

WELLNESS WARRIORS
YOGA STUDIO

RENEW AND RESTORE

PORTUGAL RETREAT 2027

FRIDAY 30TH APRIL - TUESDAY 4TH MAY

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.



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 if you can get this flight 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.

- 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

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



ABOUT YOUR HOSTS

Becky Hickman - Owner Wellness Warriors Yoga Studio offering weekly classes and events, with specialised trainings in Yin, Vinyasa, History and Philosophy and many more. Becky loves adventures outdoors and is excited to share this part of Portugal with you.

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 individuals 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.

Its worth noting here that Finn (Becky's little boy) will be attending along with her partner Andy and her dad Phil to help out with looking after Finn so that Becky can be present through the retreat. She will be mum first and foremost and host a special place for you around that. Thank you for understanding.



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.



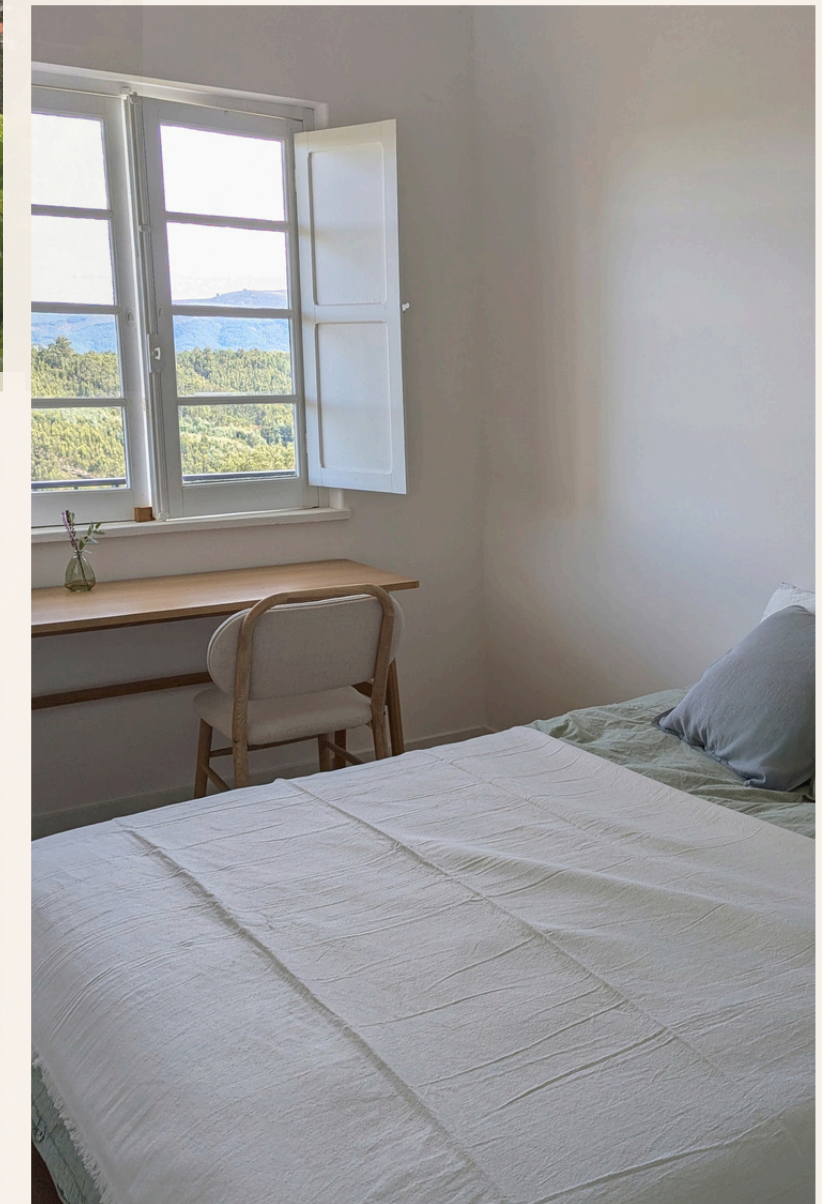
THINGS TO NOTE

Things you will need to get:

- Travel Insurance
- Flights are not included and it is your responsibility to arrange

What you will need to pack:

- Yoga/travel mat
- Swimming attire
- Suncream
- Towel
- Passport
- Euros for our lunch out and anything extra you would like to buy from the town.
- Caps and water bottles
- A good pair of walking shoes (the walk to the castle is about an hour uphill.)



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 Portugees cooking lesson

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

Price

Sharing Twin Room	£995
Double Room to yourself	£1295
Double room with you and a friend	£1990

- £250 deposit will be needed at time of booking. 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

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.

