

19TH TO 26TH OCTOBER 2024

# WILD VIEW

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A WONDERFUL HILLTOP ECO RETREAT SET  
IN THE NATURAL WILDERNESS OF PORTUGAL





# WHAT TO EXPECT

Enjoy 7 nights in our secluded retreat nestled neatly into the Corgas Bravas hillside, Wild View Retreat is defined by its spectacular uninterrupted 360° views of the Serra do Caldeirão mountains, a Zona De Intervenção Florestal protected for its natural beauty and famous Portuguese cortiça (cork) trees.

There are no cars, no roads, no buildings, no neighbours. Nothing but wilderness and nature. Nothing to hear but the birds and the wind. Nothing to do but restore and relax the body, mind and soul.



- Beautiful accommodation
- Morning guided meditation and pranayama
- Up to 5 hours of yoga & wellness practices, daily, including fitness sessions plus early morning swimming.
- Complete freedom to choose how much or how little practice you join
- Nourishing, organic & freshly prepared meals from local produce by Nicola Charnock.
- Complimentary drinking water both still & sparkling
- Optional excursions and nutritional talks
- Closing celebration meal
- Flights to Faro and you will be collected from the airport by our partner agent.

# THE PRACTICE

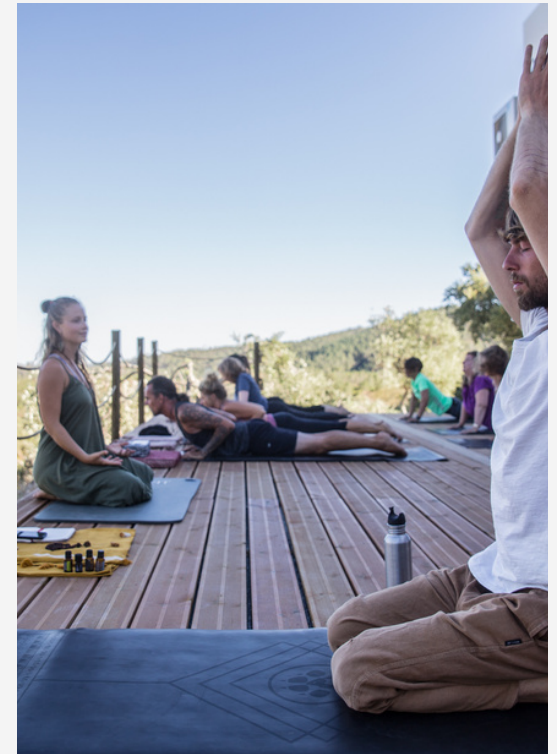
## THE STUDIO

Purpose-built Yoga studio with both heating & air conditioning for the perfect practice temperature

Fully equipped with all the props you will need.

Panoramic views of the surrounding mountains with the option to open the full height sliding doors to welcome nature into our practice

There are also outdoor practice spaces available on the terrace and in the grounds



## TEACHING TEAM

- Clare Broomhead
- Andrea Everingham
- Nicola Charnock



# TEACHERS



CLARE

Clare likes to welcome everyone to explore all that yoga has to offer and cultivate the practice they need for their own self-development. Trained in many disciplines, including Ashtanga, Hatha, Vinyasa & Yin always tries to bring great variety to each practice with particular awareness of practicing with back injury.



ANDREA

Andrea as an infectious energy She teaches Jivamukti Yoga, amongst so many other disciplines, where its freedom and 'liberation of the soul' inspired her to advance her yoga practice and teachings towards freedom and a sense of wildness on the mat and expression of the body form in ways that could be expressed outside the normal yoga way of practice.



NICOLA

Nicola has worked with injuries for 20 year and will be providing bespoke massages to meet your individual needs to improve movement and reduce pain. As a Naturopathic nutritionalist guests can expect to learn from Nicola during our food workshops and informal nutrition talks. Should you feel you need more 1-2-1 time, to get to the deep routed cause of a health complaint, consultations will be available to book with Nicola. who is a fully trained nutritionist



# THE ROOMS

Whether it be your own luxurious double room with uber comfy super-king size bed or your own secluded outdoor yurt or safari tent on a private deck with impeccable views; there is a range of accommodation types with varying price options to meet your needs.

It's cheaper to share, either with a friend or partner or with another retreat guest of the same gender. But you are also welcome to choose to go for single occupancy. Either way you are set to love the accommodation at Wild View. Each interior has been tastefully designed by Erika and decorated with simple locally sourced materials. All outdoor accommodations have been built by hand using a combination of recycled or reclaimed wood from the old ruins left beforehand and local materials.

To retain group ambience and ensure wonderful connections with all fellow guests we allow a maximum of only 24 guests, including staff. Accommodation books up quickly for this retreat, so please contact us if you have any questions



- 10 LARGE LUXURY DOUBLE ENSUITE BEDROOMS
- A YURT AND SHEPHERDS HUT
- WOODEN SAUNA, NEXT TO THE POOL
- FULL GYM EQUIPMENT
- INFINITY POOL
- ACRES OF HILLS TO EXPLORE
- SUNRISE & SUNSET WALKS
- LARGE ROOF SUNSET TERRACE
- PURPOSE-BUILT YOGA STUDIO & YOGA DECK
- A READING & MEDITATION ROOM

# LIVING

As soon as you drive towards the retreat venue, you are met with the complete tranquility and expansive, lush rolling countryside which forms these foothills of the Algarve.

