



## CASA DO MOINHO PORTUGAL

### 1 - 3 - 5 DAYS RETREAT PACKAGES 2023

Welcome to your personal Retreat! All retreats include your accommodation and breakfast at the minimum. You can design your own schedule of activities your own way or select from our purpose built offerings. You can also leave it an organic spur of the moment thing to be organised after your arrival. Please let us know of your needs and requirements, and we can organise your perfect stay!

#### WELLNESS RETREATS

Includes single or couple accommodation and breakfast, refreshments throughout the day, and 3 hours of either yoga, mindfulness or nature immersion per day per person. It also offers access to all of the Quinta's facilities and we can help you arrange for explorations in the region.

First guest: 90/night

Second Guest\*: 15 euros/day (without activity participation)  
45 euros/day (with activity participation)

Group Bookings: Please contact us

#### INDIVIDUAL OR COUPLES LIFE COACHING RETREATS

Includes single or couple accommodation and breakfast, refreshments throughout the day, 1 individual or couple coaching session (90 minutes) and one wellness session (60 minutes) per day. It also offers access to all of the Quinta's facilities and we can help you arrange for explorations in the region.

First guest: 150/night

Second Guest\*: 15 euros/day (without activity participation)  
40 euros/day (with activity participation, shared coaching)  
90 euros/day (with activity participation, individual coaching)

Group Bookings: Please contact us

\* Second guest price is based on shared accommodation.

Payment: we will send you an invoice with a secure online payment link. Deposits of 20% are required to secure your booking. This is fully refundable up to 5 days before your arrival date and fully refundable up to the day of your booking, in case of emergency, less processing fees. Payments are made via paypal, credit card or bank transfer.





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#### EXECUTIVE OR CAREER COACHING RETREATS

Includes single or couple accommodation and breakfast, refreshments throughout the day, 1 individual coaching session (90 minutes) and one wellness session (60 minutes) per day. Coaching sessions are individual sessions only.

First guest: 200 euro/day (Executive)  
170 euro/day (Career)

Second Guest\*: 15 euros/day (without activity participation)  
50 euros/day (with activity participation)

Group Bookings: Please contact us

#### WORKSHOPS & ACCOMMODATION

If you are coming for one of our regularly advertised workshops and wish to come and stay the night before or after the event, we have a special package for you and will take 10% off your accommodation + workshop price!

Please consult the attached Accommodation information sheets and let us know about your needs!

#### RESIDENTIAL STAYS & WEEKEND INTENSIVES

We organise themed retreats and clinics throughout the year, and particularly in summer. If you wish to organise or partake in a residential/weekend offering, please contact us. The details of every event will be regularly published on our Events page and FaceBook pages.

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