

## CEI: 13-18 August 2023

### Tranquilidade na Natureza. Tranquilidade em mim.

Tranquility in Nature, Tranquility in Oneself.

Languages: PT, EN

Menu: Flexitarian

Teachers: [Carolina Pizarro](#) and Holly Niemela

Practice the art of tranquility by returning to the simple ways of life in Nature. Connect with your creative side as a path of self-knowledge.

#### Highlights:

- 5+ hours of guided yoga, meditation & relaxation practice per day
- Wake up with the light of the dawn and listen to the outside world as it awakens. Awaken your body with morning yoga sessions.
- Morning Vinyasa yoga with Carolina
- Calm your mind with gentle meditation practices.
- Listen to the musical notes played by Carolina on her Sitar, absorb the vibrations and retune your body like an instrument.
- Guided relaxation and artistic awakening: a special journey of self-liberation through deep relaxation and a painting experience.
- Learn the art of breath, connecting with your body embraced by nature.
- Yagya Fire Ceremony, Kirtan and Chanting of Mantras.

**Unguided Relaxation Activities:** Sit in nature for some [shinrin-yoku](#) “forest bathing” or bathe in the river, sweat it out in the sauna, lie on your bed and listen to the sounds of nature, take long, slow, deep breaths perfumed with the essence of lavender. Explore the paths, fields and forests around us. Fish in the river for some trout! Borrow the binoculars and do some seriously cool bird watching.

**CE Overview:** Our days are highlighted by delicious and harmonizing meals to help reboot and revitalize your health. Using only organic or locally sourced products, we seek to have the highest quality food in terms of how it was grown or produced. The vibrational quality of food and beverage is of utmost importance to us.

Breakfast is a colorful buffet of a variety of products--from fresh baked bread, fruits, berries, fermented vegetables, to sprouts, smoothies and local eggs. At breakfast you serve yourself and may choose to eat inside or out.

Lunch is a neatly packed lunchbox to enjoy in the outdoors. We feel that lunch is the perfect moment to be in silence and on one's own if you so desire. Silence is also nourishing for the soul and allows a fresh perspective to develop in oneself.

Dinner is a festive affair at our large table that accommodates all guests and teachers together. Candles, lively conversation and a varied menu of local delicacies and specialities. Wine from the Douro or the Tras-os-Montes region is served every evening. After dinner there's time to savor a glass of Port while watching the stars. At night we have almost no "light pollution" in the sky so expect a spectacular post-dinner show of twinkling stars when the evening sky is clear.

### **Investment**

All cabins are based upon 2 person occupancy in single beds. We do not offer single supplements. If you want your own cabin, you will need to buy both beds.

***The one price, all-inclusive per person investment for a Curated Experience is 1500€, including all taxes and services.***