

*Restore &
Rebalance
Retreat*



| CASA MÃE



Step back from your daily routine & reconnect to the sunny nature and its rhythms. Reenergise with us with four days of deep regeneration dedicated to well-being of both body and mind in the beautiful setting of Casa Mãe & Lagos golden coast.

Forming the foundations of the retreat, the integral yoga approach of our well being specialist Einav, combined with movement, meditation, restorative treatment, and inspiring ocean's adventure, is aimed to lead you to improved mental & physical wellbeing.

A carefully curated program with also nutrition talk & workshops, farm to table dinners, hikes by the ocean, for you to fully release and reset in a positive and caring environment.

Inclusions:

- 4 nights in a Superior room featuring walk in shower, soak in tub, and large veranda & balcony with hammock
- farm to table healthy cuisine sourced from our orchard & farm - with brunch served a la carte until 12pm and a 3 course dinner that can be tailored to your dietary requirements
- daily 60 min yoga & meditation classes, 7 sessions, 3 morning classes & 4 afternoon classes
- Nutrition class with Ayurveda doctor
- Mindful Hike by Lagos golden coastline, with meditation & breath sessions facing the ocean (weather allowing)
- Cooking & Foraging Workshop, with foraging in our orchard guided by our sous chef & vegetarian cooking class
- 60min natural restorative treatment of your choice at our SPA
- Daily SPA circuit (steam room, sauna, rooftop salty outdoor pool)
- Private Boat tour of the legendary grottos of Lagos with picnic on board (weather allowing)
- Unlimited access to our fitness studio
- Welcome pack
- Early check in & Late check out



WHEN

15 to 19 Nov

22 to 26 Nov

13 to 17 Dec

COST per person

1,495€ | double room,

single occupancy

1,055€ | shared double room

Minimum 4 participants

Maximum 8 participants



| *morning & afternoon yoga & meditation classes with the spiritual Einao* |



YOGA THERAPY with EINAIV

Einav Feit is a senior Vijnana Yoga teacher, and a Sivananda & Viniyoga instructor, specialized in pre & post-natal yoga for women. With over 20 years of yoga teaching experience, Einav's practice combines different methodologies and influences, and a strong healing component derived from Einav's dancing background and her need to heal frequent dancing injuries. Mother of 3, Einav has been teaching pre and post natal yoga for more than 15 years, gaining a profound understanding of this very special time and its specific needs.

Her 60 minute Classes

Einav will guide you into an integrated practice working on different levels of the body & mind, aiming at rebalancing & reenergising. Her morning classes articulates meditation, breathing exercises, postures and an inspirational text – while the afternoon ones will be more focused on relaxation, more suitable for the end of the day - calming the nervous system, unwinding and relaxing the whole body-mind integration.

The sessions will take place outdoors on Casa Mãe terraces, weather permitting or in our cork studio, both offer a very peaceful & relaxing environment for you to practice in.

| *over 20 years of experience to guide your yoga practice* |



SAMPLE ITENERARY

Wednesday

From 3pm – check in (or from 12pm for early check in)

3:30pm – SPA circuit (time at your discretion)

5pm – opening & sharing circle

6pm – 1hr integral yoga & meditation session

7:30pm – farm to table dinner

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Thursday

8:15am – 1hr restorative yoga

9:15pm - farm to table brunch

11am – 2pm – private grotto boat tour (on a Capelli Tempest) with picnic on board

2:30pm - Nutrition lecture with Asaf, an Ayurveda doctor

4:15pm – SPA circuit (time at your discretion)

5:30pm - 1hr integral yoga & meditation session

7pm – farm to table dinner

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Friday

9am – 1hr integral yoga

10am – farm to table brunch (can be enjoyed until 12pm, at your discretion)

11am – SPA circuit | 60min treatment (time & day at your discretion)

2:30pm – foraging & vegetarian cooking workshop

5:30pm - 1hr integral yoga & meditation session

7pm – farm to table dinner

Saturday

9am – 1hr integral yoga

10am – farm to table brunch

11-1pm – mindful hike & meditation by the ocean

3pm - SPA circuit (time at your discretion)

5:30pm - 1hr yoga flow & meditation session

7pm – closing circle & farm to table dinner

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Sunday

8am – farm to table brunch (can be enjoyed until 12pm, at your discretion)

9am - SPA circuit (time at your discretion)

12pm – check out, until 3pm for late check out

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When booking your retreat with us, please specify which 60min treatment you would like to enjoy, and your preferred day/time, please kindly also indicate your preferences for the times of daily SPA circuit. Access to our fitness studio is also included, but requires also prior booking of specific slots, we recommend also to book them when booking your retreat. To make the retreat more complete, additional SPA treatments can also be added to your personalised program, please don't hesitate to talk to us about your preferences.



| *guided meditative hike*
to reenergize by the sea |

| *private balcony & hammock to fully unwind* |



YOUR ROOM

The Superior rooms with its minimalist & pure design, warm materials & craft details, offers the ideal environment to facilitate meditative mind-set & complete unwinding. The room features spacious verandas or balconies with beautiful views over our gardens & hammock and lounge, perfect for relaxing sunbathing sessions - while its free standing soaking tub invites to evening pampering, with our bath salts helping tension release, preparing you for a night and deep and regenerative sleep.





