

# 4-DAY IMMERSION YOGA RETREAT

## THE ARCHITECTURE OF TRUTH

*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.



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## 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.



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# 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.



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# 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**

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# THE ARCHITECTURE OF TRUTH

Led by Julien Finlay, an instructor from the Alchemy Yoga & Meditation Center in Ubud, this retreat brings the intensity of Bali to the rugged Atlantic coast. Drawing on a decade of experience in tech leadership at Google and DeepMind, Julien has designed this container to help professionals quiet hyperactivity and bridge the gap between physical discipline and internal clarity.

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A silhouette of a man with a beard, wearing dark pants, standing on a rocky outcrop. He is in a yoga pose, with his right leg raised and bent, and his arms slightly out to the sides. The background is a dark, gradient sky.

# THE ARCHITECTURE OF TRUTH

Retreat All-Inclusive  
Limited Spots Available  
All Yoga Levels Welcome  
Tiered Accommodations  
Early Bird Ends June 15th  
Equity Scholarship  
Available

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# 4-DAY IMMERSION YOGA RETREAT

CONTACT

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