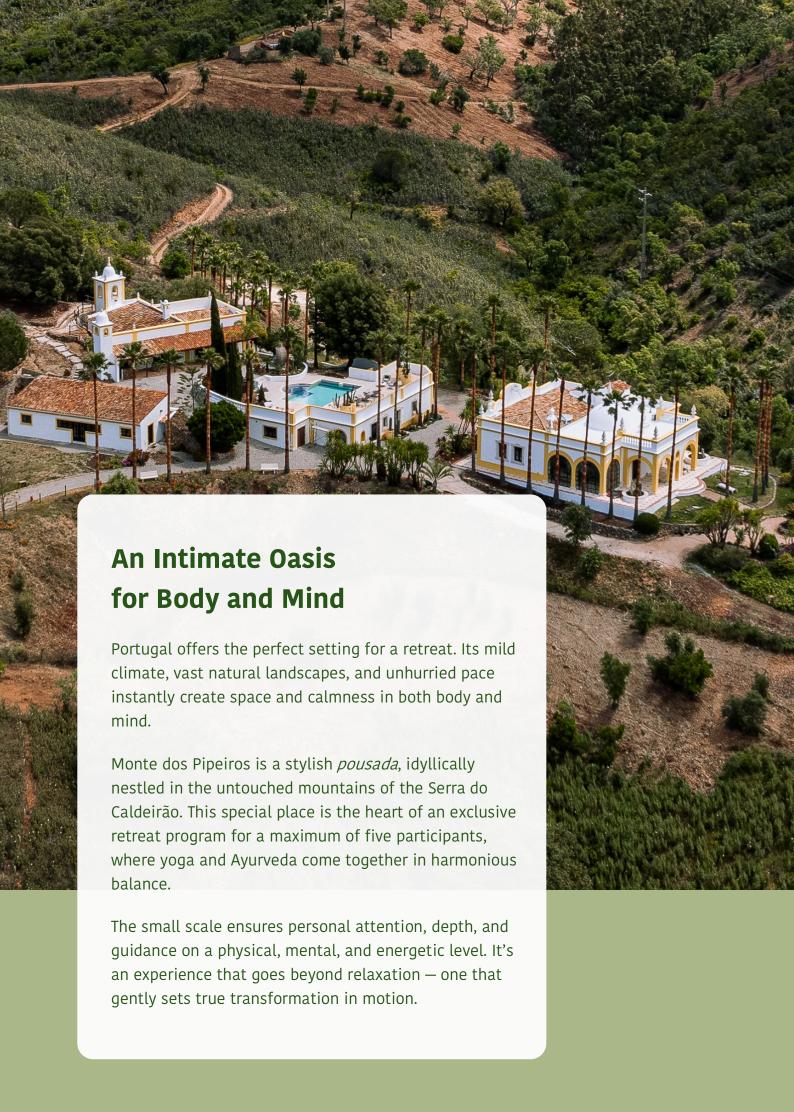
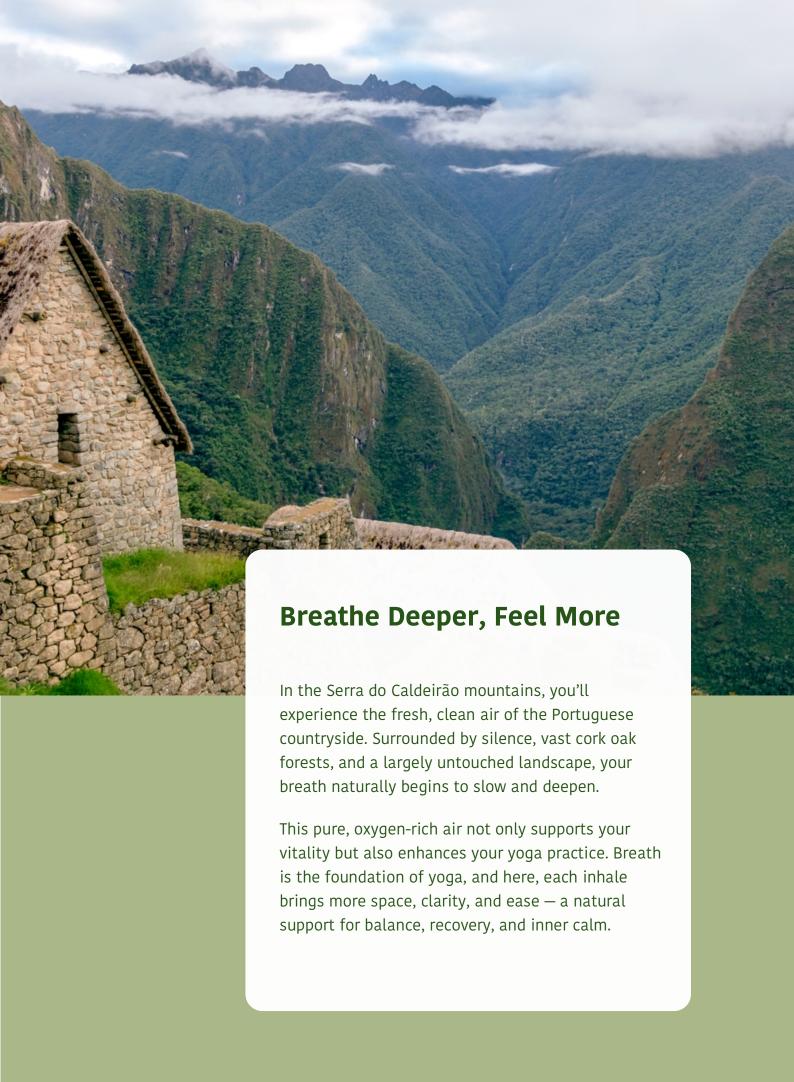
Yoga Retreat

