

TAMARA FELDER YOGA - RETREAT - PORTUGAL 2024

SELL YOUR CLEVERNESS AND BUY BEWILDERMENT

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Sunday	14:00	Venue Check-in und Settle in
	16:00	Welcome circle - Intention setting - Yoga flow
	19:00	Breathtaking group dinner at Lugar da Horta with Tamara
Monday	07:00 - 08:45	Morning Pranayama and Yoga
	9:30	Breakfast and time for you
	16:00 - 17:15	Workshop „The sound of inner being wild and grounded“ Movement and Sound Bath
	19:00	Tasting dine and wine group dinner with Tamara
Tuesday	07:00 - 08:45	Morning Pranayama and Yoga
	9:30	Breakfast and time for you
	16:00 - 17:15	Workshop „From Garden to 5 o'clock Tea session“ State of the Art Energy Work
	19:00	Breathtaking BBQ group dinner by the sea with Tamara
Wednesday	07:30	Silent meditation walk around the area or cold plunge in the sea
	08:00 - 9:00	Modern Yin Yoga
	9:30	Brunch
	14:00	Hugs, Kisses - Goodbye's and see you soon