

## ORGANISATION



The SOMA Fest is an initiative of Shirin Nikpay, a Somatic Practitioner and Osteopath from Germany who is currently based in Portugal.

Many colleagues from SOMA Europe have contributed in the process of finding the location and creating the format of this gathering.

The content of the SOMA Fest will be mostly determined by its participants:

Workshops & Activities  
Communal Cooking & Sharing  
Music, Dance & Ceremony



## LOCATION



The SOMA Fest is taking place at a very unique and exceptional place- a nature retreat right at the Algarve coast, surrounded by a food forest & 4 bodies of water: a lake, natural pools, a lagoon and the Atlantic Ocean.

The closest airport is Faro- 46 km from the festival location; or Seville - 180 km away. There are regular trains between Faro town & Conceicao- a train station about 2.5km/ 30min walk to the site.

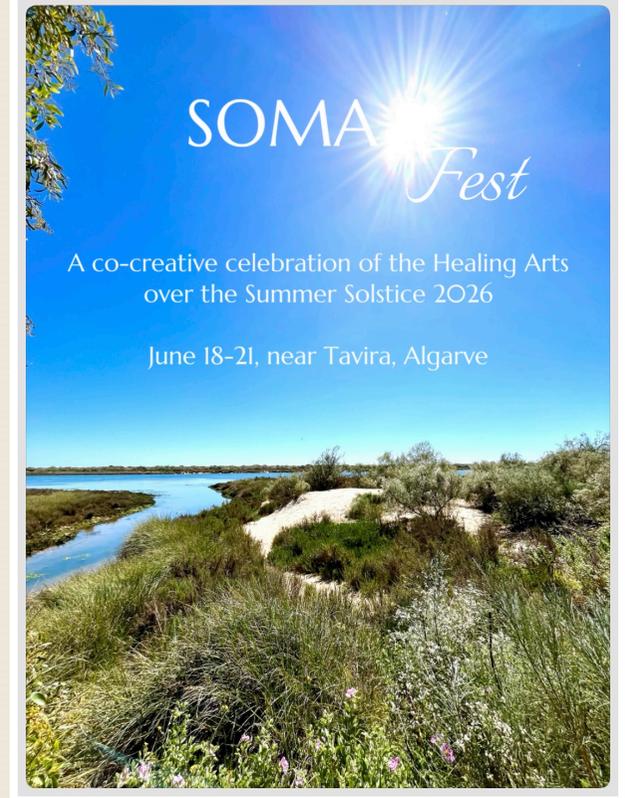
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SOMA FEST

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## Vision

The idea for this unique gathering was born from a wish to create a self-organised retreat of healers who have merged & evolved their skills into an art; and artists, who heal hearts & souls with their artistic expression.

A sacred space where we can share our gifts and wisdom on a deeper and more authentic level than conventional festivals or conferences could ever allow.



A sneak peak into the drumming workshop at "Nest"

## What is SOMA?

The word "Soma" has many meanings- it is not only the Greek term for an alive body- as in "somatic" practices supporting embodiment & energy flow, but also a cosmic principle described in the ancient texts of the RigVedas.

In this latter context Soma refers to the receptive and flowing aspect of life, the water, the moon, the feminine, the healing and nourishing foods and plants, the rejuvenating elixirs and their ritualistic use in the > 4.000yr old Soma Ceremonies. Soma is the complimentary principle to Agni - the fire, the sun, the directive, masculine force.

Here at the SOMA Fest these 2 principles unite by celebrating the summer solstice in a Soma way- gentle, nourishing, healthy- surrounded by nature, water and beauty.



# ACCOMMODATIONS & PRICES

There are 5 different types of accommodation spread over 5 areas which are attributed to the 5 Elements: Earth, Water, Fire, Air & Aether. The prices include 3 nights (18.-21.06.), the use of communal spaces and meals (mostly vegan & gf - 3x dinner, 3x brunch, fruits, tea & water).

**This is a non-commercial & communitarian event- that's how we can afford off-season prices for a high-season event in a top holiday destination with private access to a wild beach at the Ria Formosa Lagoon!**

## EARTH- CAMPING IN OWN VAN: € 222.00/ PERSON

The EARTH area is where 4 camper vans can park in a shady space and use the kitchen, outdoor showers and eco toilets.

Here we also find the owners home, her assistant's cottage, the yoga deck, the "Nest" workshop space & massage table



The Yoga deck



"Nest"- ws & massage space

## WATER- SHARED CARAVAN: € 300.00/ PERSON

The WATER area is at the lake. It hosts two caravans with two bedrooms each and an outdoor kitchen with surround nature sounds & free concerts by the many resident frogs!

From here there's a short cut to the neighbouring artist studio & outdoor dance floor (AIR) reachable via the Amizade bridge.



View of the caravan from the outdoor kitchen



Lake & pier for canoes

## FIRE- 1-2P GLAMPING TENTS: € 300.00/ PERSON

The FIRE area hosts the 7 Glamping Tents & 1 Tipi that share the 2 bathrooms. Here is the Alchemy kitchen where we cook the communal dinners and serve the brunch buffets on a long table.

We also find the famous Phoenix Dome- an impressive bio-construction as well as the nature pools cleaned by water lilies!



6 shared tents, 1 single tent and 1 single Tipi



Phoenix Dome- rising from the Ashes...of the BBQ grill!

AIR & AETHER areas belong to the neighbours who offer double rooms with shared bathroom in a house or bungalow (€ 300.00).

For more info & photos contact:  
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