

Portugal Yoga Retreat with Siew Yue

Thursday, 1st - 4th of May 2025

A long weekend to indulge yourself in a luxurious retreat with beautiful views of the Algarve countryside to the sea. Immerse yourself in a laidback countryside and coastal life within easy reach (20 min car ride away).



Laze by the saltwater pool and explore the countryside and wildlife...

Come with your spouse, alone, or your best friend for a memorable weekend together.

This gorgeous location is a piece of Portuguese paradise on its own. Pull on your shoes and explore the 3 hectare

countryside, read a book under the sun drenched patio for a chill afternoon or go for a scenic stroll in the charming town of Olhao.



Contact - Siew Yue
07 67 37 16 91

yogasiewyue@gmail.com
www.siewyueyoga.com

Your yoga practice

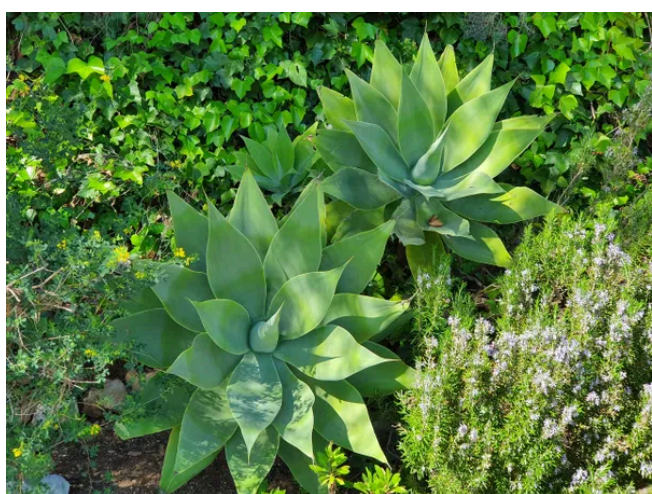
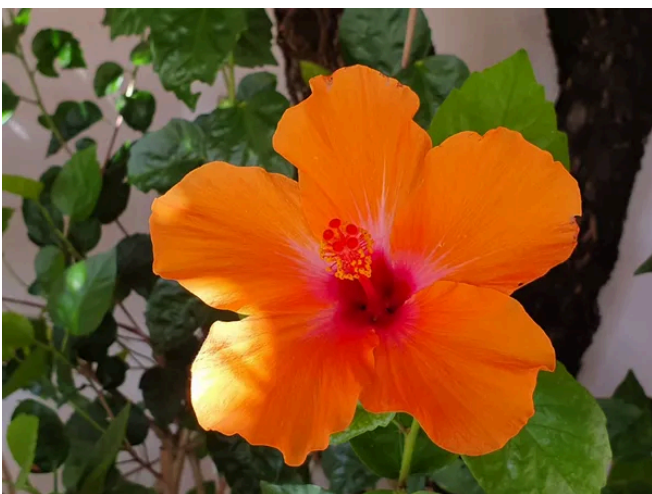


There will be two practices daily :

- energizing Vinyasa in the morning and relaxing Yin in the evening.

From my experience, Yin yoga is everyone's favorite practice during a retreat. There will be dreamy and amazing adjustments for you to replenish your energy and feel so good after.

Classes will take place either under the covered patio or in the garden overlooking the countryside. Yoga mats are provided.



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The food



Because eating well is just as important as taking care of yourself !

Two amazing chefs Nadia and Ricardo will be cooking locally sourced organic vegetables, fruits, animal proteins, and homemade breads and pastries. They created a family business after extensive experiences in Michelin star restaurants. Their mouthwatering recipes and meals are free from gluten, dairy, and refined-sugar. So let's be pampered by hearty and healthy farm-grown meals to fill your bellies.

Of course, an honesty bar will be available for those who would like to have a glass or two.



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It's your retreat...



During the day, you can do whatever you want.

Take a nap, read a book, relax by the heated pool, hike, and go to the beach...

Hang out alone or with the group.

In between classes, you will have time to explore the domain, chill out by the

heated salt water pool, island hopping, explore the secret coves and cliffs by the coast. Or indulge in a massage, enjoy the sunshine and laid-back countryside. You can also drive in town to explore the colorful coastal architecture, visit local shops, markets, pretty cafes, and ice cream parlors.



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Schedule

Thursday 1/05

16h Arrival and check-in.

A healthy snack and tea will be ready for those who are hungry after the trip.

17h30 - 19h00 Yin yoga + Opening circle

20h Dinner

Friday 2/05 & Saturday 3/05

From 7h30 Coffee, tea, fruits

8h30 - 10h00 Vinyasa practice

10h30 Brunch

Free time to treat yourself.

You can stay to take a nap, get a massage, go for a hike, drive in town for a coastal walk, hang out at the beach...

The saltwater pool is heated so you can enjoy it whenever you want.

16h00 Snack

17h30 - 19h00 Yin yoga

20h Dinner

Sunday 4/05

From 7h30 Coffee, tea, fruits

8h30 - 10h30 Vinyasa + Yin practice + Closing circle

10h45 Brunch

14h00 Check out

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Your rooms & Prices



Twin single beds in a shared room with ensuite bathroom
(2 people in a room - 3 rooms)

770 euros per person
(early bird 695 euros)

Triple single beds in a shared room with ensuite bathroom
(3 people in a room - 2 rooms)

725 euros per person
(early bird 650 euros)



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What is included in the price ?

Your accommodation.

Hand, bath, and beach towels are provided.

Meals for the whole duration of the retreat

- Tea, coffee, fruits, and nuts before morning yoga
- Brunch
- Snack at 16h
- Dinner

All yoga classes with Siew Yue.

Does not include :

- Transportation back and forth to the villa
- You can rent a car or easily Uber for a reasonable price
- Additional activities
- Wine

An honesty bar is available with a selection of wine.

Total consumed to be paid in cash to Siew Yue at the end of the retreat.

Payment

Early bird until 31/01/2025 included.

Down payment = 300 euros (non-refundable).

Total amount to be paid in full - 1st of February 2025.

Payment in cash, check or bank transfer.

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