

WHY THIS RETREAT?

This retreat aims to provide you with an experience of profound renewal, where each moment is designed to awaken serenity and rebalance your being.

Here, the body and mind reconnect through practices that harmonize the nervous system, promoting a state of well-being that extends beyond the days lived.

All this happens in a refuge that, due to its serene and contemporary beauty, becomes the perfect stage for moments of introspection and connection with the essence.

**DEEP BREATHS AND ENJOY
EVERY MOMENT!**

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RETREAT RENEW & RESTART

PROGRAM

**SHIFT
RETREAT**

WELCOME TO THE RENEW & RESTART RETREAT

More than a retreat, this proposal is an invitation to transformation: to get to know yourself more deeply, to undo what weighs you down and to emerge with a renewed spirit. It is a detoxification of body and mind, a rediscovery of inner serenity and a recovery of peace.

We hope you enjoy every moment and every experience.



PROGRAM

FRIDAY OCTOBER 3RD

- 16:00 - 17:00 Check-in and welcome
- 18:00 - 18:30 Retreat presentation
- 19:00 - 20:00 Restaurative Yoga
- 20:30 - 21:30 Dinnes
- 21:30 Building Connections



SATURDAY OCTOBER 4TH

- 08:00 - 09:00 Dynamic Pilates
- 09:30 - 10:30 Breakfast
- 11:00 - 12:00 Emotion Wheel,
Walk & Breathwork
- 13:00 - 14:00 Lunch
- 14:00 - 18:00 Free Time
- 18:00 - 19:30 Yoga
- 19:40 - 20:15 Meditation and Pranayama
- 20:30 - 21:30 Dinner
- 21:00 Dark Sky Activity

SUNDAY OCTOBER 5TH

- 08:00 - 09:30 Energetic Class
- 10:00 - 11:00 Breakfast
- 11:00 - 14:00 Free time
- 14:00 - 15:00 Lunch
- 15:00 - 16:00 Check-out & Farewell