



An adventure yoga retreat in the Azores archipelago

Azores Yoga Retreat

August 1-8, 2026

Instructor:

Kathy Kessler

Retreat Coordinator:

Jessie Wigh

Students:

Brandi, Amanda, Randy,
Lisa, Kate, John & Heather



Day 1: Saturday, August 1: Arrival Day at Terra Nostra Garden Hotel

- 4:30-5:30 pm Yin Yoga in the garden (optional for early arrivals) meet in Side Lobby
- 6:00 pm Orientation in Side Lobby
- 6:45 pm Dinner at Tony's local restaurant

Day 2: Sunday, August 2: Terra Nostra Garden Hotel

- 7:00-7:15 am Morning gathering/announcements
- 7:15-9:00 am YOGA in the garden (we leave lobby at 7:15)
- 9:00-10:00 am Breakfast (open buffet)
- 10:30 am-12:00 pm Walking Meditation in gardens
- 12:45-2:00 pm Lunch at local bakery (we leave lobby at 12:45)
- 3:00 pm or 6:45 pm Departure for Riberia Quente beach (6:45pm for dinner only)
- 5:00-6:00 pm Beach Yoga (optional)
- 6:30 pm Start walk to Ponta Garajau
- 7:00 pm Dinner at Ponta Garajau seafood restaurant

Day 3: Monday, August 3: Terra Nostra Garden Hotel

- 7:00-7:15 am Morning gathering/announcements
- 7:15-9:00 am YOGA in the garden (we leave lobby at 7:15)
- 9:00-10:00 am Breakfast (open buffet)
- 10:30 am-5:00 pm Ponta Delgada Tour
- Dinner on your own



Day 4: Tuesday, August 4: Terra Nostra Garden Hotel

- 7:00-7:15 am Morning gathering/announcements
- 7:15-9:00 am YOGA in the garden (we leave lobby at 7:15)
- 9:00-10:00 am Breakfast (open buffet)
- 10:30 am-4:30 pm Moinho do Felix hike or Waterfall Park
with picnic lunch
- 5:00 pm Return to Furnas
- 7:00 pm Dinner at Terra Nostra Hotel

Day 5: Wednesday, August 5: Terra Nostra Garden Hotel

- 7:00-7:15 am Morning gathering/announcements
- 7:15-9:00 am YOGA in the garden (we leave lobby at 7:15)
- 9:00-10:00 am Breakfast (open buffet)
- 11:00-11:50 am Spa Sessions (Heather, Kathy)
- 1:00-1:50 pm Spa Sessions (Brandi, Amanda)
- 6:30 pm Depart for Quinta dos Sabores
- 7:00 pm Farm-to-table dinner at Quinta dos Sabores (nice venue)



Day 6: Thursday, August 6: Terra Nostra Garden Hotel

- 7:00-7:15 am Morning gathering/announcements
- 7:15-9:00 am YOGA in the garden (we leave lobby at 7:15)
- 9:00-10:00 am Breakfast (open buffet)
- 10:30 am-6:00 pm Villa Franca and Sete Cidades tour
- 1:00-2:00 pm Lunch at Quinta Da Queiro in Sete Cidades
- 2:00-3:30 pm Hiking or watersports
- 3:30-4:30 pm Yoga on the lakefront (optional)
- 4:30-6:00 pm Return back to Furnas
- 7:00 pm Cozido dinner in Furnas

Day 7: Friday, August 7: Terra Nostra Garden Hotel

- 7:00-7:15 am Morning gathering/announcements
- 7:15-9:00 am YOGA in the garden (we leave lobby at 7:15)
- 9:00-10:00 am Breakfast (open buffet)
- 11:00-11:50 am Spa Sessions (Randy, Lisa)
- 1:00-1:50 pm Spa Sessions (Kate, John)
- 4:00-5:00 pm Closing class
- 6:30 pm Dinner at the Gardener at Terra Nostra

Day 8: Saturday, August 8: Terra Nostra Garden Hotel Departure Day

- 11:00 am Checkout (can check out earlier)



What to Bring

Packing Suggestions:

- Passport and any additional documentation as required by your nationality
- Any medications you may need
- Comfortable walking/hiking shoes
- Layered, lightweight clothing
- Lightweight water-resistant jacket/poncho and/or umbrella (frequent drizzles are normal)
- Layered, lightweight yoga clothing (weather can be cool, and more so mornings)
- Dark swimsuit that may be stained by the iron in the thermal pools
- Daypack or satchel for tours
- Hand Sanitizer
- Sunglasses
- Hat
- Insect Repellent
- Toiletries
- Reading material/journal
- Reusable water bottle
- Sunscreen
- Swimsuit
- Yoga mat if you are not renting one from Belize Yoga
- Motion-sickness medication if you require for transport (lots of windy roads)
- Laptop or tablet (optional)
- Camera
- Plug adapter AND voltage converter (most iphones come with a converter)
- Alarm
- Spending money and tip money
- Visa or MasterCard (alert your card company that you will be visiting Portugal)
- Neck pillow, eye mask and earplugs (optional for plane)



Activity Preparation

Clothing/Items for activities

All activities

WEAR:

Layered, lightweight clothing

Comfortable shoes

Hat/sunglasses (optional)

BRING:

Water

Rain jacket and/or umbrella

Swimsuit (for days with swimming option)

Spending money (optional, for shopping and lunches)

Camera (optional)

Hand Sanitizer (optional)

Backpack or satchel for water, camera



FAQs

(you may also visit www.belizeyoga.com/faq)

Should I bring Euros or exchange US cash? Can I use a credit card?

