

Self-Care Weekend Retreat

women's Immersion

15 to 17 November

**Monte Velho Retreat Centre,
Carrapateira, Portugal**



Yoga
Arts
Meditation
Plants



The background is a painting. The top half features a teal sky with a full moon in the center. Below the sky, a waterfall flows down, with the water appearing in shades of light blue and white. The bottom of the painting shows the base of the waterfall and some surrounding greenery. The overall mood is serene and calming.

NOURISHING YOUR BODY, MIND & SOUL

**Do You Need a Pause to calm down
and give a treat to yourself?**

*Are you feeling exhausted, overwhelmed,
or disconnected? This weekend retreat
offers you a space to slow down,
reconnect, and nurture yourself.*

*Through Arts, Yoga, and Medicinal
practices, you'll transform emotional
blocks and restore balance to your mind,
body, and soul.*

WHAT YOU'LL EXPERIENCE

Over the course of the weekend, you'll be guided through transformative practices designed to boost your energy and prepare you for the upcoming season, nurturing your body, mind, and spirit.

Yoga & Meditation: Ground yourself and reset through, silence, mindful movement and deep breathing.

Artistic Expression: Soothe the mind and nourish the soul. These practices engage the subconscious, helping find clarity through creative flow in the present moment.

Sound Healing: Restore energy and balance with the healing power of sound, using vocals, vibrations, and various instruments.

Plant Medicine: Discover ancient self-care techniques that celebrate yourself and help to decrease your daily life stress.

No prior experience in these practices is necessary—just bring an open heart and a willingness to rejuvenate yourself.

RETREAT SCHEDULE

Day 1 (Friday, November 15th):

- 16:00 - Check in Arrival
- 17:30 - Yoga Reset
- 19:00 - Dinner
- 20:15 - Open circle

Day 2 (Saturday, November 16th)

- 07:30 - Yoga Reset
- 09:00 - Breakfast
- 10:30 - Arts Expression
- 12h - Free time/ journaling
- 13:00 - Lunch
- 14:00- Free time
- 17:00 - Plant & Herb Workshop
- 18:00 - Movement & Dance
- 19:00 - Dinner
- 20:00 - Music Journey & Restorative Night

Day 3 (Sunday, November 17th):

- 07:30 - Yoga
- 09:00 - Breakfast
- 10:00- Free time
- 11:30 - Arts Integration Session
- 13:00 - Lunch
- 14:00 - Sharing Circle
- 17:00 - Departure

ORGANISORS



VERA BALSEMÃO

ARTIST
ART THERAPIST
INTERMODAL ARTS
THERAPIST
ECOPSYCHOTHERAPIST

A graduated art psychotherapist, anthroposophical art therapist, and eco-therapist, I combine art therapy with spirituality to guide individuals through emotional healing and personal transformation.

My mission is to help others access their creative power and find balance in their lives.

Insta: @verabalsemao_art_therapy



MARIA TERRA

Y O G A T E A C H E R
THERAPIST
HERBALIST
NATIVE TRADITIONS &
ANCIENT WISDOM

Maria Terra walks the path of yoga and healing arts based on the ancestral wisdom.

Connection with nature is the key of her work. She works with plants & herbs, native traditions & movement .

She loves to share about self-care techniques that helps people to slow down, breathe, align, connect, integrate and find their original biorhythm.

Insta: @raizdoser

MONTE VELHO RETREAT CENTER

Monte Velho is located in the Vicentina national park, where south-western Europe sinks into the Atlantic. As we explore the 4 elements in this beautiful and sacred surroundings we are accompanied by the beautiful land and nature surrounding us. Mountains, trees, open skies and the strong and powerful essence of the ocean and the warmth of the sun are there as our guides and foundation. All of these elements will help us explore and connect with the earth, water, fire and air within us.



SEASONAL & HEALTHY FOOD

Monte Velho Retreat Center, work with unprocessed foods, fresh and locally sourced, and we use herbs and vegetable from our own garden. *“We challenge ourselves to provide as much as possible from local farmers and homemade food”.*



“Our mission is to inspire and nurture the human spirit! We want to enhance and educate the palate with vegan and fresh ingredients and flavours while surprising each group with a creative menu”
(Monte Velho Retreat Centre).

PRICING & ACCOMMODATION

Workshop Fee Sliding Scale:

Economic: 240€

Standart: 320€

(all materials included)

Accommodation & Meal Packages:

- Dorm (shared space) = 200€
- Shared Room (3-4 people)= 250€
- Double Room: (2 people) = 290€
- Single Room = 370€

TOTAL PRICE (WORKSHOP + ACCOMMODATION & MEALS)

Economic:

- Dorm: 440€
- Shared Room: 490€
- Double Room: 530€
- Single Room: 610€

Standart:

- Dorm: 520€
- Shared Room: 570€
- Double Room: 610€
- Single Room: 690€

PAYMENT & BOOKING

- A 240€ deposit is required to reserve your spot.
- For payments and inquiries, please contact Maria Terra:
WhatsApp/Mbway: +351 918145335
PayPal: raizdoser@gmail.com
- For local participants who do not need accommodation or meals, please get in touch with Maria Terra for more details.

EXTRA: ARE YOU SEARCHING FOR MORE? ART THERAPY & SELF-DEVELOPMENT CAN HELP

"For those looking to dive deeper into personal issues or searching for more clarity and alignment through art therapy, coaching and self-development, Vera is offering both group and individual sessions until November 19th.

*Reach out to her:

WhatsApp: +351 916312295"