

06 TO 12 OCT. 2024

PORTUGAL ENERGY CAMP



A Collaboration of inZENTive and YOGACTIVITY



inZENTive

EMPOWERING ENERGIES

Nicole Gibbard & Robert Steinbacher

Join us for a wonderful week of sun and fun in our beautiful retreat centre!

Just 6 minutes from Praia da Luz, in the Algarve, Portugal, we have a super holiday retreat prepared for you, with daily classes including:

- ◆ **BODYART, Yoga, Prana, 365 Athletic Training and Breathwork**
- ◆ **Plenty of free time to enjoy the incredible beaches in the area and the wonderful town of Lagos.**



For Details & Reservation
www.yogactivity.ch

You can also book a surf lesson, relax with your favorite novel by the pool, or indulge in a massage!

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



ENDLESS ACTIVITIES & HEALTHY FOOD

There are so many activities to enjoy in the area, from kitesurfing, horseback riding, stand-up paddleboarding, kayaking, and surfing. This retreat experience is all about you!

We have a stunning private center with 9 bedrooms and bathrooms, yoga area, chillout hammocks, a volleyball sand pitch, and spacious indoor and outdoor dining areas.

Our private chef will prepare some delicious, fresh, and local cuisine for brunch and dinner each day to energize you during your activities. And don't forget to visit the endless fresh fish and seafood restaurants along the beaches, they are a must-visit!

PRICE DETAILS

All rooms have terraces and private bathrooms. Prices range from:

- ◆ € 1'995 per person for double occupancy with a pool view
- ◆ € 2'595 for single occupancy with a sea view, depending on your room choice.

Included: accommodation, daily classes and activities, meals prepared by our private chef, and access to all the facilities in our beautiful retreat center.

TRAVEL LOGISTICS

- ◆ Flights should be booked to Faro Airport
- ◆ Check-in is from 14:00h on 06 Oct.
- ◆ Check-out is from 10:00h on 12 Oct.

Flights and transfers are not included.

Please let us know if you would like any assistance or recommendations in organizing your transfer.

A TYPICAL DAY

08.00-09.00	Class
09.00-09.30	Tea & Fruits
09.30-10.45	Class
11.00-12.30	Brunch
FREE TIME	
17.30-18.30	Class
19.30	Dinner



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