The South of Portugal











The Path Upward

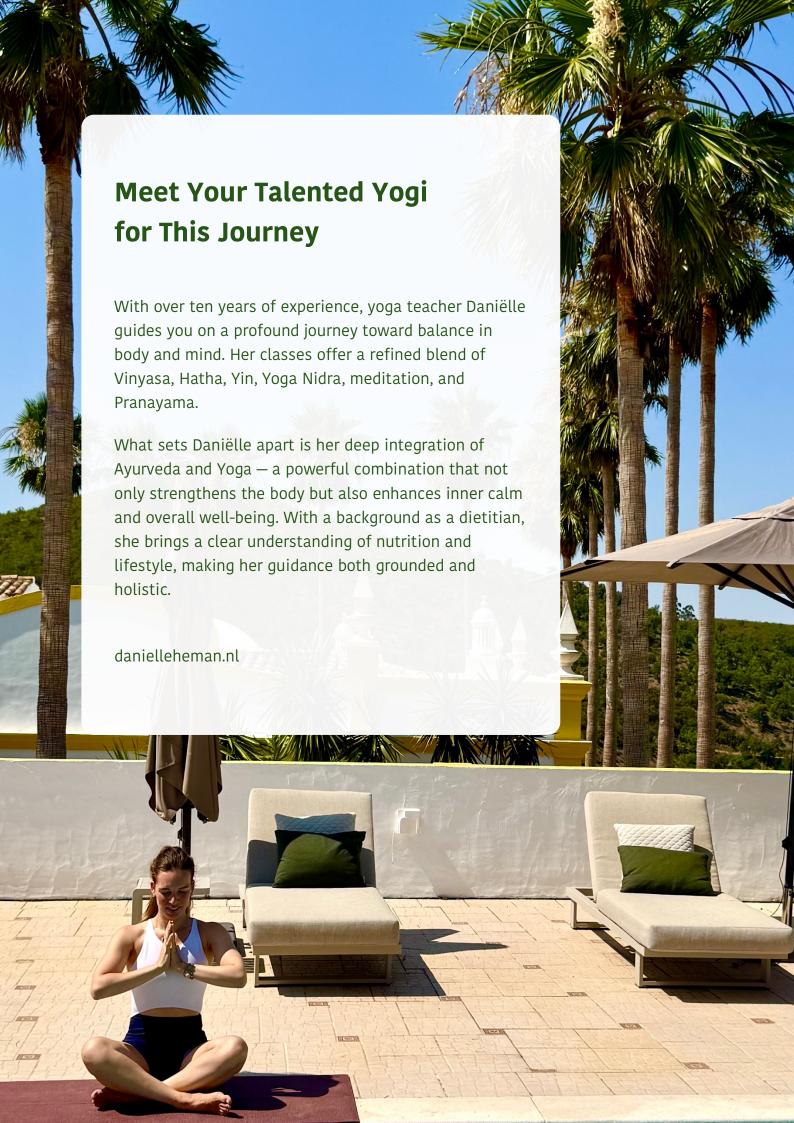
At the highest point of Monte dos Pipeiros, a wide-open view unfolds across the surrounding valleys and mountains. This place invites stillness. The clean air and gentle breeze help you settle, turn inward, and be fully present.

