

THE ART OF LIVING WELL

An all-inclusive well-being retreat

June 14-18, 2027 | 4 Nights + 5 Days | Portugal's Silver Coast

Slow down, restore, and reconnect with yourself at Alto Paráiso- a boutique hotel nestled in nature on Portugal's Silver Coast, just a 45-minute drive from Lisbon, and minutes from beautiful beaches, vineyards, and medieval villages.

YOUR RETREAT INCLUDES

- Comfortable accommodation and warm hospitality
- Three nourishing, garden-fresh meals per day
- Daily yoga, yoga nidra & sound healing sessions
- Wellness coaching, lessons & journaling
- Daily creative workshops
- Time to rest, reflect, and connect
- Daily excursions to experience local culture
- Optional massages and additional experiences
- Personalized service in a small group setting

INVESTMENT PER PERSON

Shared Room
Early Bird: €1,348
Regular: €1,448

Private Room
Early Bird: €1,750
Regular: €1,850

Early Bird ends January 1, 2027

A non-refundable 30% deposit secures your place.

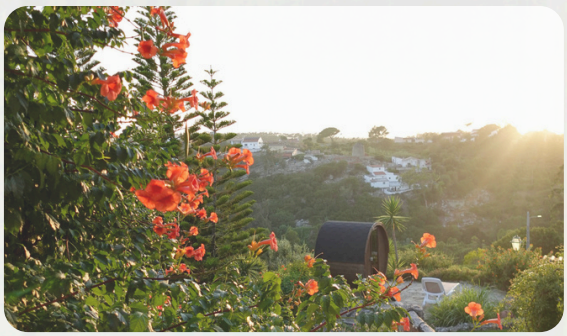
Full payment is due by May 15, 2027

FACILITATED BY

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CLICK HERE FOR MORE INFORMATION OR TO BOOK NOW

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