
Sample Retreat Itinerary

Location: Casa Rosa Villa, Olhão, Southern Portugal

Dates: Tuesday, April 14 – Sunday, April 19

Check-In: Tuesday at 3:00 p.m.

Check-Out: Sunday at 11:00 a.m.

Optional extended stays (1–3 nights) are available on a first-come, first-served basis. More details on booking will be shared soon. This is a beautiful base from which to explore Southern Portugal.

Each day is thoughtfully designed to blend learning, reflection, and adventure. **Mornings typically begin with a group check-in and a workshop session** to explore and deepen the retreat themes. **Evenings offer space for integration, connection, and playful exploration** of the day's insights—whether through discussion, creative practice, or quiet reflection.

Tuesday – Arrival & Opening

- Check-in begins at 3:00 p.m. at Casa Rosa Villa.
 - Take time to settle into your room and soak in the surroundings.
 - Late afternoon welcomes you into the group, with introductions and the first workshop session to open our shared journey.
 - A delicious welcome dinner will be served by our local chef, setting the tone for a week of nourishment and connection, followed by more workshop material and learning throughout the evening.
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Wednesday – Deep Dive & Discovery

- Morning check-in followed by a workshop session
- Lunch will be at our villa, followed by another workshop session
- There will be time on your own in the afternoon to explore the local area—wander the cobbled streets of Olhão, visit the waterfront, or simply relax.
- Dinner will be prepared at the villa by our chef,

- Evening will find us learning through play as a group and continuing to integrate the work.
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Thursday – Local Culture & Evening Restoration

- After our morning check-in, we'll head to a local olive orchard for a guided tour and tasting experience—an immersion in local flavor and tradition.
 - Lunch at the villa prepared by our wonderful chef will be followed by a workshop session that builds on the insights of the past few days.
 - Evening dinner will be enjoyed on your own at one of Olhão's many excellent local restaurants. Afterwards, enjoy time to relax, connect with one another, or retreat into quiet.
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Friday – Sea Excursion & Coastal Inspiration

- We begin with our daily check-in, followed by a guided boat excursion to explore local wetlands, beaches, and a traditional fishing village.
 - Lunch will be on your own in the fishing village, known for not only fish, but locally farmed shellfish and oyster tastings.
 - After returning to the villa for a restful siesta, we'll gather for a late afternoon workshop session.
 - The day concludes with dinner back at the villa, prepared with care by our chef.
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Saturday – Market Morning & Celebration

- After morning check-in, we'll head to Olhão's renowned Saturday market—a vibrant, sensory-rich experience and a favorite with locals and visitors alike.
 - We'll reconvene at the villa for lunch, followed by a final workshop session to reflect on and anchor the week's work.
 - A siesta leads into our closing dinner and farewell celebration—an evening of music and play.
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Sunday – Departure

- A light continental breakfast will be available as we share goodbyes.
 - Check-out is at 11:00 a.m., with reassurance and connection as you continue your relationship journey together
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