FARM TO TABLE, HOMEMADE CUISINE

A la carte brunch and three course farm to table or farm to table dinner are included in our program. They will be exquisitely prepared by our chef Rui & his team, using the best produce from our orchard and farm, & from local artisan producers. Depending on your dietary preferences, Chef Rui will tailor the the menus to fulfil your wishes. Our cuisine is all homemade, from the bread to the yoghurt, almond milk, coriander pesto etc. It favours plant based, low carb, healthy diet – the daily dinner menus will present vegan/ vegetarian as well as seafood & fish options. Using premium local & extra fresh ingredients, Chef Rui's cuisine has a strong sense of place, celebrating the sunny flavours of the Algarve.

| *detox with our feel good cuisine* |



COOKING & FORAGING WORKSHOP

This 90 minute session with our sous chef Pedro will start in our gardens – Pedro will walk you around our orchard, explaining the herbs and vegetables, and you will pick them with him. Back to the kitchen, the session will start with kitchen basics – best way to clean & store veggies, cutting technique tutorials etc, and will continue with the preparation of a vegetarian dish – guided by chef Pedro. The workshop will end with the degustation of the dish prepared.

| *wander in our orchards & pick the freshest & purest veggies with our chef* |



NUTRITION TALK

THE IMPORTANCE OF CORRECT EATING HABITS - BY ASAF FEIT

With over 20 years of experience in Alternative medicine, Asaf is a certified Chinese Medicine doctor, Ayurveda doctor and Macrobiotic practitioner. After years of practice and helping out many thousands of patients in his private clinic both in Israel and in Portugal, he expanded his services online and completed his first book Health Dynamics. His lecture will invite you to explore the mechanism of digestion and understand the common sense behind correct eating habits. Before investigating individual appropriate food choices, it is elementary - and crucial to establish correct eating habits. Proper eating habits help most people maintain a healthy digestive system most of the time. Asaf's lecture will help you to establish some healthy eating daily routines & habits.



CASA MÃE SPA BY OLÍÓFORA

Overlooking the gardens and the masterhouse, Casa Mãe Spa has been designed to create a relaxing retreat dedicated to well-being & rejuvenation. With Oliófora, the Portuguese natural skincare expert, we have developed a 100% natural range of handmade face & body products and treatments to offer our guests an exclusive experience reflecting the concept of Casa Mãe. The high-end phyto aromatic beauty products are made from the best raw material essences, extracted from organically grown plants, using cold press refining techniques to preserve all the natural nutrients of the plants.

The complimentary treatment of 60 minutes will have to be selected from our brochure at the moment of the booking of the retreat.

| *made to measure natural treatments leaving you fully relaxed & renewed* |



DAILY SPA CIRCUIT

To allow you to fully enjoy & unwind, we have included complimentary daily SPA circuits & a 60 minute treatment in the retreat program. The 2 hour SPA circuit begins with some laps in the 11-meter long rooftop salty pool. It then continues on another floor with our sauna, steam room and hydrotherapy showers. We finally invite our guests to fully recharge in our relaxation room with some cold aromatised water or iced tea. To enhance your SPA experience and ensure that you fully enjoy a relaxing and private moment, we have limited the number of guests to 4 at a time.

| *sauna, steam room & rooftop salty water pool for the ultimate detox* |



| *daily spa circuit to detox, recharge & sunbath* |



FITNESS SESSIONS AT OUR GYM

Casa Mãe's brand new Gym invites you to integrate movement, wellbeing and fitness into your regenerative retreat with us.

The Gym includes the latest Technogym equipment: functional trainer, skillrow, exercise bike, elliptical cross trainer & free weights. The gym access is complimentary but upon booking & privatised for up to 4 persons at the same time, to guarantee optimal training conditions.



| *optional extras*

TRANSFER

190€ from Faro airport transfer (both ways)

SURF GROUP OR PRIVATE LESSON

half day, with pick up at the hotel

SUNRISE SUP

KAYAK TOUR

explore Lagos grottos



| TO BOOK A RETREAT
OR TO GET A RETREAT VOUCHER

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