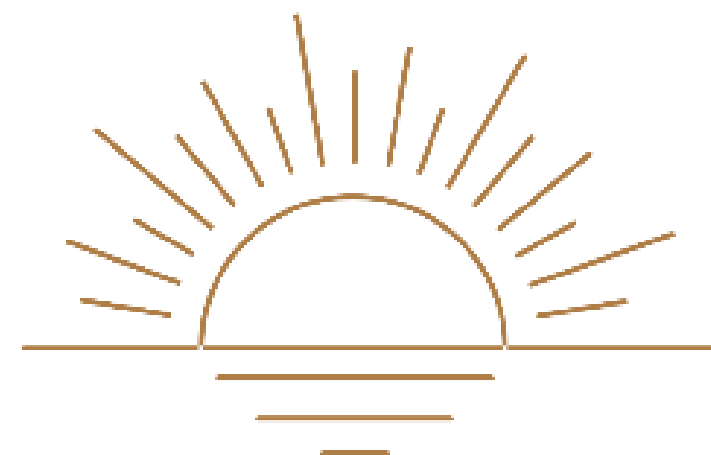




WELLNESS WARRIORS
YOGA STUDIO

RENEW AND RESTORE

P O R T U G A L R E T R E A T 2 0 2 7

F R I D A Y 3 0 ^{T H} A P R I L - T U E S D A Y 4 ^{T H} M A Y

PRIADOS, PORTUGAL

WHAT TO EXPECT

This retreat has been created to calm even the most burnt out nervous systems.

Here we opt for the slower pace, where there are pauses to reflect, read, or simply float in the pool. The retreat will be filled with simple practices to restore your energy, calm your nervous system and fill your being with a sense of awe and wonder for our natural world. You will leave having made some real connections and truly feeling fully restored.

Our mornings and evenings will be filled with calming yoga sessions curated for everybody, suitable even if you are just starting your yoga journey.

These yoga practices will be slow and restorative, not rushing anything, taking our time to savour every movement. Starting our days with meditation, Breathwork and a slow flow, and ending our days with Yin and massage. As well as yoga you can expect, delicious nutritional food from our in house chef, day trips with walks in nature, Lake swims, and a traditional portugees cooking class.



Schedule

Friday 30th of April

Guests fly into Lisbon airport, get transfers to Bella Colina.
Dinner and settle in for the night with a restorative yoga session.

Saturday 1st May

Slow Flow Yoga outside followed by breakfast.
Free time by the pool to read, chill and swim.
An afternoon visiting Coimbra with walks and lunch out.
Meet back at Bella Colina for naps/ massages/ chill until dinner.
Evening Event Yin and Massages.

Sunday 2nd May

Slow Flow outside to start the day followed by breakfast.
Morning visiting beach lake and back in time for late lunch.
Time for naps/ massages/ chill out until dinner.
Dinner outside.
Evening of Yin Yoga.

Monday 3rd May

Slow Flow to start the day followed by breakfast
chill out/ free time/ massages
Portuguese cookery class in the afternoon (Vegan Friendly)
Dinner Outside.
Sit around the fire and chill.

Tuesday 4th May

Final Slow Flow morning practice followed by breakfast.
packing, light lunch and final goodbyes.
Transfers to Lisbon for flights back home.

DATES AND TRAVEL

- Arrive **Friday 30th April** and leave **Tuesday 4th May** 2027 (4 days)
- Flights from **Bristol into Lisbon** with **Easyjet**
- **Transfers included** from Lisbon Airport to venue, if you can get the recommended flight above or similar flight times.
- 2.5h transfer from Lisbon Airport
- Arrival from 15:00 at Bella Colina
- Departure at 11am from Bella Colina
- Flights not included and these are recommended flights but it is down to yourself to book.
- Travel insurance not included
- If your arrival time is after this and too much of a wait for the other guest, a transfer can be arranged but that will be at an extra cost.

easyJet			
07:00	2h 40	✈	09:40
BRS	Direct		LIS
16:50	2h 35	✈	19:25
LIS	Direct		BRS



LOCATION

Nestled in the heart of Central Portugal, Bela Colina is perfect for those seeking a serene environment surrounded by nature.

We're just a 2.5h drive from Lisbon, and yet you'll feel miles away from the hustle and bustle of the world.

Nearby, we will visit picturesque river beaches, scenic mountains, and quaint Portuguese villages. It's the ideal spot to connect with nature but still have a sense of tranquillity and exploration.



