

Become Whole - Become You!

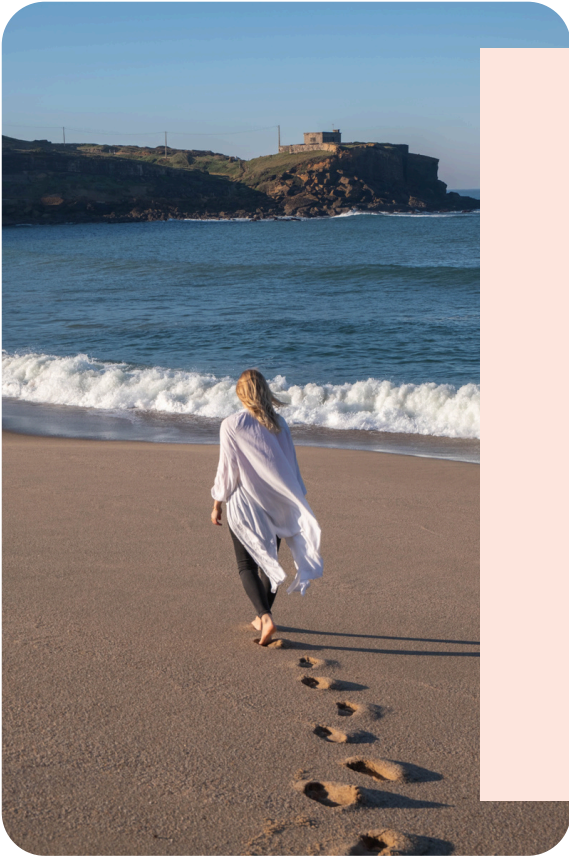
PSYCHOTHERAPY & YOGA RETREAT



October 1 - 5
Ericeira, Portugal

SPECIAL EDITION
LIMITED SPOTS AVAILABLE





"To become whole, we must gather the pieces that once fell apart. Let healing be the path, therapy the vessel, and wholeness the destination. When we arrive, we step into a life of meaning, authenticity, joy, and peace."

In the heart of the Portuguese countryside, embraced by nature, medicinal food, and the rhythm of yoga and meditation, we invite you on a journey of self-discovery and transformation.

Become Whole - Become You is a retreat designed to help you reconnect with yourself, embrace your hidden parts, and step into an authentic, whole life. Through a blend of **ancient yogic practices** and **modern psychotherapy**, you will explore your inner landscape, release old patterns, and plant the seeds of deep transformation.

Over five days, you will learn to listen to the hidden messages of your emotions, rewire limiting beliefs, and shed the layers that hold you back—shifting from merely surviving to truly living.

This intimate retreat (max. 10 participants) is **open to everyone**, whether you're new to therapy or ready to deepen your journey.

Held in **English**, we also speak **French, Spanish, German, Slovak, and Czech**.

OUR TEAM

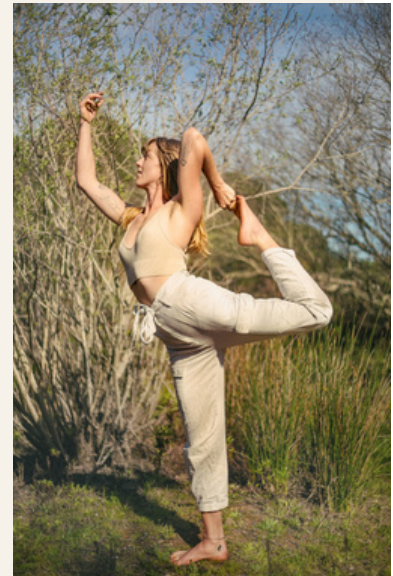


Monika - Psychotherapist

A holistic therapist blending psychology, yoga, and spirituality to guide you toward wholeness. With expertise in trauma healing, she combines psychodynamic, somatic, and systemic approaches to help release past pain and create a life filled with meaning.

