HEART CENTERED Healing Yoga Retreat

PORTUGAL

JUNE 22ND - 29TH, 2027

RESTORE -RENEW- REPLENISH

Journey to the Heart

SPRING INTO LIFE





What?

Twice-daily restorative and uplifting practices
Mindful breathing
Journey through the Chakras
Creative Expression
Nourishing, wholesome food Comfortable accommodation

HTTPS://SPRINGINTOLIFE.IE/RETREATS/

BOOKING AND ENQUIRIES:
086-8242033

WHY THIS RETREAT?

Step away from daily pressures and reconnect with your inner peace.

THIS RESIDENTIAL RETREAT SUPPORTS:

- Emotional release & clarity
- Chakra balancing & energy healing
- Mindful movement & meditation
- Creative expression & joy
- Deep rest in nature
- Heart-centered community
- Tools you can bring home for daily wellbeing

You are free to release what no longer serves you and return restored, lighter, and more connected to yourself.



BOOKING & INQUIRIES

+353 86 824 2033
relax@springintolife.ie

ABOUT MARIE-ANGELINE LASCAUX

SPRING INTO LIFE

Marie-Angeline Lascaux has been leading Residential Retreats in Ireland and Portugal for over 20 years blending ancient wisdom and modern therapeutic techniques to support whole being wellness. She teaches with warmth, sensitivity, and deep respect for each person's pace.

https://springintolife.ie

She specialises in:

- Stress management & emotional healing
- Chakra balancing & energy work
- Personal empowerment & confidence
- Mind-body-spirit integration



BOOK YOUR PLACE

SPACES ARE LIMITED. SECURE YOUR SPACE NOW!

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EARLY BIRD PRICES

RETREAT FEE: **€1250 - €1800 PER PERSON**
(DEPENDING ON ACCOMMODATION CHOSEN)

DEPOSIT: **€350** ON APPLICATION (NON-REFUNDABLE)

INCLUDED:

- ASSISTANCE TO PREPARE YOUR TRIP
- ACCOMMODATION
- NUTRITIOUS VEGETARIAN BREAKFAST, BRUNCH AND DINNER
- VEGAN, GLUTEN-FREE AND DAIRY-FREE OPTIONS
- WATER, TEA, INFUSIONS, COFFEE
- WELLNESS WORKSHOP EACH MORNING AND EVENING
- TWO QI GONG CLASS & ONE HERBALIST WORKSHOP

EXCLUDED:

- FLIGHTS
- TRAVEL INSURANCE
- VISA
- TRANSFERS AND ADDITIONAL ACTIVITIES
- ALCOHOL OR OTHER SOFT DRINKS NOT MENTIONED IN INCLUDED









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ACCOMMODATION & COSTS

BEDROOM 1

SUPERIOR KINGSIZE EN-SUITE WITH ROLL TOP BATH

€1800 - 1 person (solo occupancy)
€1450 each - 2 people sharing







BEDROOM 2

DOUBLE EN-SUITE

€1700 - 1 person (solo occupancy)
€1350 each - 2 people sharing



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ACCOMMODATION & COSTS

BEDROOM 3

KING SIZE EN-SUITE

€1750 - 1 person (solo occupancy)
€1400 each - 2 people sharing



BEDROOM 4

SUPERIOR KING SIZE EN-SUITE WITH ROLL TOP BATH

€1800 - 1 person (solo occupancy)
€1450 each - 2 people sharing





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ACCOMMODATION & COSTS

BEDROOM 5

KING SIZE EN-SUITE

€1750 - 1 person (solo occupancy)
€1400 each - 2 people sharing



LAKESIDE ROOMS :

TWIN ROOM WITH TWO SINGLE BEDS AND SHARED BATHROOM

€1650 - 1 person (solo occupancy)
€1300 each - 2 people sharing





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ACCOMMODATION & COSTS

GLAMPING :

€1450 - 1 person (solo)

5 LUXURIOUS BELL TENTS WITH COMFORTABLE DOUBLE BED AND SHARED BATHROOM

€1200 each - 2 people sharing







Situated in the beautiful grounds of Quinta Galegas, Orange Grove camping invites you to sleep under canvas in one of our 5 luxurious bell tents.

They come equipped with fly screen mesh doors and windows, solar lighting and extremely comfortable beds to make sure your stay is as restful as possible.

The tents can be adapted to accommodate double or twin occupancy as required.

Designed for those who wish to be closer to nature, guests can enjoy beautiful views across the Vouga Valley by day, and by night drift off to sleep serenaded by tawny owls living in the surrounding cork oaks.

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ACCOMMODATION & COSTS

The Grove has on site bathroom facilities, a kitchen area where guests can help themselves to tea and coffee, charge their phones and make juice squeezed from oranges picked straight from our trees.

Being only a minutes walk from the main house, courtyard kitchen and stunning natural lake, the rest of the Quintas amenities are also easily accessible and available to all.

The friendly Orange Grove team will be available at all times to help make your stay as enjoyable and memorable as possible.









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