Originally built by a Portuguese Army General in 1898, the 'Manor House' and surrounding ruins have undergone a 2 year restoration and redevelopment project, transforming the iconic setting into a bespoke wellness retreat.

Even the largest of groups can feel like they get some me-time if desired with the many separate seating areas.



## OUTDOORS

An outdoor infinity swimming pools.

Many outside seating areas including a roof terrace

**Sun loungers and umbrellas**

**Sauna**

Miles of uninterrupted countryside to walk in nature







# RELAXING

Unwind, rejuvenate, and find your inner peace at our exclusive yoga retreat. Nestled amidst breathtaking natural beauty, this retreat is designed to provide you with a serene and tranquil haven, where you can disconnect from the stresses of everyday life and reconnect with your body, mind, and spirit.

**Join us for a transformative journey, where our experienced yoga instructors will guide you through gentle and restorative yoga practices, specifically tailored to promote deep relaxation. Immerse yourself in the soothing ambiance, surrounded by lush greenery, serene landscapes, and the rhythmic sounds of nature.**



You'll take part in 2 yoga classes a day that are suitable for all levels, spectacular walks, light fitness classes to enhance your physical health and be inspired with our new programme of nutrition and wellness talks to bring more equilibrium in to your everyday life.

The perfect space for you to achieve ultimate relaxation.



# SLEEPING



## SPACE

8 En-suite rooms, sleeping up to 16 guests and 2 larger triple en-suite rooms which can be formatted as a double or twin

Bedrooms can be kept as a shared King size bed or adapted into two twin beds for all the shared occupancy rooms.

There is also a Yurt and Shepherds hut available to truly live in nature



# ROOMS

## TWIN/DOUBLE ROOMS WITH ENSUITE

Mountain View, Twin or King bed, ensuite, shared terrace.

**Single Occupancy: £2000**

**Shared Occupancy: £1500pp**

## TRIPLE OR EXTRA LARGE ROOM WITH ENSUITE

Mountain view, Twin/King or Triple bed, ensuite, shared terrace.

**Twin Occupancy: £1700pp**

**Triple Occupancy: £1300pp**





# YURTS & HUTS

## SECLUDED OUTDOOR YURT WITH RUSTIC BATHROOM

Mountain View, Twin or King bed, separate bathroom, Private Terrace

**Single Occupancy: £1800**

**Shared Occupancy: £1200pp**



## COSY SHEPHERD OUTDOOR HUT WITH RUSTIC BATHROOM

Mountain View, Twin or Double bed, separate bathroom, Private Tdeck

**Single Occupancy: £1500**

**Twin Occupancy: £1000pp**





# THE FOOD

Our retreat menu has been perfectly balanced by our chef team who will be available to give nutritional advice also.

Tantalise your taste buds and fuel your body with every meal on retreat. All meals are designed by Naturopathic Nutritionalist, Nicola Charnock with your gut, brain, energy levels and hormones in mind.

You will be served salads, dhals, smoothie bowls and juices and raw cakes packed with vibrancy and texture from locally farm produce and organically sourced where possible.

All dietary requirements can be catered for.





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# MENU





# EXCURSIONS

Optional excursions:

Wine Tasting

E Mountain Bike excursion

Mountain hikes

Trip to the beach

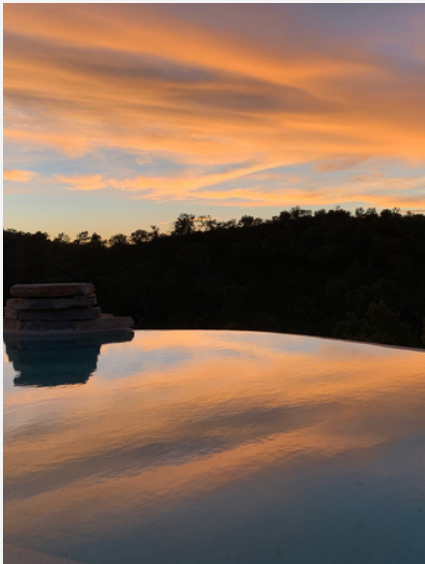
Surf lessons or rental

Massages will also be available





# EXCURSIONS







## DEPOSIT

£500 pp / Payment Plan

Account Name: Yoga Goddess Ltd

Account Number: 80296775

Sort Code: 20-45-45

Reference: Portugal (+ Your Surname)

This deposit is non-refundable unless the entire retreat is cancelled  
Payment in 3 instalments or individually negotiated payment plan via bank transfer

All payments must be completed 90 days before travel (18/07/24)

If the retreat has to be postponed or cancelled due to Covid or travel restrictions, full refunds will be paid. Please see our cancellation policy & T's & C's for full details.

Optional extras are paid for individually.

Any questions please email or call us



## VISIT US

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32A, South Street  
Alderley Edge  
SK9 7ES

## CONTACT US

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[info@yogaontheedge.co.uk](mailto:info@yogaontheedge.co.uk)



+44 7785 976957/ +44 7836580623



[@yogaontheedgeuk](https://www.instagram.com/yogaontheedgeuk)



[www.yogaontheedge.co.uk](http://www.yogaontheedge.co.uk)