Fiona - Yoga Teacher & Massage Therapist

Passionate about mindful movement, breathwork, and energy healing, Fiona teaches hatha, vinyasa, yin, and restorative yoga alongside guided meditations. She also offers Thai massage, Reiki, and tarot readings, focusing on deep relaxation and self-awareness.



Anna & Lucie, Mulheres da Lunna - Food Fairies

Creators of holistic nourishment, turning food into medicine for the soul. Anna, a herbalist and plant-based chef, and Lucie, a yoga teacher and massage therapist, craft meals using wild foraged foods, herbs, and edible flowers, blending beauty, taste, and healing. They also offer women's health rituals and teachings on cyclical well-being.

YOUR ACTIVITIES



Morning Yoga & Evening Meditation

Start your day with a creative yoga flow, blending Vinyasa, Hatha, Restorative, and Yin, to awaken balance, strength, and breath. Evenings invite you into meditation, Yoga Nidra, and sound healing to calm the mind and reset the nervous system for deep rest.



Afternoon Therapeutic Workshops

A transformative journey through self-exploration and healing:

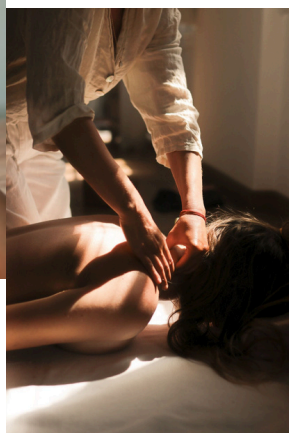
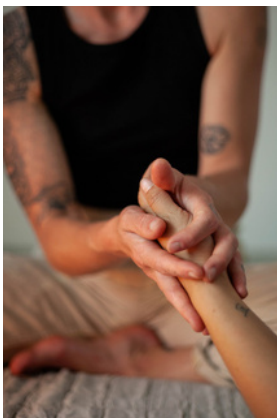
Day 1: Healing the Past – Release emotional patterns, heal inner child wounds, and let go of limiting beliefs.

Day 2: Embracing the Present – Process emotions, integrate healing, and reset the nervous system.

Day 3: Creating the Future – Set meaningful intentions and cultivate a purpose-driven life.

Free Time & Relaxation

Enjoy nature walks, sunrise meditations, journaling, swimming, or simply unwinding in the garden. Massages are available for an extra touch of self-care.



Massage Therapy (Optional Add-On)

Thai Yoga Massage (60mins/€50) – A dynamic full-body treatment using acupressure, stretching, and movement to release tension and restore balance. (by Fiona)

Ayurvedic Marma & Abdominal Mayan Massage (60mins/€60) – A deeply nourishing therapy combining acupressure and herbal oils to clear blockages and rejuvenate body & mind. (by Lucie)

MEDICINAL FOOD

Nourish your body with Ayurveda–inspired meals, crafted to support movement and healing. Every dish is a fusion of organic, seasonal, and locally sourced ingredients, designed to restore balance and vitality.

BRUNCH - A wholesome spread of:

Nourishing porridges, chia puddings & crunchy granola
Freshly baked gluten-free bread, savory pies & pancakes
Homemade jams, yogurts, butters & flavorful spreads
Hummus, green salads & fresh seasonal fruits

DINNERS - Vibrant, soul-warming meals:

Aromatic soups & broths for deep nourishment
Indian curries, Israeli Shakshuka & Mediterranean delights
Italian lasagna infused with fresh herbs & love

EXTRAS

Morning treats - Fresh juices, herbal infusions & seasonal fruits (no coffee, sorry!)
Afternoon delights - Baked sweets, muffins & wholesome bites



All meals are **vegetarian or vegan**, beautifully plated, and infused with **healing herbs, aromatic spices, and the pure essence of nature**. Expect simplicity, creativity, and nourishment in every bite.

