

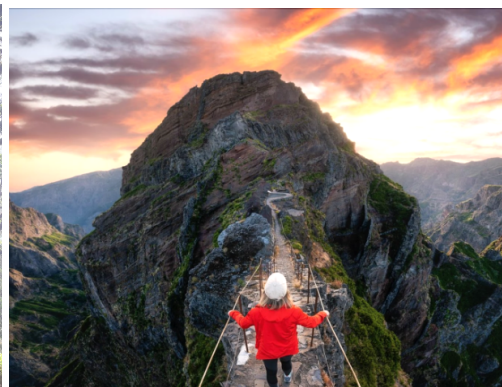
bella vida

a wellness & adventure retreat
with Bella DeGouveia & Meredith Fellowes

March 14 -20, 2027 - Madeira, Portugal

Imagine yourself on the sun-drenched shores of Madeira, a volcanic island paradise adorned with emerald forests, dramatic cliffs, and charming villages.

Bella Vida means “**beautiful life**” - and Madeira is just the place to embrace that sentiment! Here, amidst the breathtaking scenery and rich Portuguese culture, you'll embark on a journey of self-discovery and rejuvenation on the *Bella Vida retreat* with: a small group of women (14), yoga, meditation, hiking, local culture, relaxation, and nourishing food in beautiful surroundings.



Madeira: A Haven of Natural Beauty & Authentic Charm

Nicknamed the "Floating Garden of the Atlantic," Madeira is a Portuguese archipelago famed for its diverse landscapes. Lush rainforests blanket the island's central peaks, while rugged volcanic coastlines give way to charming fishing villages and vibrant Funchal, the capital city. This unique blend of natural beauty and cultural heritage is the backdrop for your transformative experience at *Bella Vida*.

Yoga, Meditation and Connection

Connection is the backbone of the retreat. Join the daily yoga and meditation offerings, accessible for all levels, or plan your own experience. It's your time - relax, read, nap, wander and enjoy the grounds...you choose! Find time together or choose solo moments of stillness to feel grounded and supported within our group.

Hiking the Levadas, Peaks & Trails

Lace up your hiking shoes and embark on invigorating hikes along the island's levada network. Experience breathtaking vistas and peaceful moments in the UNESCO preserved laurel forest. Breathe in the fresh mountain air as you traverse lush valleys and discover hidden waterfalls. Two special excursions will entice you with the island's diverse terrain.

Retreat Includes

- 6 nights accommodations at our private [Quinta \(Photo Gallery\)](#)
- 2 meals per day (vegetarian) prepared by our chef
- Morning and evening yoga and meditation practices
- Private grounds, pool, yoga space, gardens and vineyard
- A wine tour and tasting on-site at historic Blandy's Vineyards
- 2 guided jeep tours/hikes (West Island full day tour, Half-Day Sunrise Tour)

Exclusions

- Airfare to Madeira, transportation to our Quinta (25 minutes from Funchal airport)
- Travel insurance and Tourist Tax
- Optional East Coast Hike and Boat Ride
- Transportation to any additional hike/tour locations
- Traditional dinner off site at a local Madeiran restaurant
- Massage therapy on site

Your Retreat Guides

[Bella DeGouveia](#) and [Meredith Fellowes](#)

Accommodations

Our home for the week is a stunning traditional Quinta (Portuguese garden Villa) full of history and charm. It is perched high on the hills overlooking Funchal and the sea. You will enjoy a beautiful indoor yoga space, large pool and outdoor dining terrace. The Quinta's expansive gardens and vineyard offer perfect spots to escape with a book or you can simply head to the pool to relax on a lounge. The Quinta feels private and secluded, yet is only a 15 minute walk downhill to enjoy the city of Funchal.

PRICING - based on room choice

The Rooms

There are 9 unique bedrooms within our private Quinta boasting plenty of space and character. With a traditional feel, they are simple, clean and comfortable, each with views across the lush gardens or out to sea. Two of our deluxe rooms include an expansive terrace with lounge seating and sea views. There is a mix of private, double and twin rooms available, each with an ensuite, and two single rooms with a shared bathroom.

Each booking includes a shared accommodation (two people sharing). Booking one space means sharing with another guest. Please indicate a roommate preference if you have one at the time of booking. Single occupancy is available for some rooms as noted, *please add single supplement*.

LINDA (SOLD OUT)

The spacious main bedroom ensuite with sitting area and expansive terrace with sea views
(Room 2)

\$3788/pp, shared occupancy, 2ppl max (Single option add \$600)

SOL

Spacious corner ensuite with garden and sea views (Room 4)

\$3688/pp, shared occupancy, 2ppl

ROSA (SOLD OUT)

Ensuite with a beautiful terrace with sea views (Room 3)

\$3688 /pp shared occupancy, 2ppl max (Single option add \$600)

LUA (SOLD OUT)

Beautiful corner room with sea views (Room 1)
\$3588/pp shared occupancy, 2ppl max, (Single option add \$600)

DOCE (SOLD OUT)

Twin room with ensuite and garden views (Room 5)
\$2988 /pp shared occupancy, 2ppl max (Single option add \$600)

BELLA (SOLD OUT)

Single room with ensuite and garden views (Room 6)
\$3788 (single option only)

ESTRELA (SOLD OUT)

Twin room with ensuite and garden views (Room 7)
\$3088 /pp shared occupancy, 2ppl max (Single option add \$600)

OLA

Twin room with shared washroom with Room 9 (Room 8)
\$2888 /pp shared occupancy, 2ppl max (Single option add \$500)

AMIGA (SOLD OUT)

Single room with shared washroom with Room 8 (Room 9)
\$2888 /pp single occupancy, 1 person max

Make your Room Choice Here

[Bella](#) or [Meredith](#)

Once confirmed, a **non-refundable deposit of \$1000 CDN**, payable via eTransfer, is required. A secure link will be provided. Rooms are assigned on a first come-first served basis. **Remaining fees are due in full by January 22, 2027.**

www.bellafityyoga.com www.yogamind.ca