

CE: (Women only) Inner Gold. 24-29 October 2023. Our signature retreat.

Languages: EN

Menu: Flexitarian

Teacher: Holly Niemela

DESCRIPTION :

To introduce Tinhela610 to the world we've created our signature retreat **Inner Gold**, inspired by the Roman gold mines of Trésminas, gold in the river Tinhela and the Golden Ratio/Fibonacci sequence --the mathematical yet divine configuration of how Nature has built everything from pine cones to sunflowers to human beings. Our name, Tinhela610 includes the Fibonacci number 610 which refers to the river bank's altitude.

Beyond the idea of a monetary value of gold, we wish to pursue the value of a golden experience at Tinhela610. What is of value to you today? What is your gold?

For most, time and health are our two most valuable assets. How do we manage to best live each moment? How can we have the "time of our lives"? How do we maintain a healthy lifestyle? What are the components of a healthy lifestyle of prevention instead of trying to fix things once we face illness?

Inner Gold is a Curated Experience to feel good about yourself, to take care of yourself and to find those wellness tools to bring home--whether it's about better sleep, being the boss of your attention, eating less or more healthily, moving your body, training your breath and managing your stress. I will help you learn how to connect to your Circadian Rhythm in order to reset for the best sleep--our foundation of health and wellbeing. This rhythm is so important to maintain and most folks have no idea about how to do that.

Highlights:

5 hours of guided practice per day.

- Yoga (all levels), breathwork, meditation, guided relaxation, teachings to build your wellness foundation from the inside out.
- Mindful presence and Chi Gong Longevity Practice with Batons.
- Yagya Fire Ceremony and a Gong Bath

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 unfortunately 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€. Not included is approx 8% tax and all transportation. Please note we can arrange for you a pickup/dropoff at the Porto airport for an extra fee.***