

29 SEPT. TO 05 OCT. 2024

PORTUGAL EXPERIENCING THE ELEMENTS



Nicole Gibbard & Bettina Walter
A cooperation with Planet Yoga



inZENTive

A UNIQUE TRAINING EXPERIENCE

Bettina Walter and Nicole Gibbard invite you to join them in a 6-day and 6-night experience as we delight in all that life has to offer:

YOGA, SURF, SUN, SEA, SALT & NATURE

Immerse yourself in Yoga and Movement, and dive deep into a week offering you:

- ◆ Tools to reset your life back home
- ◆ Ways to rethink and form better patterns
- ◆ Time and space for new experiences
- ◆ A Retreat to rebalance your entire mind and body.

These fabulous 5 days of training are offered in our Exclusive Private Villa in the Algarve Portugal, featuring:

- ◆ Indoor and outdoor pool
- ◆ Private home cinema and gym
- ◆ A luxurious and magnificent setting
- ◆ Beautiful gardens with olive and palm trees
- ◆ The perfect location next to the historical town of Lagos and beaches of Praia da Luz.



For Details & Reservation
www.yogactivity.ch

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PRICE DETAILS

This week is all about self discovery, new experiences, great training, fun, laughter and enjoying life to its fullest.

We have a range of different luxurious rooms with balconies and private bathrooms for you to choose from.

Prices include brunch and dinner prepared by our private chefs, with complimentary tea, coffee & water, 3 training classes each day, the room of your choice, and the exclusive use of all facilities in our private villa.

- ◆ Single Room from € 2'795
- ◆ Double Room from € 2'195 per person.

TRAVEL LOGISTICS

- ◆ Flights should be booked to Faro Airport
- ◆ Check in is from 14.00h on 29 September
- ◆ Check out is from 10.00h on 05 October

Flights and Transfers are not included.

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ENDLESS ACTIVITIES & HEALTHY FOOD

During the afternoons you will have plenty of free time to enjoy the incredible beaches in the area, book a surf lesson, go kayaking, Stand Up Paddle, rest with your favorite novel by the pool, indulge in a massage, go for a hike, or visit the delightful local town of Lagos.

Our private chefs will prepare some delicious, healthy, and local cuisine for brunch and dinner each day, and the endless fresh fish and seafood restaurants along the beaches are a must to visit!

A TYPICAL DAY

08.00-09.00	Meditation and Pranayama
09.00-09.30	Tea & Fruits
09.30-10.45	Yoga Practice
11.00-12.30	Brunch
FREE TIME	
17.30-18.30	Yin Yoga
19.30	Dinner

