



Lakeside in Southern Portugal

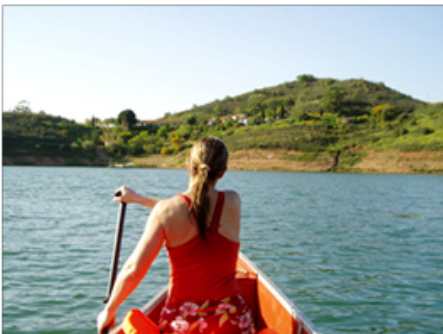
Wellbeing through Nature Retreat

Our unspoilt, rural location is the perfect setting to unwind, restore and learn the art of relaxation. This little piece of tranquillity nestled in nature and surrounded by its lovely gardens of flowers and fruits trees can be enjoyed under the warmth of the Mediterranean sunshine, as autumn creeps in back home.

Date:
11th Sept 2020

7 nights
Full board

Wellbeing through Nature Retreats are designed to relax the mind, body and soul through a unique blend of outdoor guided therapeutic activities and meditation , good food and space for plenty of down time...and fun!



The Quinta-our Portuguese home for the week is sat on a beautiful 25 mile lake, so provides an opportunity for swimming, canoeing, paddle boarding or simply relaxing with a good book on the pontoon or nearby terraces, providing plenty of options to unwind.



Our accommodation is spacious & comfortable with a Portuguese ambiance. Each bedroom is en-suite with tea & coffee facility and lakeside views.

We will enjoy plenty of home-cooking often made with produce from the organic gardens, honey from the hives on the hillsides, free-range eggs from the local chickens, bread baked daily with flour from the local mill and of course fish from the lake. There is also a well-stocked bar boasting local Portuguese wines and beers.



Green and proud of it!

The Quinta has 'green' credentials, priding itself on its sustainability and eco-tourism. Certainly something we support and is recognised by organisations such as Tripadvisor ,gaining Certificate of Excellence status for eight years running and awarded their Platinum Green Leader certificate.

We are spoilt for choice with the wonderful outdoor spaces to enjoy a variety of wellbeing activities and down time. Enjoy some guided Mindfulness yoga on the private pontoon...



Meditation or Breath exercise at sunrise on the shala- the view is amazing!



Practice guided Qigong immersed in nature on one of the many terraces or shala, and maybe take in some shade from the many varieties of trees and plants in the surrounding gardens.

We can meander on local walks in this rugged and sparsely populated landscape dotted with small Alentejan "montes" set amidst hillsides of cork trees... the local cork oak forests, the "Montados", of southern Portugal are part of local conservation.

Sunrise is around 7.15am here so not too early and breakfast will be waiting...

Do you like to dabble with photography or art ? Then why not bring your camera or sketch pad...from landscape to nature there is plenty to focus on. Treat yourself to an on-site professional Shiatsu Masseuse to aid relaxation further (optional extra) .We can also arrange birdwatching and nature trips from our accommodation that can be enjoyed during free time (optional extra).



Relax and unwind as you enjoy the sunset across the hills...maybe with a pre-dinner drink!

Overview: During the week there will be a blend of Tai Chi Qigong, Mindfulness meditation and yoga, Breath exercises, Local Walks and Coaching (no experience required) We will practice in the private outdoor spaces using nature to enhance our wellbeing and relaxation. We aim to teach or strengthen your practice so that you return home feeling energised and with a sense of focus.

All sessions are run by a professional practitioner of wellbeing Coaching, Tai Chi Qigong & Mindfulness teaching - accredited by the British Psychological Society and CIMSPA

- **Tai Chi Qigong**-A non-contact form of martial art which builds stability, strength, loosens joints, eases the mind. We will experience two forms of practice- one to relax and one to energise.
- **Mindfulness walks**- 'rewilding our senses' which we will do around the vast gardens. **Nature walks** exploring the immediate surrounding local countryside
- **Mindfulness yoga**-A gentle form for loosening and stretching with a focus on the breath and movement, whilst creating mental focus
- A series of **meditations including Mindfulness**- Sometimes it's hard to relax or still the mind. This can have an impact on our lives, such as sleep

issues, eating habits, stress, depression, overwhelm. We will explore a few proven meditations to aid such issues and in turn can increase focus & clarity



- A series of **breath sessions** will be explored...breath techniques for 'efficient' breathing aiding mental & physical wellbeing can see noticeable improvements...lowering blood pressure, reducing anxiety and stress, aiding sleep are only a few.
- **Coaching**, to assist if things in life need some re-evaluation or a restart. Coaching is used by many from Athletes and business entrepreneurs to Mums or newly retired. It is a means of finding a clear perspective or focus for a life aspiration or simply future planning your way forward...

Costs: £1470 (*no single person supplement)

Whats included: airport transfers to accommodation in Portugal, Food-Full board, all wellbeing activities, materials and equipment, the use of paddle boards, canoes.

Flight not included-Birmingham to Faro Airport (Time TBA)

*Shiatsu Masseuse/Birdwatching and nature trips -pre-booking required and payment paid to the Portuguese provider during your stay.

coachgenie.uk working in partnership with Experience Nature Tours