

NATURE'S FLOW

YOGA & SURF RETREAT



10. – 15.10.23

Aljezur, Portugal



- Immerse yourself in a transformative yoga & surf experience
- Reconnect with yourself through yoga and meditation
- Sleep in cozy tents with comfortable beds
- Enjoy healthy vegetarian meals sourced from local farmers
- Embark on a three-day surf course & recharge by mama ocean
- Discover the healing power of cacao, yin & sound and wild plants
- Find serenity in nature at Soul Farm, a peaceful haven in Costa Vicentina Park
- For beginners and advanced yogi*nis



ABOUT THE RETREAT

For this surf and yoga retreat we escape to a sanctuary nestled in the serene beauty of Costa Vicentina Park. We discover a harmonious blend of yoga, surfing, and nature's embrace. We indulge in nourishing vegetarian meals sourced from local farmers. Through the medicine of the heart, the cacao, and the power of wild plants we open our hearts and deepen our connection to ourselves and mother nature. We find solace at Soul Farm, a sustainable haven where simple living meets the beauty of the landscape.

Join us for an unforgettable retreat where serenity, self-discovery, and vibrant energy converge.



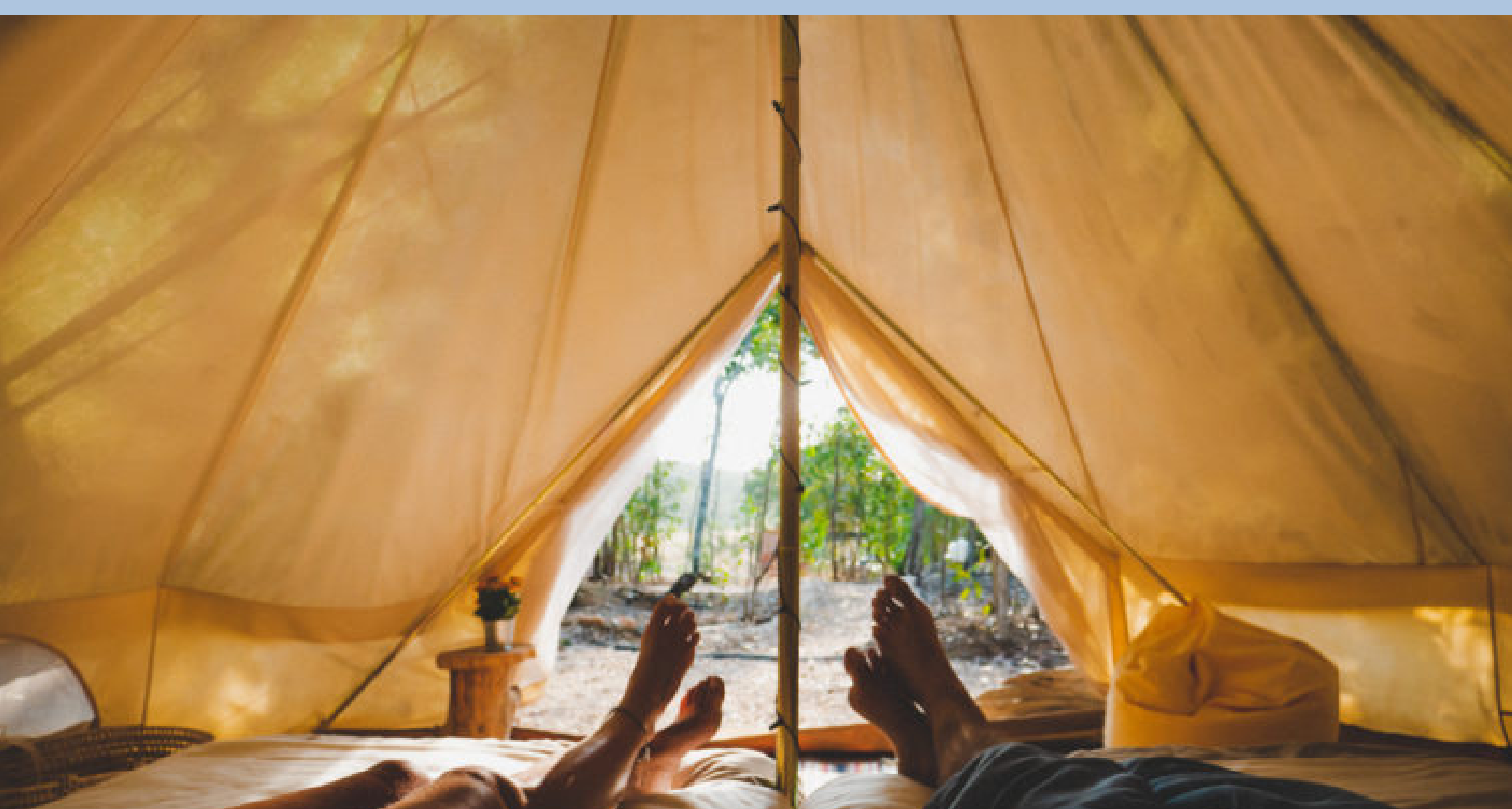
PRICE

DOUBLE TENT	795 EURO
SINGLE TENT	970 EURO

If you don't want to join the surfclasses, you can participate for a discounted price of 120 Euro

What is included?

