



Yoga & Meditation Retreat in Portugal

Lisbon, Sintra

5 nights | join a small group

Experience Highlights:

- 📍 Be spoiled with 2 daily sessions of yoga, an evening meditation, and an abundance of tasty vegetarian food
- 📍 Set in just 10 minutes from the beach in a magical part of Portugal.
- 📍 Make new friends, self discoveries, and obtaining new habits that will benefit you for a lifetime.

What's Included:

- 📍 5 nights accommodation
- 📍 10 x 1 hour long yoga classes twice daily from Monday-Friday
- 📍 5 x 1 hour long guided evening meditation every evening from Tuesday-Friday
- 📍 5 buffet breakfasts, 4 lunches and 5 dinners
- 📍 Water and tea throughout the day