CASA SHANTI

Tucked away in the Portuguese countryside, Casa Shanti is a peaceful heaven surrounded by lush gardens, volcanic hills, and forests. With spacious retreat areas, a refreshing pool, and a sun-drenched terrace overlooking the valley, this is a place to unwind, heal, and reconnect.

Located 40 km from Lisbon and 15 km from Ericeira, it offers the perfect mix of seclusion and accessibility.



ACCOMMODATION OPTIONS

- **SHARED ROOMS (Cozy & Budget-Friendly)**

Dorm-style rooms (2 or 4 beds) with a shared bathroom in the main house—ideal for those who love community.



- **PRIVATE ROOMS (Comfort & Privacy)**

Twin Room - Private with a shared bathroom, perfect for solo travelers or friends.

Double Room - Private with a private bathroom, ideal for individuals or couples.



- **DELUXE GARDEN HOUSES (Luxury & Seclusion)**

Floral House - Spacious private retreat with a double bed, private bathroom, fireplace, and extra bed (up to 3 guests).

Jardin House - Garden studio with a double bed, private bathroom, small kitchen, fireplace, and extra bed (up to 3 guests).



ADDITIONAL INFORMATION

DAILY SCHEDULE

(Timings are flexible and may be adjusted as needed.)

- 8:00 – Morning infusion & fresh fruits
- 8:30 – 10:00 – Morning Yoga Class
- 11:00 – Nourishing Brunch
- 13:30 – 15:30 – Therapeutic Workshop (Part 1)
- 15:30 – Quick Break & Afternoon Snack
- 16:00 – 18:00 – Therapeutic Workshop (Part 2)
- 18:30 – Wholesome Dinner
- 20:00 – 21:00 – Evening Meditation

A balanced flow of movement, nourishment, deep inner work, and rest.

WHAT'S INCLUDED

- ✓ 3x Therapeutic Workshops
- ✓ 4x Morning Yoga & Pranayama Sessions
- ✓ 4x Evening Meditation Sessions
- ✓ 4 Nights Accommodation (shared or private, as per your choice)
- ✓ Daily Brunch & Dinner + Morning & Afternoon Snacks
- ✓ All Materials for Classes & Workshops
- ✓ A Special Goodbye Gift 🎁

WHAT'S NOT INCLUDED

- ✗ Flight tickets
 - ✗ Transport / Airport Shuttle to Casa Shanti
 - ✗ Optional Massage Treatments
 - ✗ Health Insurance
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PRICE LIST

Early Bird rates valid until June 30 – Limited Spots!

SHARED ROOMS (Cozy & Budget-Friendly)

4-Bed Room (Single Bed) – €650 (Early Bird) / €720 (Regular)

2-Bed Room (Single Bed) – €780 (Early Bird) / €850 (Regular)

PRIVATE ROOMS (Comfort & Privacy)

Twin Room (Shared Bathroom)

€950 (1 person, Early Bird) / €1050 (Regular)

€1300 (2 people, Early Bird) / €1500 (Regular)

Double Room (Private Bathroom)

€1050 (1 person, Early Bird) / €1150 (Regular)

€1400 (2 people, Early Bird) / €1600 (Regular)

DELUXE GARDEN HOUSES (Luxury & Seclusion)

Floral House

€1200 (1 person, Early Bird) / €1350 (Regular)

€1600 (2 people, Early Bird) / €1800 (Regular)

Jardin Studio (Most Exclusive Option)

€1350 (1 person, Early Bird) / €1550 (Regular)

€1700 (2 people, Early Bird) / €1900 (Regular)

Secure Your Spot

Reserve your place with a €250 non-refundable deposit. The remaining balance is due at least 2 months before the retreat—either as a one-time payment or in flexible instalments.

Booking & Inquiries

Email: monika17odzganova@gmail.com

WhatsApp: +421 944 774 471

*We can't
wait to
welcome you!*