




YOGA & RAW CHOCOLATE *Retreat*

Ericeira - Portugal

22-26/09/2020

www.twistsandbeans.com



*Experience
the blissful union
of
Yoga & Raw Cacao
to
Open your heart*

Yoga and Raw Chocolate are the magical pillars of this resourcing retreat.

Surrounded by beautifully wild beaches of Portugal,
we invite you to open your heart and experience the blissful union of yoga and raw cacao.
A journey where the body, mind and heart are united in a powerful and tasteful experience.

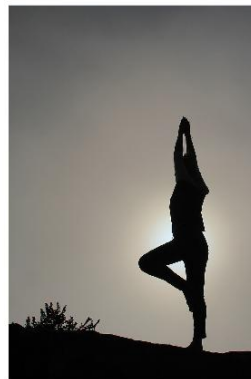
Raw Chocolate is made from the fruit of the Theobroma Cacao tree meaning
Food of the Gods.

This ancient Aztec delicacy was praised for its powerful medicinal properties
which in its pure form is a powerful healer and heart opener,
perfect to bring your yoga practice into a new dimension.

The daily yoga, meditations, pranayama sessions
and raw chocolate & vegan cooking workshops
are all harmoniously integrated to make you vibrate with joy, love, self-care
and bring balance on your physical, emotional and spiritual path.



*Yoga,
Raw Chocolate,
Sleep
&
Repeat*





YOGA



The yoga lessons are given alternately inside the house or on the roof terrace, depending on the weather. In the morning, we start with an energetic Vinyasa Flow class with the first sun rays. In the early evening, enjoy the benefits of a recharging Yin Yoga, a Myofascial Massage Ball Yoga Therapy session and/or a Restorative Yoga class, followed by pranayama and/or (candle light) meditation. One of the highlights can be the sunset yoga on the beach surrounded by nature and beauty with the sound of the waves.

The magical infusion of raw cacao into the yoga practice can deepen and enrich your experience to a higher level. Cacao brings you closer to your heart, opening yourself to the infinite nature of who you truly are. Cacao connects to the heart while yoga brings you to the point of where you are right now. Open your heart for this experience!

Vinyasa Flow Yoga is a breath synchronized movement practice. The sequences are built up progressively for each level of practitioner towards a peak moment of the class. While focusing on the breath, we bring movement to the body. The peak moment will activate the energy in the body while the relaxing and cooling aspect in the practice at the end will help to develop a more balanced body, mind and soul.

Yin Yoga is a perfect complement to the more dynamic and muscular style done in the morning. Yin yoga is a practice with long-held and deep gentle stretches of the connective tissue around a joint. Myofascial Yoga Therapy with massage balls are included in the evening sessions (1 or more). Pranayama and meditations are offered every day during the practice. In pranayama we modify the breath to control the vital life force in our physical body. These very effective tools bring energetic shifts in the physical and mental body.

All yoga levels are welcome.



RAW CHOCOLATE



Raw Chocolate is one of the magical pillars of this retreat so get ready for a taste-bud explosion and feel the blissful effect it has on your body, mind and heart.

Raw Cacao has more than 300 nutritional components and is a true superfood when eaten in pure form, but due to its bitter taste, it's not fancied by many. Making Raw chocolate with raw cacao is a way to keep all the goodness and add a whole lot of yumminess.

An array of plant based chocolate delights will be offered for tasting and we will learn how to make different types of raw chocolate desserts, from simple to elaborate recipes.

Our workshops are not only designed to learn about the process and preparation of chocolate but also to inspire you to build a healthy lifestyle. Become conscious about what you eat as this is a big step towards a balanced body, mind and heart.



THE LOCATION

ONDINA GUESTHOUSE

Built in the 80's, Ondina Guest House was recently renovated and decorated. Most of the furniture is handmade and the use of wood brings a natural feeling of harmony to the place.

The house has 3 double rooms and 3 shared rooms, all with private bathrooms. Downstairs is a big open space with the living room, bar and dining space, where we will come together and enjoy delicious meals.

The Yoga shala with a large mirror is located in the down part of Ondina. Capacity 14 persons. With a beautiful view over the ocean, the top terrace is perfect to enjoy the sunset and to practice yoga.

The guesthouse is located in a small village by the sea called Casais de São Lourenço, 5 minutes driving from Ericeira. Closest airport is Lisbon which is 35 minutes driving to Ondina. Detailed information on how to get there will be sent after booking.