A long staircase behind the old church tower leads you upward. With each step, you leave the noise of daily life behind and come closer to yourself.

At sunset, the sky turns soft shades of gold and violet. A special moment in the day, perfect for meditation, reflection, and connection with nature and the greater whole.







Day by Day

In this program, all activities, rest periods, and meals are thoughtfully aligned with the ancient wisdom of Ayurveda. This holistic approach creates harmony between body and mind, following a daily rhythm that supports the natural flow of energy. The result is optimal vitality, deep relaxation, and nourishment that truly supports your well-being.

Monday - Arrival & Grounding

Arrive at your own pace 18:00 | Yoga session

19:00 | Welcome dinner

Tuesday - Connecting with Yourself

08:00 | Meditation & kefir

08:30 | Yoga session

09:30 | Breakfast

11:00 | Workshop: *From Name to Identity*

12:30 | Lunch

18:00 | Yoga session

19:00 | Dinner

Wednesday - Nature & Insight

07:00 | Silent walk

08:00 | Meditation & kefir

08:30 | Yoga session

09:30 | Breakfast

11:00 | Introduction to Ayurveda

12:30 | Lunch

18:00 | Yoga session

19:00 | Diner

20:30 | Meditation at the Stupa



Thursday - The Language of Heart & Stone

08:00 | Meditation & kefir

08:30 | Yoga session

09:30 | Breakfast

12:30 | Lunch

19:00 | Dinner

20:30 | Evening session: *The Power of Stones*

Friday - Inner Stillness & Sound

08:00 | Meditation & kefir

08:30 | Yoga session

09:30 | Breakfast

12:30 | Lunch

14:00 | Ayurvedic massage

18:00 | Yoga session

19:00 | Dinner

20:30 | Sound bowl session

Saturday - Integration & Departure

08:00 | Meditation & kefir

08:30 | Yoga session

09:30 | Breakfast

Farewell and check-out at your own pace

Extras Just for You

- √ Ayurvedic recipe booklet
- ✓ Personal healing stone to take home
- \checkmark Journal for reflection, insights, and inspiration

Your Personal Retreat

DURATION

5 nights / 6 days of deep rest and renewal

GROUP SIZE

Maximum of 5 participants - exclusive and personal

ACCOMMODATION

Elegant suite, thoughtfully designed with a private bathroom

LOCATION

Monte dos Pipeiros, tucked away in the magical Serra do Caldeirão mountains of southern Portugal

PRICE

€ 1,750 per person – all-inclusive

WHAT'S INCLUDED

- ✓ All yoga, meditation, and breathwork sessions
- ✓ Private suite with en-suite bathroom*
- ✓ Two inspiring workshops and a sound bowl session
- ✓ Daily organic, vegetarian meals
- ✓ Unlimited tea, still and sparkling water
- ✓ One Ayurvedic massage
- ✓ A personal healing stone for energetic support

TRAVEL

Flights to Faro are not included. You can choose a comfortable transfer (€140 return) or rent a car for maximum freedom.

* OPTIONAL UPGRADE TO ROYAL SUITE

Enjoy extra comfort in our Royal Suite, featuring a private terrace, balcony, pantry, spacious living area, and separate bedroom:

- € 100 per person per night (single use)
- € 50 per person per night (shared use)



The Art of Slowing Down

Give yourself a few days away from the noise. A pause to slow down, breathe, and realign with what truly matters. Feel welcome. Reserve your spot and prioritise what often gets postponed: time for yourself.

2026

- 26 January 31 January
- 2 February 7 February
 - 27 April 2 May
 - 4 May 9 May

Contact & Bookings

pipeiros.com +351 963 290 995 info@pipeiros.com

