



Program for our wonderful Yoga & Juice retreat in Portugal (Changes may occur) (Dinner is not included in the price)

October 7-14th 2023

Saturday: Arrival

1pm: Check-in

2pm: Juice, welcome meeting, presentation of the week & a walk around our beautiful villa. Maybe a coffee at a local café :)

7pm: Dinner and enjoying ourselves at a local Portuguese restaurant – eat all the things you will miss during the rest of the week :)

Sunday:

8am: Herbal tea and water with fresh lemon & honey

8.15 – 10.15am: Yoga & meditation with lovely Dawn.

10.15am: Juices & healthy shots. Juicing masterclass in the big kitchen. Ewa will make delicious juices and teach you all about how the different vegetables affects the body – what vegetables lowers the blood pressure, keeps inflammation away, makes the body alkaline etc. We will also make our own ginger/turmeric/chilli shots, and Golden milk that we will drink during the week.

1.30pm: Green smoothie & healthy shots

2–7pm: Massage therapists will arrive at the villa and give us an amazing full body massage.

Microdermabrasion treatments (facial) or acupuncture treatments can be purchased (not included in the prices) . Time to relax by the pool, enjoy, read etc.

a book, go for a walk. Enjoy your own and the other participants company.

7pm: Dinner – either we cook ourselves in the lovely kitchen or we go for dinner at a traditional portuguese restaurant.

Monday:

8am: Herbal tea and water with fresh lemon and honey.

8.15 – 10.15am: Yoga & meditation.

10.15am; Juices & healthy shots. Juicing masterclass in the big kitchen. Ewa will make delicious juices & shots, and teach you all about how the different vegetables affects the body.

12.30pm; Green smoothie & healthy shots

1pm: Going to the Saltmines and Mar Morto (dead sea) in Olhao were we will get a guided tour around the salt mines and enjoy a swim in the salty lake were you float on top of the water, like in the Dead sea of Israel. We will also get salt sea mud to scrub our bodies, leaving them relaxed & re-energized, and our skin soft as silk.



7pm; Dinner – either we cook ourselves in the lovely kitchen or we go out for dinner at a traditional portuguese restaurant.

Tuesday:

8am; Herbal tea and water with fresh lemon & honey

8.15 – 10.15am: Yoga & meditation.

10.15am: Juices & healthy shots. Juicing masterclass in the big kitchen.

2.30pm: Green smoothies & healthy shots

3pm: Mindful & silent walk. New destination this year, as we are in a new villa.

7pm: Dinner

Wednesday:

Sleeping in and a having half a day off for shopping, relaxation or exploring the surroundings.

9.30am: Juice & healthy shots

1pm: Green smoothie & refreshing juice with electrolytes. Not mandatory.

3.30pm: Healthy salad – Mindful eating. We should not eat less then 2 hours before our evening yoga session.

6pm: Amazing sunset yoga & meditation.

Thursday:

8am: Herbal tea and water with fresh lemon & honey

8.15 – 10.15am: Yoga & meditation.

10.15am: Juices & healthy shots. Juicing masterclass in the big kitchen.

We will also make our own almondmilk. Chia seed porridge, overnight oats.

2Pm: Green smoothies & healthy shots

3pm: Boat trip along the beautiful coast of Algarve, including visiting the world famous Bengali caves. After, the boattrip we will take a walk around Albufeira, maybe shop a little and have dinner in Albufeira?

Friday:

8am: Herbal tea and water with fresh lemon & honey

8.15 – 10.15am: Last yoga & meditation with Dawn – you will miss her sessions so much when back home!!

10.15am: Juices & healthy shots. Juicing masterclass in the big kitchen with Ewa.

1pm: Green smoothies & healthy shots

1.30pm: Going to visit Monta Rosa olivefarm, wher they produce some of Portugals best olive oil.

We will get a giuded tour of the farm and taste the different types of love oil,

5.30pm: 10 minutes individual conversations with every single participant. Evaluating the week and wushes for a personal juice I will design for each one of you, based on your individual health needs and challenges – high blood pressure, weight loss, high pH lever, stress, digestion etc.

7pm: Farewell dinner at a lovely portuguese restaurant.

Saturday: Departure day

8am: Juices & healthy shots.

10Am: Checking out of our villa & transfer to the airport.

If you have an early flight, we will off course arrange an earlier transfer.

I look forward to a wonderful retreat together with you!