

4-Day Immersion Yoga Retreat

Portugal
15th – 18th October 2026

ELEVATED YOGA
HONEST LIVING
ATLANTIC ESCAPE

SECURE YOUR SPOT NOW

YOUR IMMERSION

3 NIGHTS LUXURY ACCOMMODATIONS

EMPOWERING VINYASA

ELEMENTAL FLOWS

AUTHENTIC INQUIRY

GUIDED MEDITATIONS

HEARTY ORGANIC FOOD

SOMATIC STILLNESS

JOURNALING WORKSHOPS

SPACIOUS NATURE EXPLORATION

ATLANTIC SANCTUARY

MOVE. EXPLORE. WRITE. REST.

DAY 1 – ARRIVAL

Your journey begins with a grounding afternoon practice to shed travel fatigue and the noise of daily life. We start the adventure with a communal dinner overlooking the Atlantic, setting the foundation for the four days ahead.



MOVE. EXPLORE. WRITE. REST.

DAY 2 – INQUIRY

A dynamic morning Vinyasa flow builds the physical fire needed for internal exploration. The afternoon is dedicated to guided journaling and reflective inquiry, peeling back the layers of professional masks to find what is actually true.



MOVE. EXPLORE. WRITE. REST.

DAY 3 – INTENTION

Moving with deliberate truth. Pairing an intensive physical practice with somatic coaching, focusing on the bridge between our internal architecture and how we manifest our intentions in the external world.



MOVE. EXPLORE. WRITE. REST.

DAY 4 – INTEGRATION

Final practice focusing on sealing the insights gained in the silence. Closing circle designed to help you integrate this newfound clarity back into your life, ensuring the reset lasts long after you leave the villa.



MOVE. EXPLORE. WRITE. REST.

VILLA EPICUREA

Fetais - 40 min away from Lisbon Airport.

Perched in the eco-protected Serra d'Arrábida Natural Park, the retreat offers a rare view point where the mountains meet the Atlantic. Villa Epicurea is a sanctuary in sustainable minimalism, featuring a biological infinity pool that mirrors the ocean horizon.



MOVE. EXPLORE. WRITE. REST.



