

15.-19. November I 2023 I Portugal

Blissful Sisters Retreat - Rising Feminine Power -



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.

> nurture women's well-being awaken your feminine energy embrace the magic of sisterhood

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



THE SPIRIT

Start the relationship with yourself

Women Health & Creativity Workshops

Cacao Ceremony & Ecstatic Dance

Women Circle & Womb Healing

Daily Yoga Practice

(Movement) Meditation & MORE



THE PLACE

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



THE FOOD

A spoon full of love creates a feeling of being loved

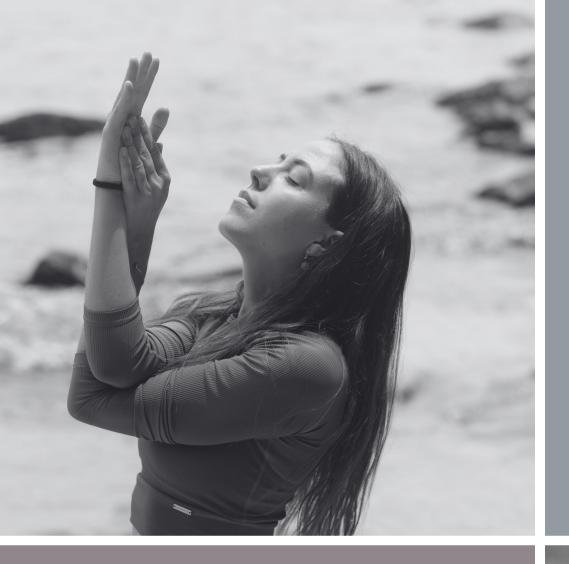
Taste vegetarian & vegan food inspired by the flavours from the region and recipes from around the world

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 save 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.



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