



WELLBEING RETREAT
FOR EMPATHIC WOMEN
IN PORTIMÃO, ALGARVE
APRIL 29 - MAY 6, 2022 (7 DAYS)



EVA EULENSTEIN
Leadership & Mindfulness Coach

DAY 1

Arrivals Day - Friday April 29



- Arrival in Faro or Lisbon Airport
- Check-in at Ana Ana house in Portimão (after 14:00)
- 19:00 Welcome dinner

DAY 2

Saturday - April 30



- 09:00-10:15 Gentle yoga to arrive. Focus on breathing exercises and the heart center. ELEMENT: AIR
- 10:15-11:15 Breakfast
- 11:30-13:00 Coaching Workshop: Guided visualization to reconnect with your inner wisdom, time for self-reflection, and setting the intention for the week



- 14:00-15:00 Lunch
- 19:00 Dinner at a local restaurant & watching sunset

DAY 3

Sunday - May 1



- 09:00-10:15 Morning Yoga session for grounding energy
ELEMENT: EARTH
- 10:30-11:30 Breakfast
- 12:00-18:00 Seven Hanging Valleys Trail, incl. picnic break
- 19:00 Dinner

DAY 4

Monday - May 2



- 07:30–08:45 Morning Yoga for building up confidence transform, clear, and detoxify body and mind. ELEMENT: FIRE

- 09:00–10:00 Breakfast

- 10:00–13:00 Time for yourself (see Extras)

- 13:00–14:00 Light lunch at the house



- 14:00–17:30 Time for yourself (see Extras)

- 17:30–19:00 Coaching workshop: letting go of what is holding you back as an empathic entrepreneur, inner saboteur, and mind blockages

- 19:00 Dinner

DAY 5

Tuesday - May 3



- 08:00–09:00 Breakfast

- 09:30–13:00 Forest bathing experience in Monchique

- 13:00–14:30 Lunch in a local restaurant, afterward drive back to Portimao (30 MIN)



- 17:00– 18:30 Evening Yin Yoga & Yoga Nidra – Focus on creating inner space, letting go, release emotional blockages. ELEMENT: SPACE.

- 19:00 Dinner

DAY 6

Wednesday - May 4



- 07:30–08:45 Yoga at the beach to connect with the creative movement of life, get inspired by the sea breeze, learn how to go with the current of the unknown. ELEMENT: WATER

- 09:30–10:30 Breakfast

- Time for yourself (see Extras)



- 13:00–14:00 Lunch

- Time for yourself (see Extras)

- 19:00 Dinner at a local restaurant

DAY 7

Thursday - May 5



- 09:00–10:00 Breakfast

- 10:30–12:30 Coaching workshop: Reconnect with your intuition, tools to stay grounded for empaths, next steps how to integrate the experiences of this week into your work life

- 13:00–14:00 Lunch

- 14:00–17:00 Time for yourself (see Extras)



- 17:00–18:30 Final Yoga class with Tibetan healing bowls. All 5 elements

- 19:00 Goodbye Dinner

DAY 8

Departure Day - Friday - May 6



- 09:00–10:00 Breakfast
- 10:00–14:00 Departure

NOTES

- You need to arrange your own flight arrival and departure
- We can organize a taxi pick up and return to Faro airport for you (50 MIN, 60 EUR per trip up to 6 women can share the cap), no rental car needed during the week
- 3 dinners/lunches will be in wonderful restaurants outside of our retreat residence. The costs of these meals will be carried by each person individually
- Water, Coffee, Tea is included all week. 2 glasses of local wine/beer are included per dinner. You can buy other soft drinks, alcohol at your expense. The next supermarket is 5 Min walking time away



FOR MORE AMAZING EXPERIENCES BOOK...

- Private one-on-one 60 MIN coaching session with Eva for a more fulfilling work life (exclusive retreat prize 119 EUR, excl. VAT)
- Private one-on-one 60 MIN Follow-up coaching call with Eva 30 days after the retreat to deepen your insights and take action (exclusive retreat prize 119 EUR, excl. VAT)

Treatments with Berta:

- Ayurvedic Consultation (Get to know you better through an Ayurvedic perspective), 60-90 MIN: 50 EUR, Ayurvedic Massage (restorative/recharging) 60 MIN: 45 EUR, 90 MIN: 65 EUR
- Relaxing massage 60 MIN: 40 EUR
- Thai Yoga Massage (tension release through assisted stretches) 60 MIN: 50 EUR, 90 MIN: 70 EUR, Thai Yoga Massage + Sound Healing therapy (crystal and Tibetan bowls) 90 MIN: 65 EUR
- Indian Head Massage + Sound Healing Therapy (crystal and Tibetan bowls) with Berta 60 MIN: 45 EUR



FOR MORE AMAZING EXPERIENCES BOOK...

- City Bike rental 13 EUR a day, or 58 EUR for 7 days
- Photoshoot with a professional photographer at the location or outside for your website, social media, etc (60 MIN: 100 EUR, 40 pictures), <https://www.thebeye.com>
- Boat Tour to beaches and secret caves, sunset tour, the river of Silves (approx. 2.30 h): 25 EUR per person
- Stand up Paddle Board Tour around all the secret beaches in Portimão (approx. 2.30 h): 40 EUR per person