ACCOMODATION

BOUTIQUE DOUBLE: €1200

PRIVATE SUITE IN THE MAIN HOUSE

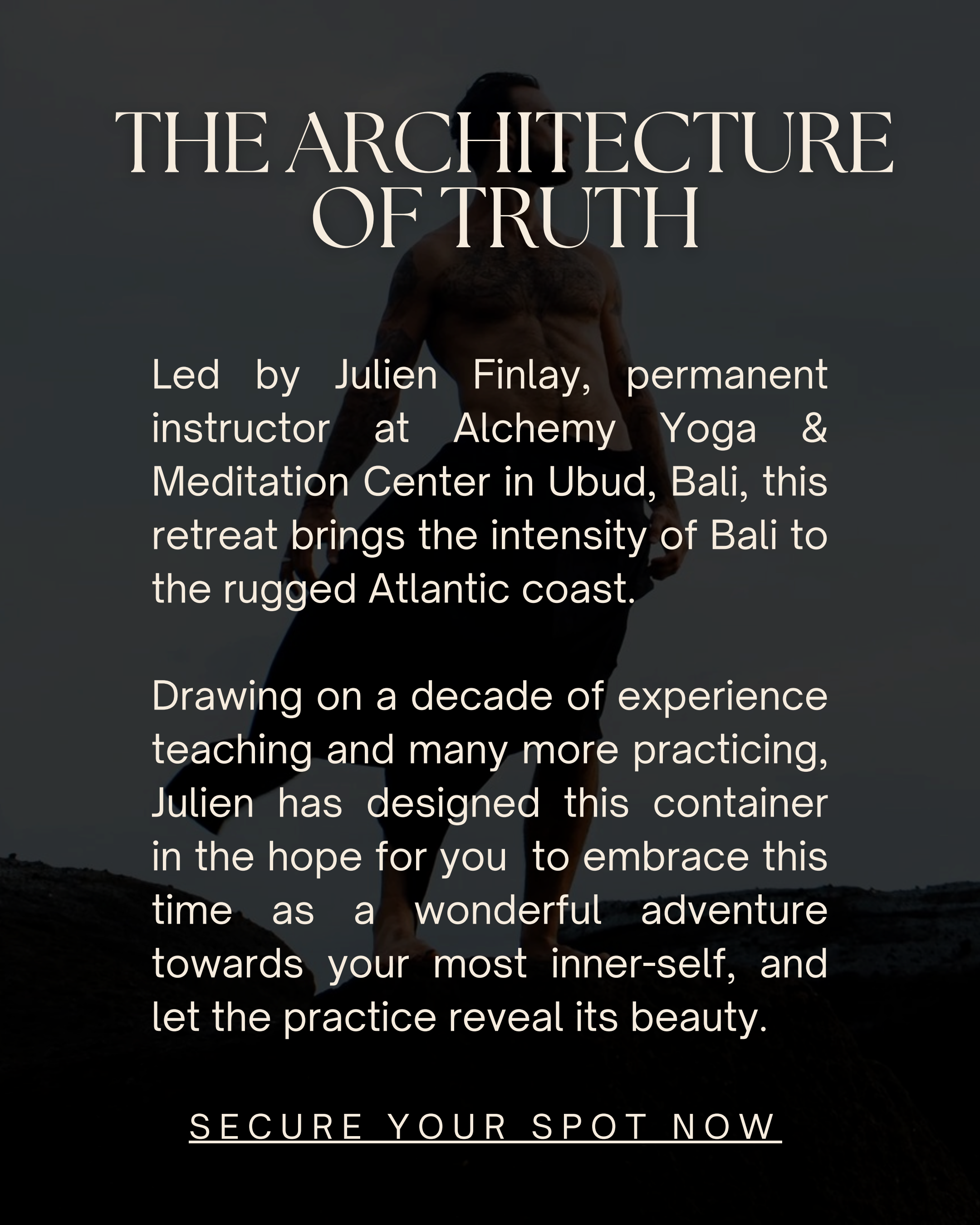
SMALL ROOM: €1050

SHARED BEDROOM IN A TINY HOUSE

COMMUNITY SINGLE: €850

OPEN-PLAN LIVING IN THE ECO-VILLAS

MOVE. EXPLORE. WRITE. REST.

A shirtless man with tattoos is standing on a rocky shore, looking out at the ocean. The background is a dark, moody landscape with a body of water and a cloudy sky. The man is wearing dark shorts and has a beard. The text is overlaid on the image in a white, serif font.

THE ARCHITECTURE OF TRUTH

Led by Julien Finlay, permanent instructor at Alchemy Yoga & Meditation Center in Ubud, Bali, this retreat brings the intensity of Bali to the rugged Atlantic coast.

Drawing on a decade of experience teaching and many more practicing, Julien has designed this container in the hope for you to embrace this time as a wonderful adventure towards your most inner-self, and let the practice reveal its beauty.

SECURE YOUR SPOT NOW

A man with a beard and tattoos is shown in profile, standing on a dark, rocky cliff. He is in a yoga pose, with one leg raised and bent, and his arms extended. The background is a dark, hazy landscape with hills under a twilight sky. The overall tone is serene and contemplative.

THE ARCHITECTURE OF TRUTH

Retreat All-Inclusive
Limited Spots Available
All Yoga Levels Welcome
Tiered Accommodations
Refer a friend for 85£ Bonus
Equity Scholarship Available

SECURE YOUR SPOT NOW

4-DAY IMMERSION YOGA RETREAT

CONTACT

JULIEN@JFINLAY.COM

JFINLAY.COM/RETREATS



+447385972347



[HONESTYWITHJULIEN](https://www.instagram.com/HONESTYWITHJULIEN)

ELEVATED YOGA
HONEST LIVING
ATLANTIC ESCAPE