It generally is easiest to simply use an ATM upon arrival at the airport to withdraw Euros. Exchanging US cash or obtaining Euros in the US usually incurs more fees. Visa and Mastercard are widely accepted. It is VERY important to inform all credit/debit cards you plan to use that you will be visiting Italy. If not, they may block all transactions.

What is the weather like?

Weather in the Azores should be highs in the mid 70s, with lows in the mid 60s at night. We recommend bringing lightweight layered clothing as it may be hotter or cooler than average. Rainfall is likely, as popup drizzles are part of the typical day.

What time zone is the Azores?

Azores Time Zone is GMT +0

What type of clothing should I wear?

Of most importance is to be comfortable, and comfortable shoes are a must. Most of our daily activities will be a combination of walking, hiking, dining and other activities.

What type of electricity/voltage is there?

Different from the U.S.: Azores is 230V/50Hz. U.S. is 110V/60Hz. The plug shapes are also different, so you will need a plug adapter so that your plug fits into a socket, PLUS a voltage converter to reduce the voltage to 110V. Without a voltage converter, your device will receive double its normal electricity. Most laptop computers have a voltage converter included (it is the black box attached to the cord).

Will there be internet?

Yes, although first and foremost we invite you to UNPLUG. Wireless internet is available at the hotel. Please note that the internet may be slower than you are used to, and may be unavailable at times.

How much should I tip?

Tipping is appreciated but it is not expected that you would tip quite as much as you do in the US. You may wish to tip your drivers and tour guide, and a small tip at meals you purchase on your own.



FAQs

(you may also visit www.belizeyoga.com/faq)

How to we get to/from the Terra Nostra Garden Hotel?

You are responsible for your travel to and from the Terra Nostra Garden Hotel in Furnas. Check-in begins at 3:00pm on the arrival Saturday of the retreat. If you arrive earlier, you can leave your bags and enjoy the gardens and hot springs. On the departure Saturday, you may depart any time. Check out is 11:00am. A taxi from the airport is about 1 hr and between 40-60 Euros, depending on the number of people.

What is included in the cost of the retreat?

All transfers during retreat, 7 nights lodging, most meals beginning with dinner on arrival day and ending with breakfast on departure day (excludes 3 lunches and 1 dinner on your own), yoga sessions, adventures as listed in your retreat.

What is NOT included in the cost of the retreat?

Three lunches, one dinner, gratuities, alcohol, sodas & drinks not included with meals, transfer to/from Terra Nostra Garden Hotel, laundry, phone, non-mealtime food or "off menu" ordering, additional tours, spa treatments or transfers not included in package.

Is there cell phone coverage?

For the most part, yes (depends on your provider), although first and foremost we invite you to UNPLUG. Check with your service provider regarding international roaming rates, as they are very expensive without an international plan. We recommend keeping your smart phone on airplane mode during the retreat to avoid incurring fees for data, texts and calls.

Should I get a cell phone while in the Azores?

It is possible to purchase a phone and a month-long plan in Portugal (calls + data). Alternately, you can purchase a SIM card and monthly plan while in the Azores, but these can only go into an unlocked phone (most phones in the US are not unlocked). A free option would be to have WhatsApp, Skype or Viber installed on your smart phone for use via wifi. Your retreat coordinator will have a cell phone if you need to make a brief call or text.

Can we drink the water?

Yes, all water conforms to European Union safety standards, although most locals prefer to drink bottled water.



Contact Info

Arrival Info

Check-in begins at 3:00pm at Terra Nostra Garden Hotel. If you arrive earlier and your room is not ready, you may leave your bags and enjoy the gardens and hot springs. I recommend the lounge chairs in the indoor pool area for a nice napping area after a long flight day.

Departure Info

You are responsible for arranging your onward travel from the hotel on departure day. The hotel will arrange a taxi for you, just let them know the time you wish to leave. If you need to leave your bags at the hotel after check-out, just inquire at the front desk. I will assist in arranging a group van if there are enough students arriving/departing together.

Contact Info

Belize Yoga: 1-812-783-9642 (text or direct to voicemail, then emailed to me)*

Belize Yoga email: jessie@belizeyoga.com or brad@belizeyoga.com

Jessie's WhatsApp: (+501) 637-4109

Terra Nostra Garden Hotel: (+351) 296 549 090

**This US phone number connects directly to voicemail, which is then emailed to us. For immediate assistance, please use WhatsApp.*