



# WELLNESS SPECIAL RETREAT BODY & MIND

MAY & JUNE 2022



This Body & Mind Retreat on Portugal's Silver Coast will help you explore your inner self with the perfect combination of these activities.

Learn or improve your surfing skills, relax and stretch your muscles while practicing yoga, relieve your mind with meditation and control your breathing with Apnea techniques.

Adapted to any level as this retreat is tailor made for all guests.

## 4 NIGHTS

MAY : 735€ SINGLE / 920€ DOUBLE  
JUNE : 755€ SINGLE / 940€ DOUBLE

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Bed & Breakfast

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1 Surf Lesson

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1 Spa Massage

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1 Yoga Session

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1 Apnea and Longe-cote Session

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1 Meditation Session

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## 7 NIGHTS

MAY : 1215€ SINGLE / 1550€ DOUBLE  
JUNE : 1240€ SINGLE / 1575€ DOUBLE

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Bed & Breakfast

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2 Surf Lessons

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1 Spa Massage

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2 Yoga Sessions

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1 Apnea and Longe-cote Session

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1 Meditation Session

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1 Traditional Chinese Medicine Session

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