

Welcome to our April 2024 Wellness Retreat in Galicia!



Experience the serenity of Galicia's off-grid landscapes. Our venue is nestled in lush greenery, with a pool, a yoga studio, and a bodega.

It's located right on the doorstep of two countries, with the Miño River gracefully dividing Spain and Portugal. Enjoy stunning views and nearby pristine beaches.

This is your opportunity to invest in yourself and a retreat experience that you will cherish forever. It's an immersive, transformative journey. Let us be your hosts in creating memories and magic in the heart of nature.

Your Hosts

Manisha Patel

**I am passionate about Health
Fitness & Wellbeing**

**My fitness journey began more
than three decades ago and
continues.**

**In 2019 I became a Multi-Style
Yoga Instructor teaching Yin,
Hatha & Vinyasa.**

**I am now looking to share my
experience, knowledge and the
secret to staying consistent and
finding balance.**

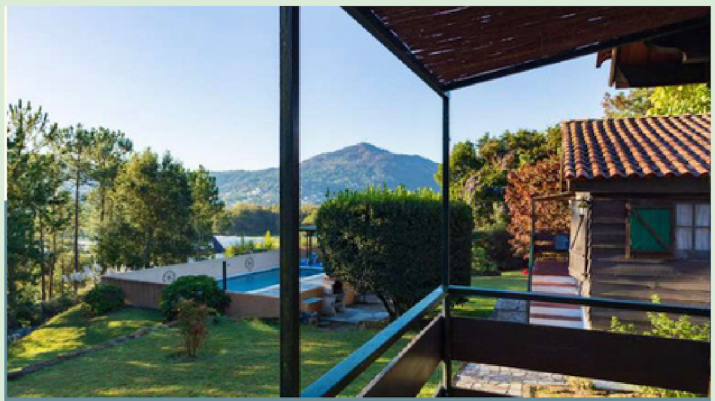


Henna Parekh

**Yoga is my way of life, a passion that
led me to India for my certification
last year. In my sessions I foster a
warm and welcoming atmosphere
for everyone to connect and grow.
Co-hosting retreats with Manisha
has become a cherished part of my
journey, offering a blend of vibrant
energy and tranquility. It's all about
finding that perfect balance in life,
with every breath we take.**



Drawing on our rich experience in organizing retreats, we bring both expertise and commitment to the table, ensuring your retreat is a valuable personal investment. As enthusiasts in yoga and meditation, we possess a deep-seated understanding necessary for crafting an experience that's both transformative and revitalizing for our guests. Our grasp on holistic health and wellness, coupled with our eagerness to assist others, positions us as the ideal facilitators for your retreat. By designing customized itineraries that reflect the unique preferences and interests of our guests, we pledge to make your retreat experience fulfilling and stress-free. Under our care and guidance, you're free to unwind, engage deeply, and connect with others who share your mindset.



Accommodation - 'The Lodges'

