

Five nights retreat in Portugal 2024.  
Yoga, Ayurvedic, Sound Healing Retreat for  
your whole body health and wellbeing.



INTO  
BALANCE  
RETREAT



FIVE DAYS OF WHOLE BODY HEALTH  
YOGA - AYURVEDA - BREATHWORK



## GET BALANCED LIFE IN AN UNBALANCED WORLD

Five nights retreat, to nourish your body health and get back into balance. This retreat is hosted by two Yoga Teachers and Ayurveda specialist (Danielle and Charlotte). With over 10 years experience teaching yoga world wide.

Offering a unforgettable and life changing experience, in the heart of Portugal.

### THE BENEFITS YOU WILL GET

**Yoga &  
Breathwork**

**Ayurvedic  
Workshops**

**Sound Bath**

### EARLY BIRD PRICE

**£977**  
Five Nights Stay  
& Food

### GET IN CONTACT TO BOOK

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Danielle: @holistic\_guide

Charlotte: @c.skogsberg