📷 [ondina_ericeira](#)

📍 Ondina & Roots Guesthouse / Ondina Café - Bar - Rooms

🌐 www.ondinaguesthouse.com

📍 Rua Principal, 5, Casais de São Lourenço, Mafra, Lisboa, Portugal

☎ +351 962 525 222



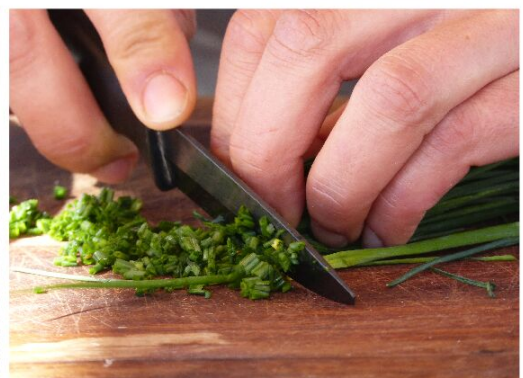
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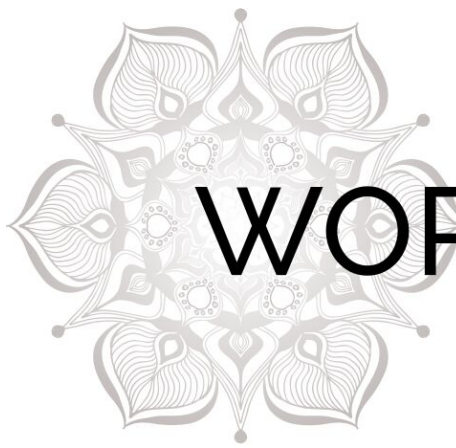


food
medicine



« In every walk
with nature
one receives
far more than
he seeks »
John Muir



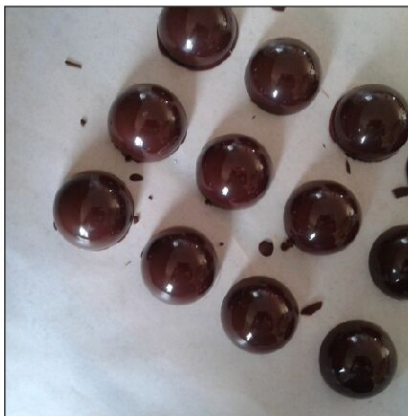


WORKSHOPS

To stimulate the senses,
we offer a diversity of activities
and workshops which are included
in our package.

3 Raw Vegan Food workshops

These inspiring workshops will teach you how to integrate more plant based whole foods into your diet and to nourish your body in a healthy guilt free way. All recipes will be provided to take home.



Raw Vegan Chocolate Workshop

Learn about the origin of Raw Cacao, the process from bean to bar and all its health benefits. How to make your own chocolate bar according to your own personal flavor.



Raw Vegan Chocolate Dessert Workshop

Learn about the fundamentals and explore healthy plant based alternatives for any sweet cravings. How to veganise recipes from easy snacks to more elaborate desserts.



Raw Vegan Gourmet Dinner Workshop

Submerge yourself in the world of different tastes and textures of raw vegan food and learn different ways to include plant based and raw food into your diet during this hands on workshop.

ACTIVITIES

RETREAT ACTIVITIES



Walking Tour along the World Surf Reserve Coast Line

There is no better way to get to know the beauty of the beaches, cliffs and landscape than a guided tour along the World Surfing Reserve. Suitable for all levels.



1 to 1 Yoga session

A ½ hour private session to deepen your personal practice. It is the optimal way to adapt yoga to the individual student and allow personal needs to be fully explored. This session will be organised during free time.

OPTIONAL ACTIVITIES

Are not included in the price, the bookings are done at the beginning of the retreat to ensure availability.

Payment on the spot. More info available at the start of the retreat



Reiki treatment, different wellness treatments of choice

Ayurveda massage, deep tissue massage, sports massage, ...



Creative Workshop: Create your unique yoga mat or shopping bag

Get creative and personalise your a yoga mat or shopping bag. See www.releafined.com for inspiration.