ABOUT OUR VENUE

BELA COLINA

Built by the local community as a multi generational home in 1966



SETTING AND FACILITIES

Our venue Bela Colina is surrounded by nature, in the heart of Portugal, perfect for a private and peaceful restorative retreat.

Transformed into a retreat space and co-living space with the help of the local community in 2025.

- Breathtaking views, lush river beaches a short drive away, local hikes, scenic mountains, and quaint Portuguese villages all on our doorstep
- Fast WiFi
- Large fully equipped yoga studio and space to practice outside in nature
- Infinity pool with valley view
- 10 Double beds and 4 Twin Beds
- Each 2x bedrooms shares 1x bathroom



ABOUT YOUR HOSTS

Wellness Warriors is going on tour!

From our boutique studio in the heart of south Devon to Portugal, Becky and Julie are bringing their love for their Yin and massage events, and applying that to our home from home for this restorative retreat, if you love our yin massage events... Imagine that but over 4 nights!?

Becky Hickman - Owner of Wellness Warriors Yoga Studio, Becky is passionate about community and offering a space in Modbury for people to unwind and destress. She is an expert yoga teacher, who offers an extensive 200 hr Yoga teacher training, in this retreat she will pull on her knowledge of her extra trainings in Yin Yoga and give your body a 360 wringing out in a supportive, kind way. When Becky isn't teaching classes you will find her down on the beach with a good coffee in hand or out in the surf. We can learn so much from the cultures we visit and she is excited to share this part of Portugal with you and soak up the culture.

Julie Hickman - This is Becky's mum, she has a reputation of having magic hands! Julie is a fully qualified masseuse and adapts her treatments depending on the individual's needs. Included in the cost of your retreat you will receive a 20 min back massage, and a face and scalp massage in the yin and massage event on Saturday evening. Julie has the warmth of a classical mum that everyone dreams of.



FOOD AND CATERING

We take food seriously! Becky is a serious foodie and is excited to have an in house chef that will create vibrant meals using fresh, locally sourced ingredients to nourish the soul and excite the senses.

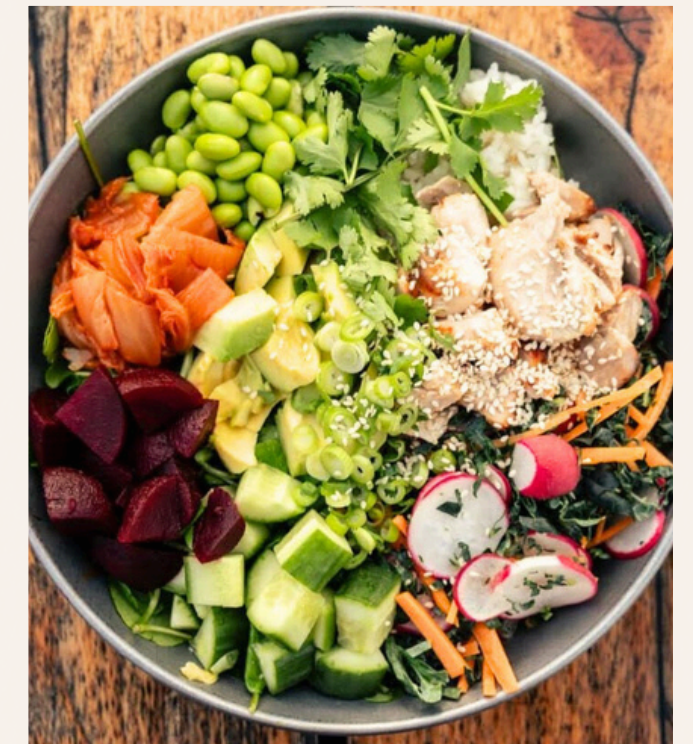
Delicious, nutritious, and sustainable—that's our philosophy.

There will be food for every one, with the main dishes being vegan but side dishes for those of you that would like to add locally sourced fish and meat to your meals. Its worth knowing that one lunch will be out, after a walk to a local castle and that is at an extra cost.

Included in the retreat is:

- **3 meals daily + coffee, tea, water & snacks**
- **Portugees cookery night** - We learn the skills and will be able to create a little bit of portugal once back home.

Once you book, we'll ask about dietary needs & allergies so please do let us know asap.



BEDROOMS



WILD SWIMS

These beautiful river beaches are just a short drive away.



