

# CE.2 - Tranquility in Nature & in Oneself

14/8/22 - 19/08/22 Tranquility in Nature, Tranquility in Oneself. *Tranquilidade na Natureza. Tranquilidade em mim.*

- Teachers: Carolina Pizarro and Holly Niemela
- Languages: PT/EN
- Menu: Vegetarian

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

Highlights and What's Included:

- 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.
- Morning Vinyasa yoga with Carolina
- Calm your mind with gentle meditation practices with Holly
- 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: there will be a special journey of self-liberation through a one day deep relaxation and painting experience "Saraswati"
- Learn the art of breath, connecting with your body, embraced by nature.
- Yagya Fire Ceremony, Kirtan and Chanting of Mantras.

Carolina Pizarro, our main teacher for this CE (<https://linktr.ee/carolinapizarro>).

Carolina is passionate about nature, philosophy and freedom, was born in Lisbon in 1991. From an early age she dedicated herself to Painting, Music and Yoga - she considers this to be the trinity that makes her express everything she is.

In 2013 she started teaching Yoga and co-founded the music project MERU where she intuitively composes, sings, plays sitar, adufe, native american flute, among others. Carolina created the project The Sarasvati Experience, a group experience in a circle, of transmutation of the dense physical body to the subtle body, combining yoga techniques, guided relaxation, sound journey, mantras, painting and meditation. She currently lives in Ericeira by the atlantic ocean, teaches regular yoga classes, and from time to time gives sound journeys, concerts and workshops on breathing, mantra or painting.

Carolina's classes are composed of traditional Hatha Yoga and mixed with a bit of Vinyasa style, always with pranayama, relaxation and meditation. Through her work, she feels her mission is to awaken in others awareness, sensitivity, compassion, healing and creativity.

(PT)

*Carolina Pizarro, amante da natureza, da filosofia e da liberdade, nasceu em Lisboa em 1991. Dedicou-se desde cedo à Pintura, à Música e ao Yoga, considera ser esta a trindade que a faz expressar tudo o que é.*

*Em 2013 começou a dar aulas de Yoga e co-fundou o projecto de música MERU onde compõe intuitivamente, canta, toca sitar, adufe, flauta nativa, entre outros. Criou o projecto The Sarasvati Experience, uma vivência de grupo em círculo, de transmutação do corpo físico denso ao corpo subtil, conjugando técnicas do yoga, relaxamento guiado, viagem sonora, mantras, pintura e meditação.*

*Actualmente vive na Ericeira junto ao oceano atlântico, dá aulas regulares de yoga, e de tempos em tempos faz viagens sonoras, concertos e workshops de respiração, mantra ou pintura. (Nas suas aulas aprende-se o tradicional Hatha Yoga com um pouco do estilo Vinyasa, sempre com pranayama, relaxamento, meditação e mais.)  
Através do seu trabalho, sente como missão despertar nos outros a consciência, a sensibilidade, a compaixão, a cura e a criatividade*

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.

Full Board: 3 Meals and all beverages. Our days are highlighted by three 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.

Room: 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 includes all taxes and services.

Description: Our sweet smelling wood cabins are conceived for two guests to experience deep relaxation plus a quiet and peaceful night's sleep. Two large windows give spectacular views of the river and the surrounding nature. There is a place to sit, write and reflect. Each 15m cabin includes two handcrafted single-size beds equipped with all natural mattresses from CocoMat—the world's leader in luxury bedding for hotels. Our fine linens are exclusively from Portuguese mills—not far from Tinhela610. Each cabin has built-in storage shelves and a drawer under each bed. Just a few meters away are 3 different japanese/finnish inspired bathhouses with state of the art, ecological toilets. A stay in the cabins evokes those dreams of a simple life by the river--here we make it all come true for you.

What's *not* included:

- Travel to and from Tinhela610
- Travel Insurance (we highly recommend you purchase this for yourself)
- Extras such as massage therapy or day trips to local sites