

12.-16. March | 2025 | 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.

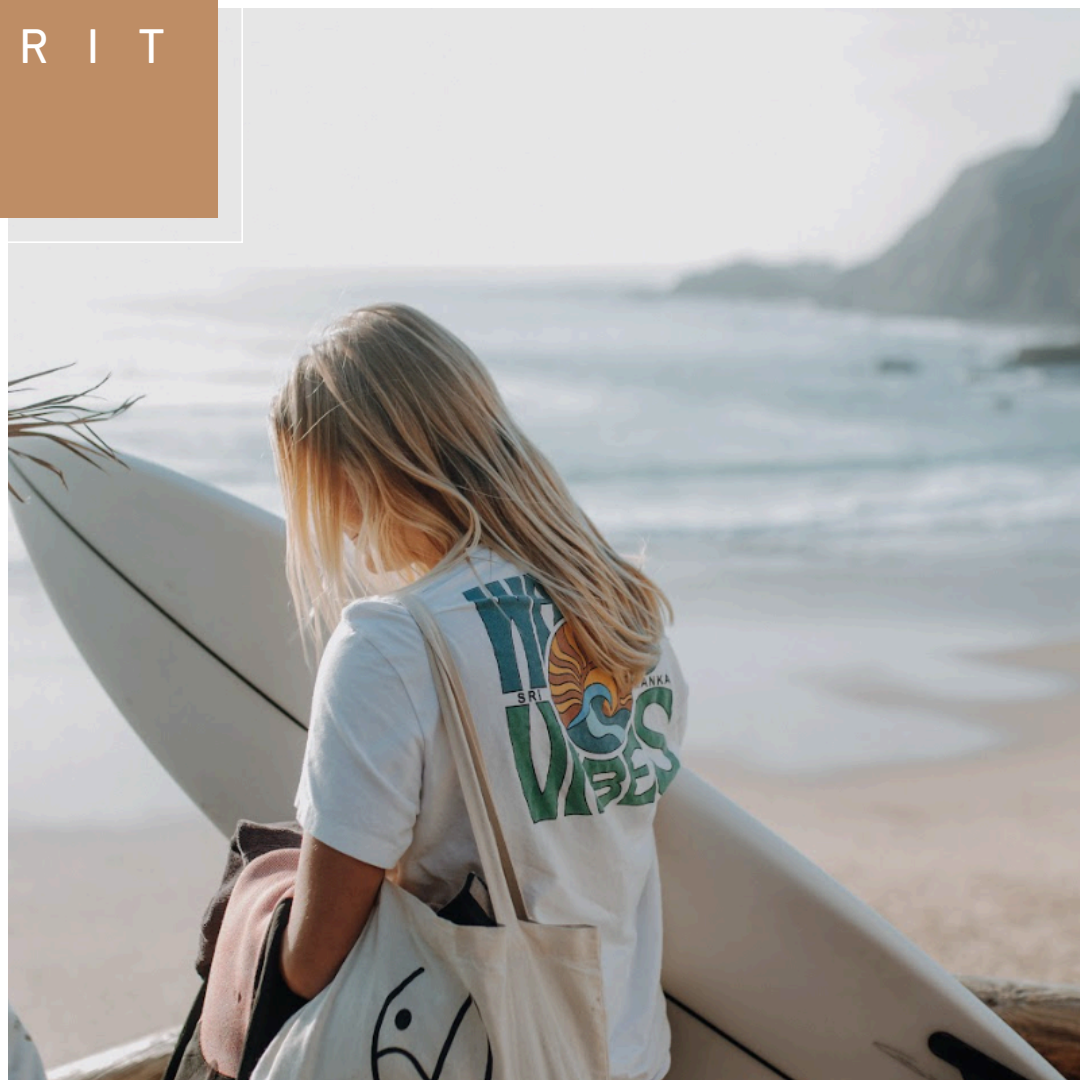
**n u r t u r e   w o m e n ' s   w e l l - b e i n g**  
**a w a k e n   y o u r   f e m i n i n e   e n e r g y**  
**e m b r a c e   t h e   m a g i c   o f   s i s t e r h o o d**

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 & Wellness Workshops

Cacao Ceremony & Ecstatic Dance

Women Circle & Womb Ceremony

Daily Yoga Practice

Sound Meditation & MORE

*with Jana & Theresa*



T H E  
P L A C E



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..





THESE COLOURS OF FEELING