



15.-19. November I 2023 I Portugal

Blissful Sisters Retreat

- *Rising Feminine Power* -

with Jana & Theresa



*Embark on a transformative journey
of feminine empowerment*

Discover the secrets of feminine energy at our 'Blissful Sisters' Retreat
Immerse yourself in yoga, meditation, workshops and rituals,
including a meaningful insights about the female cycle.

n u r t u r e w o m e n ' s w e l l - b e i n g
a w a k e n y o u r f e m i n i n e e n e r g y
e m b r a c e t h e m a g i c o f s i s t e r h o o d

Join us for this life-changing experience
that celebrates the beauty of being a woman.

with Jana & Theresa



THE
SPIRIT



T H E S P I R I T

Start the relationship with yourself

Women Health & Creativity Workshops

Cacao Ceremony & Ecstatic Dance

Women Circle & Womb Healing

Daily Yoga Practice

(Movement) Meditation & MORE

with Jana & Theresa



THE
PLACE



T H E P L A C E

*Arrive in place where you awaken
your feminine energy*

Make yourself home in one of the six cozy bedrooms

Catch the sun around in the backyard & pool area

Escape for some Me-Time in the Nationalpark or quite corners of the house

Enjoy Sisterhood in the Communal Spaces

Practice surrounded by nature or protected in the indoor Yoga Space

Surf & Yoga Retreats Portugal
@surfnyogaretreats



T H E
F O O D



T H E F O O D

*A spoon full of love creates a
feeling of being loved*

Taste vegetarian & vegan food
inspired by the flavours from the region and recipes from around the world

Our passionate chefs are creating magic on plates for you

Organic & regional products for a healthy diet and a green planet

Fill you tummy with nourishing:

Morning & Afternoon Snacks

Fulfilling Brunch

3 Course selected Dinner Menu

Fruits, Coffee, Tea all day long



J A N A

@jana_noel

is a holistic Women's Health Coach, Nutritionist and certified Yoga Teacher. She will share her profound knowledge about hormone health, female cycle & women's wellness in your workshops. During the whole Retreat she will create a safe space for the awakening of your feminine energy and share the magic to embrace sisterhood together.

T H E R E S A

@theresasophia

is a certified and experienced Yoga Teacher and Co-Founder of Surf & Yoga Retreats Portugal - creating a place full of sharing and love. In this special Retreat with Jana she will guide you with an open heart through your Yoga Practice, Inspiring Movement (Meditations) & Circles to embrace your femininity and to find a transformative journey to yourself.



T H E R E T R E A T

Your retreat experience includes:

5 Yoga Lessons

5 Workshops

4 Specials (Ceremonies / Circles)

Stay in the Surf & Yoga Boutique Villa

Daily nourishing fresh local cuisine:
Morning & Afternoon Snacks, Brunch, 3 course Dinner
unlimited tea, coffee & fruits

Little surprises/ goodies

****additionally: Massages & Surflessons**

with Jana & Theresa