- Accommodation (6 days/5 nights) in double or single tent
- Daily healthy vegetarian breakfast and lunch
- Three warm dinners with aperitif and desserts
- Daily yoga sessions with two qualified teachers
- 3 days of surf course with experienced instructors, insurance & surf gear
- all activities and ceremonies
- The botanical workshop
- Guided sunset meditation & yoga by the ocean on cliffs with surprise
- Pick up from bus station in Aljezur on the arrival day at 4:30 P.M.



ABOUT US

NINA



Nina loves dancing barefoot under the moonlight, singing by the campfire under the open sky and living a slow-paced life in the countryside of Switzerland.

Growing up in the Swiss Alps, she felt a deep connection to nature and a love for the plant world, which she constantly nurtures with new knowledge and experiences. It is precisely this bond and love for Mother Earth that she seeks to awaken and strengthen in others. Nina sees her own soul's purpose in inspiring people and supporting them on their journey. To fulfill this purpose, she has acquired tools through trainings and courses to facilitate rituals in nature with groups. In spring 2023, she completed her 200-hour yoga teacher training (Slow Vinyasa) with "Kula-Collective" in Guatemala. Additionally, she completed a 100-hour Sound Ceremony Training there, allowing her to integrate the healing power of sound into her yoga classes. It was in Guatemala too, when Nina fell in love with cacao – the medicine of the heart.

For more information about Nina, follow her on Instagram: [@tiaralpina](#).

CLAUDIA



Claudia loves hiking to mountain peaks and diving in the depths of the sea.

In 2017, she traveled to Thailand with a friend and intuitively booked her first yoga class there. As she laid in Shavasana, she felt the magical effects of the yoga practice and that's where her journey began. As she practiced regularly, she quickly noticed how yoga transformed her life, both on and off the mat.

In 2020, she traveled to India, the birthplace of yoga, and completed her 200-hour yoga teacher training. This profound experience became the foundation for a lifelong learning path.

In autumn of 2022, she had the opportunity to pursue her 300-hour training in Bali, learning from inspiring teachers and fellow students.

Recently, she undertook a Yin Yoga Training and has discovered a passion for the serene and relaxing style of Yin Yoga.

Claudia teaches with great joy and draws inspiration from nature, life and fellow teachers and students.

www.cluyoga.ch



ABOUT THE PLACE

The Soul Farm Project is an ecotourism venture in Portugal's Costa Vicentina Natural Park. It all started in 2018 with a group of Italian surf enthusiasts who were drawn to the area's natural beauty and vibrant community in Aljezur.

Soul farm aims to create a place where nature comes first. The project is situated on a 3-hectare land surrounded by diverse vegetation, and it offers unique accommodations like bell tents and facilities like outdoor showers, a wooden yoga deck, an outdoor kitchen and other handmade wooden facilities. Guests are encouraged to express their soul during their stay. Be part of Soul Farm while you're here!

www.soulfarmalgarve.com



WEDNESDAY, 11.10.

8am morning flow

9.30am breakfast

11.30am pick up to the beach

12.15pm surf course 1.5 hrs

lunch break

free surf & beach time

4:30pm pick up from beach

free time

7pm dinner at soulfarm

optional: movie night under the stars





CANCELLATION POLICIES

We would appreciate it if you could notify us of any potential cancellations in advance, so that we can offer your spot to another participant.



- UP TO 4 WEEKS BEFORE: FULL REFUND MINUS A PROCESSING FEE OF 50 EURO.
- 4 WEEKS TO 14 DAYS BEFORE: 50% REFUND OF THE PARTICIPATION FEE.
- FROM 13 DAYS BEFORE: NO REFUND, BUT YOU MAY TRANSFER YOUR SPOT TO SOMEONE ELSE.

WE ARE LOOKING FORWARD TO WELCOME YOU

SAVE YOUR SPOT HERE:

NINA.DEFUNS@HOTMAIL.COM



SEE YOU AT THE BEACH