TRAIL BLISS

Discover breathtaking trails
and hidden vistas nearby.



BEFORE YOU TRAVEL

Things you will need to get:

- Travel Insurance
- Booking Flights as these are not included and it is your responsibility to arrange
- Finding a way to Bristol airport or your UK airport
- Parking at UK airport
- Double check your passport is in date!



WHAT TO PACK

- The venue supply yoga mats so unless you want to bring yours that's one less thing to pack!
- Swimming attire
- Sun cream
- Towel
- Passport
- Euros for our lunch out and anything extra you would like to buy from the town.
- Caps and water bottles
- A Comfortable pair of trainers suitable for a relaxed 60-minute walk (the walk to the castle is about an hour uphill.)
- A good Book
- Need a few retreat essentials? Take a look at our Wellness Warriors collection before you travel.



Investment Includes

4 nights accommodation

**1x 20 minute back massage
treatment**

**3x meals a day including snacks
and drinks**

Transfers to and from the airport

2x Yoga sessions a day

**Transfers to and from our day
trips**

1x Portuguese cooking lesson

**1x Special Event session
(Yin and Massage)**

Price

Sharing Twin Room

£995 per person

**Sharing a double room with you
and a friend**

£1295 per person

Private Double Room

£1990 per person

- Reserve your place today with a £250 deposit. Payment options including: To pay in full or Reserve with a deposit and pay the balance later.
- Flexible payment plans available.
- We will then be in contact to confirm allergies and decide how and when you would like to pay the remainder.
- At time of booking please let Becky know your bed preference. Twin rooms will be same sex.
- We can set up payment plans that suits you as long as its all paid by December 2026.
- Deposits are non refundable

IS THIS RETREAT FOR ME?

Is this retreat for me?

If you are looking for a space to unwind, let go of the stresses of life and take part in simple nourishing yoga with a sprinkling of culture, then yes this is for you!

I've never been on a retreat before – is that okay?

Yes! No experience needed, I will guide you through it all step by step, you can take part in the activities or simply opt out and sit around the pool.

Can I come on my own?

Yes, you can have your own private double room to yourself, or you will be paired with someone like minded if opting for the sharing twin.

Do I need yoga experience?

No, the yoga sessions are suitable for wherever you are on your yoga journey even if you're just beginning.

Is the villa exclusively ours?

Yes. You'll have exclusive use of Bela Colina throughout the retreat, creating a calm and private environment. The only exception is Finn, Becky's young son, who will be there for parts of the retreat with family but won't be involved in the retreat programme itself.

What's included in the price?

Everything from the moment you arrive at the airport in Lisbon

What's not included?

Flights and travel insurance.

How do I book?

Email becky on: becky@wellnesswarriorsyogastudio.co.uk and let her know, she will be thrilled to hear you will be joining!

What payment options are available?

You can pay £250 deposit and then pay in instalments or opt to pay in full if you would rather, we can discuss this once you have emailed and said you would like to join us.

Can I pay in instalments?

Yes!

When is the final balance due?

December 2026, but if your booking on after and/or need longer to pay off this can be arranged.

Are yoga mats provided?

Yes!

What footwear do I need?

A pair of trainers and comfortable sandals.

How are the rooms allocated?

The rooms will always be same sex and will be allocated on who we think will have the most in common.

Can I request a private room?

Yes of course! We have private double rooms available.

Can I book a twin room with a friend?

Yes of course! When you email me to book in, let me know who your friend is and we will make sure that you will be in the same room.

If I'm travelling alone, who will I share with?

A wonderful soul just like yourself, I will match you together with who you will be sharing with as best as possible. Remember you are all there for the same reasons and by the end of the first night you would of made a new connection and possibly friend for life.

What happens if my preferred room type has already sold out?

I will try as best as I can to accomidate but if not I will give you the other options available.

Can dietary requirements be catered for?

Yes, let me know on booking if you have any dietary needs or allergies.

Do I have to join in with all the activites?

No, you can do as much or as little as you would like! This is your retreat and I want you to do whatever would fill your cup up each day.



READY TO BOOK

We cant wait to welcome you to Portugal for four days of movement, relaxation and connection. If you have any questions you're ready to reserve your place, we'd love to hear form you. To book contact Becky and we will be in touch!

Email

becky@wellnesswarriorsyogastudio.co.uk

Whatsapp

[07907450506](https://www.whatsapp.com/channel/0029va233333333333333333)