

*Rise & Shine
Springtime
Rebirth Retreat*



| CASA MÃE X SWEET LOTUS LAGOS



Step back from your daily routine & reconnect to the sunny nature and its rhythms, to relieve you from the wintertime tension & fatigue. Reenergise with us with four days of happiness dedicated to well-being of both body and mind in the beautiful setting of Casa Mãe & Lagos golden coast, blossoming in the warm & sunny springtime awakening.



A carefully crafted programme of yoga & meditation, relaxing treatments, green kitchen & healthy juices, rejuvenating hikes in a positive & caring atmosphere.

- 4 nights in a Superior room featuring private veranda/ balcony and hammock (check in time 3pm on day of arrival and check out at 12pm on day of departure)
- Farm to table healthy cuisine sourced from our orchard & farm - a la carte breakfast & three course vegetarian or vegan dinner that can be tailored to your dietary requirements
- Daily yoga classes led by Maria Cruz twice a day (Morning Energising Flow Class and Evening Restorative Yoga), only Evening class on the day of arrival and only Morning class on day of departure
- 50 minute natural treatment of your choice at our SPA Casa Mãe by Oliófora
- Daily SPA circuits
- Picnic & meditative hiking session led by Maria Cruz

WHEN

20-24th March 2020

COST

1,075€ | single occupancy
825€ | shared double room



| morning & evening daily
yoga & meditation sessions |

THE YOGA

The inspiring Maria Cruz, founder of Sweet Lotus Lagos, will lead the yoga & meditation sessions of our Rise & Shine Program. She has been practising and teaching yoga since 1998, in Munich, Cabo Verde, Lagos & Lisbon. Her extensive training - with 500 hours Yoga Teacher Training Certification, Padma Yoga and Paramanand Institute of Yoga Sciences in India – has transformed her approach to Yoga into a way of living, using it as a tool to connect with one's true nature of happiness and contentment.

The yoga 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.



| guided meditative hike & picnic
to reenergize by the sea |

| *private balcony & hammock to fully unwind* |



YOUR ROOM

The Superior room 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 bathtub invites to evening pampering





FARM TO TABLE, HOMEMADE CUISINE

A la carte brunch and a three course vegetarian or vegan 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 menus to fulfil your wishes. Our cuisine is all homemade, from the bread to the yoghurt, almond milk, sweet potato gnocchis etc. It favours plant based, low carb, healthy diet but seafood & fish options can be also available upon request. 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* |



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.

To allow you to fully enjoy & unwind, we have included complimentary daily SPA circuits & a 50 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 6 at a time.

The complimentary treatment of 50 minutes will have to be selected from our brochure at the moment of the booking of the retreat.



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

| *optional extras*

VEGETARIAN COOKING WORKSHOP

60€ per pax, minimum 2 pax

CERAMIC WORKSHOP

75€ per pax for group of 6

SHARE & STAY WORKSHOP

by Olivia Savage

Lino Printmaking Workshop | 21/03

30€ per pax

Clay Jewellery Workshop | 22 /03

40€ per pax

TRANSFER

170€ for Faro airport transfer (both ways)





| TO BOOK A RETREAT
OR TO GET A RETREAT VOUCHER

~ INFO@CASA-MAE.COM | +351 968 369 732