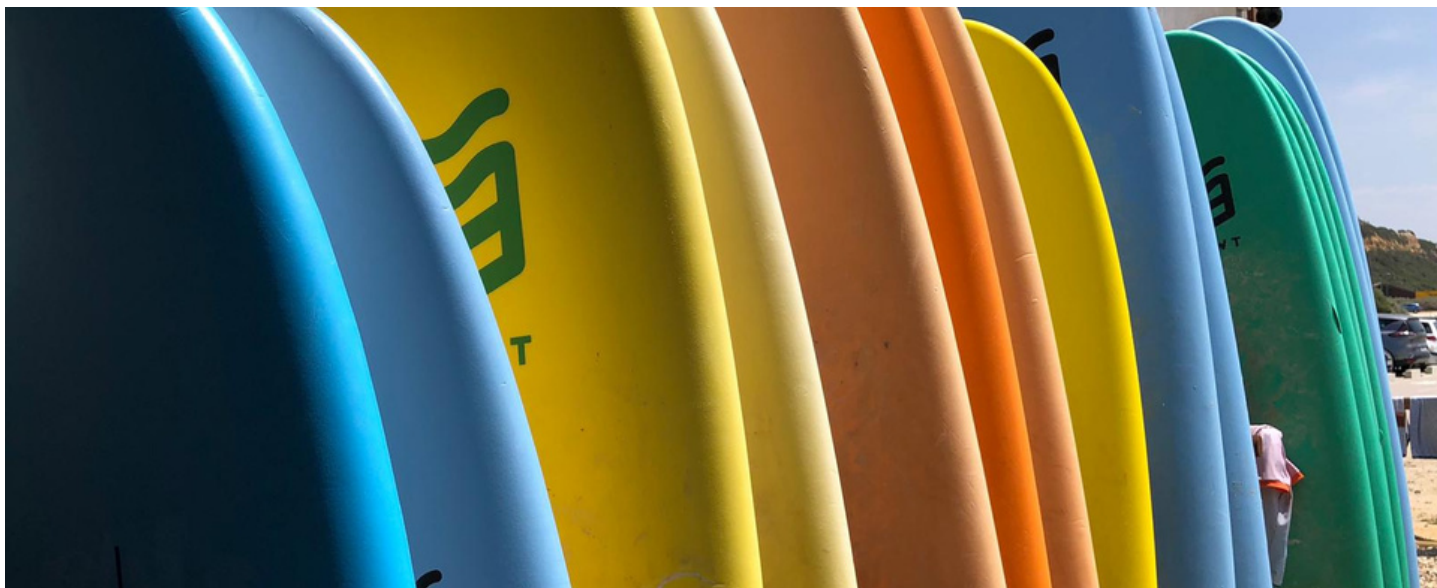


01 TO 07 SEPT. 2024

# PORTUGAL EXPERIENCING THE ELEMENTS



Nicole Gibbard & Bettina Walter



## YOGA, SURF, SUN, SEA, SALT, NATURE IN LORINHÃ, PORTUGAL

### A COOPERATION WITH PLANET YOGA

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

We have carefully selected 2 private villas, 15 minutes South of one of Portugal's most famous surfing capitals, Peniche, with its direct access to the paradise islands of the Berlengas Archipelago, one of the most beautiful places in Portugal.

**We offer you a chance to rewind, reset, and recharge.**

Take a week to indulge in a natural detox of yoga, movement, sun, sea, nature, and surf that is all about you! Daily yoga sessions will be held in our light and spacious yoga shala with wonderful views over the surrounding area. Here, we will explore the many different aspects of ourselves through a selection of yoga, breathing, and meditation classes supported by the delicious culinary experiences of fresh, local produce carefully prepared by our wonderful chef.

For Details & Reservation  
[www.yogactivity.ch](http://www.yogactivity.ch)



## ACTIVITIES

Surfers of all levels are welcome here, and an expert team of instructors are happy to offer daily beginner surf lessons, with transfer to surf spots, warm wet suits, and boards provided. The wonderful fresh air of the ocean, its salty smell, and ideal beginner waves make this the perfect opportunity to learn to surf!

Otherwise, you can enjoy horse riding at the nearby Horse Quinta, where they are happy to take you on some beautiful trail rides and explore the surrounding countryside or offer lessons for you to learn to ride.

How about exploring the historic and local town of Peniche or taking a trip to Nazaré, famous for having the world's biggest wave ever surfed? Alternatively, you can simply spend your time sunbathing on the local beach and enjoying the daily catch of fresh fish.

## PRICE DETAILS

Prices are dependent on room choice with private bathroom (with/without balcony)

- ◆ From € 1'695 per person for Double Room Occupancy
- ◆ From € 2'395 for Single Room Occupancy

Included: All yoga practices and yoga equipment and daily brunch and dinner. Free shuttle bus from the villa to the beach, and free mountain bikes available.

## A TYPICAL DAY

|             |                          |
|-------------|--------------------------|
| 07.30-08.00 | Tea & Fruits             |
| 08.00-10.00 | Yoga Practice            |
| 10.30-11.30 | Brunch                   |
| 11.30       | Surf Pick Up & Free Time |
| 17.30-19.00 | Yoga Practice            |
| 19.30       | Dinner                   |

## TRAVEL LOGISTICS

- ◆ Flights should be booked to Lisbon Airport
- ◆ Arrival at Villa: Sunday 01 Sept. from 16.00h
- ◆ Depart Villa: Saturday 07 Sept. at 11.00h

Flights and transfer are not included.



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