PROGRAM

Raw cacao shots will be served before all yoga sessions

Tuesday 22/09/2020:

14-16.00: Arrival
16.00: Introduction & welcome drink with snack
18.00: Light Yoga Session 75min
20.00: Vegan Dinner

Wednesday 23/09/2020:

08.00: Vinyasa Yoga Session + meditation/pranayama gomin
09.30: Vegan Breakfast
10.30: Workshop #1 "Raw Chocolate Workshop"
13.00: Vegan Lunch
14.00: Free time*
16.00: Workshop #2 "Raw Vegan Gourmet dinner"
18.00: Yin Yoga Session + meditation/pranayama gomin
20.00: Raw Vegan Gourmet Dinner

Thursday 24/09/2020:

08.00: Vinyasa Yoga Session + meditation/pranayama gomin
09.30: Vegan Breakfast
10.30: Hiking/walking tour (+/- 3 hours)
Lunch not included
14.00: Free time*
18.00: Myofascial Release Massage Ball Yoga Therapy + pranayama/meditation gomin
20.00: Vegan Dinner

Friday 25/09/2020:

08.00: Vinyasa Yoga Session + meditation/pranayama gomin
09.30: Vegan Breakfast
10.30: Workshop #3: "Raw Chocolate Dessert Workshop"
13.00: Free time* - Lunch not included
18.00: Yin Yoga/Restorative + meditation/pranayama gomin
20.00: Vegan Dinner

Saturday 26/09/2020:

08.00: Vinyasa Yoga Session + meditation gomin
09.30: Vegan Breakfast
10.30: Sharing circle & wrap up
11.00: Check out

* 1 to 1 yoga session and optional activities can be booked during free time.

The full and detailed program will be presented upon arrival. We reserve the right to amend the timings of the activity program.



Yoga
meets
Cacao





PACKAGE PRICES

Early Bird prices available till 31/03/2020:

Single room - 730€
Double* room - 630€
3 Person Shared**room - 630€
6 Person Shared** room - 610€

Package Prices after Early Bird:

Single room - 820€
Double* room - 699€
3 Person Shared**room - 699€
6 Person Shared** room - 680€

Prices are per person.

*Double room: Can only be booked with 2 persons travelling together.

**Shared room (3 or max. 6 persons): This package means you will be travelling alone and accept to share your room with other persons who have booked the same package. We will try as much as possible to grant the non mixed gender.

The retreat runs with a minimum of 6 persons. Maximum capacity is 14.

What is included in the package:

- 4 nights accomodation
- 4 morning yoga sessions
- 4 evening yoga sessions
- Meditations and pranayama sessions
- 2 Raw Chocolate workshops
- 1 Raw Vegan Gourmet dinner workshop
- 1 Guided walking tour along the World Surf Reserve Coast Line (3 hours)
- 1x 1 to 1 Yoga session of 30 minutes
- Water, tea and fresh fruit all day
- 4 Vegan breakfasts & dinners + 1 vegan lunch
- Yoga mats provided

What is not included in the package:

- Transportation
- Airport transfers
- Personal beverages
- Alcoholic beverages
- Souvenirs
- Insurances (travel, cancellation,...)
- Optional activities

More info & How to book?

Registration via website www.twistsandbeans.com/retreats



COLLABORATION



Sabine from twistS&Beans shares her love and passion for yoga, healthy vegan food and Reiki. Twists & Beans is all about moving and nourishing the body and soul. Where the Twists stand for the twisting yoga poses with the known rejuvenating effects on the body, the Beans represent the focus on plant-based food. Sabine's curiosity to learn is limitless and she has built up a profound experience in various yoga styles over the years and likes to share her passion for yoga with the world. She invites her students not only to explore the physical boundaries, but also to cultivate openness on a spiritual level. Both the physical side to make the body stronger and more flexible and the need for reflection and introspection play an important role in her yoga experience, practice and teaching. Sabine is a certified Yoga Teacher in Vinyasa, Yoga Therapy, Face Yoga, Yin Yoga, Natural Food Coach and Reiki 2. The Reiki practice based on the Usui tradition makes part of her daily life. Sabine teaches in the luxurious getaway in the heart of Brussels, Serendip Yoga and organizes many workshops and Yoga Vegan Potluck events in Brussels as well.

🌐 [twistsandbeans](#)
🌐 www.twistsandbeans.com
📧 twistsandbeans@gmail.com



RAW SPOON
SUGAR & GLUTENFREE VEGAN DESSERTS



Barbara from Raw Spoon shares her passion for Raw Cacao, raw chocolate, healthy desserts and Raw food. After being diagnosed with food intolerances, she devoted her time to research and made her transition to a whole food plant based, gluten and sugar free diet. A change that was a challenge at the start but once integrated she found healing and a balance between body and soul, food and emotions. Raw Spoon came as a result to inspire and share the magical world of pure plant based foods. Today Raw Spoon offers workshops and demos in Spain and Belgium. Handcrafted guilt free delights, from chocolate bars to elaborate pralines, from cookies & energy bars to cheesecakes & pies in a jar, all made with only plant based ingredients, without refined sugar or gluten.

🌐 [rawspoon](#)
🌐 www.rawspoon.net
📧 rawspoonfood@gmail.com