


Yoga Retreat

The South of Portugal





An Intimate Oasis for Body and Mind

Portugal offers the perfect setting for a retreat. Its mild climate, vast natural landscapes, and unhurried pace instantly create space and calmness in both body and mind.

Monte dos Pipeiros is a stylish *pousada*, idyllically nestled in the untouched mountains of the Serra do Caldeirão. This special place is the heart of an exclusive retreat program for a maximum of five participants, where yoga and Ayurveda come together in harmonious balance.

The small scale ensures personal attention, depth, and guidance on a physical, mental, and energetic level. It's an experience that goes beyond relaxation — one that gently sets true transformation in motion.



Breathe Deeper, Feel More

In the Serra do Caldeirão mountains, you'll experience the fresh, clean air of the Portuguese countryside. Surrounded by silence, vast cork oak forests, and a largely untouched landscape, your breath naturally begins to slow and deepen.

This pure, oxygen-rich air not only supports your vitality but also enhances your yoga practice. Breath is the foundation of yoga, and here, each inhale brings more space, clarity, and ease — a natural support for balance, recovery, and inner calm.

An Ode to the Universe

Monte dos Pipeiros was built with dedication as an ode to the universe. Set in a quiet, powerful location along an ancient pilgrimage route, the founder created a space where natural energy and conscious living are at the heart of everything.

The architecture reflects this intention, incorporating symbolism from Hinduism and classical antiquity. Art, nature, and philosophy merge here to create an atmosphere that invites stillness, healing, and personal growth.

It is the perfect place to explore yoga and Ayurveda in their fullest expression — in connection with yourself, with nature, and with something greater.





Food Made with Love for Body and Nature

Each day, we prepare a fresh, organic vegetarian menu with care and intention, inspired by authentic Ayurvedic principles. Our meals are pure, seasonal, and locally sourced, designed to nourish not just the body, but also the mind, in harmony with the rhythm of the day, the practices, and the environment.

Movement, nourishment, and rest come together as a natural whole. Everything is aligned to support your relaxation, cleansing, and personal growth.

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.



Finding Stillness in Nature

Let yourself be held by the quiet of nature and return to yourself. Guided by an experienced yoga teacher, you'll embark on a deep, restorative journey toward relaxation and balance. The yoga sessions are gentle, nourishing, and attuned to your body's natural rhythm with space for stillness, breath, and awareness.

During your stay, you'll enjoy all the peace and comfort you need:

- A panoramic pool and jacuzzi overlooking the valley
- Sunny and shaded seating areas, loungers, and hammocks
- The calming presence of ancient cork oak trees
- Walking trails through silent, expansive landscapes



Meet Your Talented Yogi for This Journey

With over ten years of experience, yoga teacher Daniëlle guides you on a profound journey toward balance in body and mind. Her classes offer a refined blend of Vinyasa, Hatha, Yin, Yoga Nidra, meditation, and Pranayama.

What sets Daniëlle apart is her deep integration of Ayurveda and Yoga — a powerful combination that not only strengthens the body but also enhances inner calm and overall well-being. With a background as a dietitian, she brings a clear understanding of nutrition and lifestyle, making her guidance both grounded and holistic.

danielleheman.nl



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

✓ 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

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