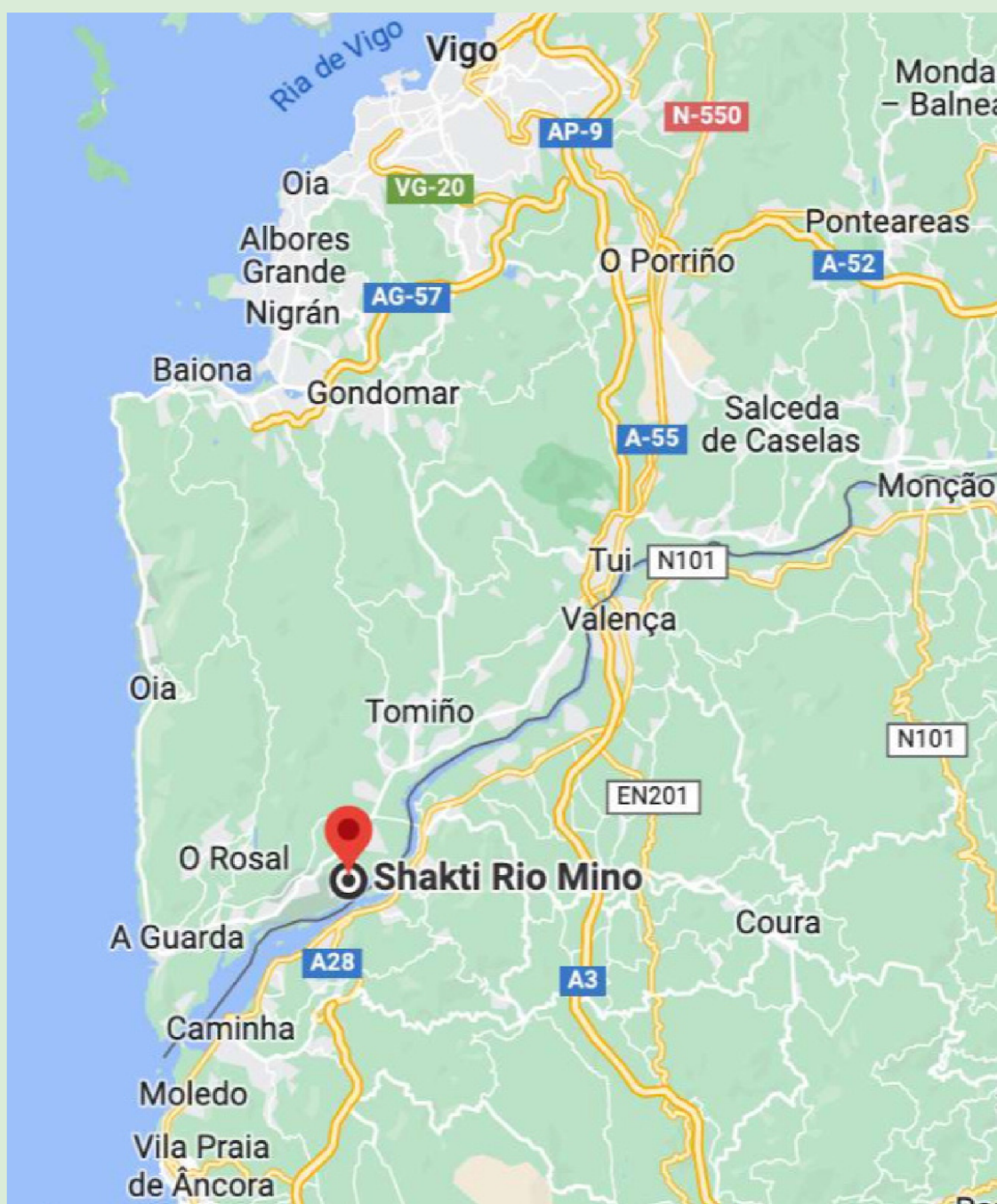
The Scandinavian-style 'casitas' share a view towards the river and Portugal. Each lodge accommodates four adults and is completely self-contained offering simple but comfortable furnishing, with two twin bedrooms, which can also be made into a kingsize bedroom, a fully equipped kitchen, a bathroom and a living room. Each has an outside shaded terrace with a seating area for relaxing on warm days and pleasant evenings.



Private seating in the rear garden receives the afternoon sun and a grapevined shaded 'al fresco' dining area

Distance from the nearest airports to Shakti Rio Miño

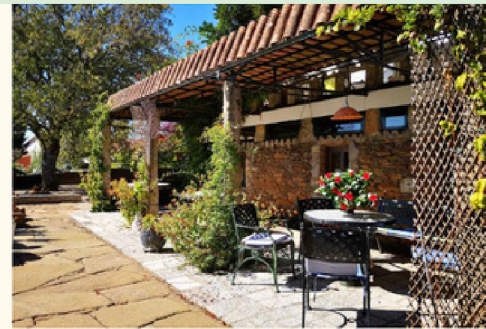
1. Vigo: 50km/ approx 40 mins by road
2. Porto (in Portugal): 100km / approx. 1hour by road
3. Santiago de Compostela: 140km / approx. 1.30 mins by road



The Pool & Bodega

Dive into relaxation at our pool, where you'll be treated to breathtaking views of the picturesque Portuguese mountains. It's the ideal spot for unwinding, soaking in the stunning scenery, and basking in the sun.

But that's not all. Welcome to the bodega, the heart and soul of our property. Here, our group can gather for delightful meals, with the option of both indoor and outdoor seating, creating the perfect setting for shared experiences and cherished moments.



What's included:

**Accommodation (in a casita with a double or twin room and shower room)
linen, towel & toiletries provided**

Welcome drink

Exclusive pool use

Daily yoga & meditation

(indoor studio with equipment and lawns for our workshops/ classes)

Guided nature walk

Unlimited herbal teas and fresh fruit

Healthy vegetarian breakfast, lunch & dinner

Not included:

Flights (approx £130 return with cabin bag)

Travel insurance

Airport transfers (approx £38 pp total both ways)



Embark on a Journey of Serenity: Discover Our Curated Wellness Activities...

Yoga:

Hatha

Vinyasa

Yin

Restorative Gentle Flow

Energetic Flow

Sun Salutations/ Surya Namaskar

Moon Salutations/ Chandra Namaskar

Shatkarma

Pranayama/ Breathwork

Wim Hoff Breathing Method

Sectional deep breathing

Meditation:

Yoga Nidra

Quick Relaxation Techniques (QRT)

Chanting

Body Scan

Instant Relaxation Techniques (IRT)

Candle/ Trataka Candle Gazing

Sound Bath

Chakra Meditation

Ecstatic Dance

Workshops:

Mudras Introduction

Arm Balance/ Inversions

Alignment Session

Yogic Breathing

All activities are optional. Do as much or as little as you like!

Sit back, put your feet up and relax with scenic views.

Please note: We will be covering a broad range of the activities listed above to ensure a diverse and enriching experience for all participants.