portugal, about 2 hours from Lisbon.

The centre is set in thirteen acres of well-loved and unspoilt forest, with beautiful terraces stepping down the Bacelo hillside, and offering incredible views of the surrounding valleys and hills. The valley is particularly magical, with ancient olive groves and a rejuvenating stream bubbling through a myriad of natural slate rock pools. A haven for wildlife and a truly peaceful place for us to escape to.

As ever, the retreat is the perfect opportunity for you to rest, recharge, and rejuvenate, to immerse yourself in all elements of your yoga practice, and to surrender to the present moment.

Whether you're an experienced yogi or a beginner, it is my pleasure to invite you to join us.

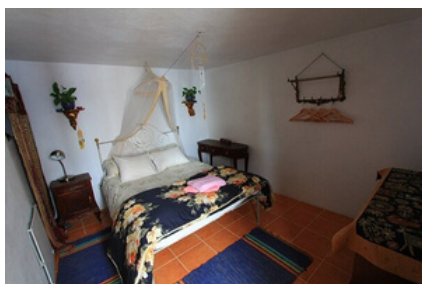


Accommodation



In the main house, we will have access to a cosy lounge, with an extensive library of books to enjoy. There is wi-fi in designated areas, though not in all bedrooms (but perhaps the ideal opportunity to disconnect?)

The sleeping accommodation options range from cozy stone cottages to larger guesthouses, all of which have been designed to provide maximum comfort while respecting the natural environment. Each bedroom is tastefully decorated and offers 100% cotton bedding, feather duvets & pillows (hypoallergenic bedding available if required) and mosquito nets. For those seeking a truly unique experience, there are also eco caravans nestled in the forest, providing a back-to-nature experience without sacrificing comfort.



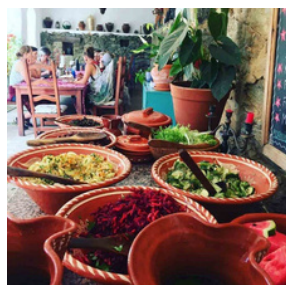
Your choices are: twin or single bedroom with shared bathroom facilities, double ensuite bedroom (for single or double occupancy), or eco-caravan.



Meals

We will enjoy 3 delicious vegetarian meals a day, created lovingly with as much local and organic produce as possible, and all our meals will be taken on the terrace. Is there anything finer than dining “al fresco”?

There are also plentiful teas and coffee on offer.



Yoga and Other Things to do

Of course, the retreat will be filled with plenty of yoga practices, of varying energies and styles, in the purpose-built practice Shala. The space has a beautiful wooden floor, and French doors opening out into the countryside. It is fully equipped with Manduka Pro mats, blocks, bricks and bolsters.



Between our yoga sessions, you can spend your days exploring the forest trails, connecting with nature, or simply relaxing. Around the site, in sunshine and shade, there many places to enjoy the peace: daybeds, hammocks and of course around the pool.

The saltwater swimming pool is a real highlight of the centre. With stunning views over the valley, it's the perfect spot to cool off and relax in the sunshine. Saltwater is used instead of chlorine to minimise impact on the environment and ensure your skin and hair remain healthy.

And if you fancy a little extra indulgence, there is a cosy treatment room where you can receive a relaxing massage, reiki, and other healing therapies. Experienced therapists will tailor the treatment to your specific needs, using natural and organic products to enhance the healing process.

On one day, we will also enjoy a trip to the local river. A chance to take a dip, and share in a picnic lunch.



So...what does it cost?

- 7 x Single room, shared bath £825pp
- 2 x Twin room, shared bath £775pp
- 2 x Double room, own bathroom £775pp OR £1100 single occupancy
- 3 x Caravan (single occupancy, shared bath) £725pp

What is included in the price?

- 7 nights accommodation
- Breakfast, lunch and dinner each day, and endless teas and spring water
- All the yoga sessions and workshops!
- A trip to the local river with a picnic lunch

What is not included?

- Flights (most likely airport is Lisbon)
- Transfers (though we will arrange these collectively at a small additional cost)
- There may be additional optional excursions - tbc.
- Travel insurance (highly recommended)
- Tips (though we will collect these centrally)
- Additional snacks and drinks
- Any spa treatments

How to book

Email me at tiffany@nilayaretreats.yoga, with the title "Portugal retreat 2027", and let me know you'd like a space.

Be sure to tell me your first choice of room (and if you are sharing and know who you'd like to share with, tell me that too!)

Rooms will be allocated strictly on a first come first served basis.

I will then confirm your place and send you the bank details.
I will hold your space for 48 hours to pay the **non-refundable deposit of £250**.
(full t'c & c's available upon booking)

Ways to pay

Once your deposit is paid, you have 2 options for payment

Option 1: by 4 installments: 30/4/26, 31/7/26, 31/10/26, 31/1/27

Option 2: by monthly installments

(amounts will depend on accommodation chosen)

On booking these payment schedules will be confirmed by email.

**Of course, if you have any questions at all,
then please don't hesitate to get in touch.
And I look forward to sharing this exciting
adventure with you!**

