



YOGA ON THE EDGE  
**ROOT TO RISE**  
...LET YOUR JOURNEY  
**UNFOLD**

18TH – 25TH OCTOBER 2025  
PORTUGAL



CLARE BROOMHEAD, GRAINNE MORGAN, NICOLA CHARNOCK





YOTE

Clare and Grainne, passionate yogis and experienced teachers, share their love for yoga and wellness. With backgrounds rooted in the transformative practices of Ashtanga and Dharma, they aim to cultivate a supportive community for all levels. Their journey is about embracing the challenges and joys of yoga, inspiring others to connect with their inner selves through mindful practice.



# OUR STORY

With a focus on personal growth and holistic wellness, Clare and Grainne invite you to join them on this transformative path at the Wild View Resort, where nature and yoga harmoniously converge.





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# RETREAT SCHEDULE



## OUR APPROACH



On this retreat, participants can expect an immersive blend of theory and practical application, designed to deepen their understanding of yoga and cultivate personal growth.

Through a nurturing schedule of group sessions and individual practice, a supportive community will flourish, fostering connection and shared inspiration. Drawing upon the teachings of Ashtanga and Dharma yoga, this retreat provides a holistic approach that emphasises self-discipline, compassion, and mindfulness.

Surrounded by unspoilt natural beauty, you'll enjoy revitalising activities, moments for quiet reflection, and ample opportunity to nurture both body and mind, leaving you feeling balanced, invigorated, and deeply connected.





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# EVERY DETAIL CONSIDERED



## 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

## YOGA

Immerse yourself in up to five hours of daily yoga and wellness activities, including energising fitness sessions and early morning swims.

Enjoy complete freedom to take part as much or as little as you wish, allowing you to tailor your practice to your own needs and pace.

## PRANAYAMA

Begin each day with serene, guided meditation and pranayama, inviting calm into your mind and body.

Through focused breathwork, cultivate a sense of inner balance that sets the tone for a peaceful day ahead.

## FOOD

Indulge in nourishing, organic meals prepared with fresh, locally sourced ingredients, designed to rejuvenate and satisfy.

You'll also have complimentary still and sparkling water on hand whenever you need it. Round off your retreat with a celebratory closing meal, savouring both the flavours and the friendships you've nurtured.

## WORKSHOPS

Expand your horizons with optional excursions, offering a chance to explore the local surroundings and immerse yourself in new experiences.

These outings are yours to join if they inspire you, allowing for a truly personalised retreat journey.

## SLEEPING

Retire each night to beautiful, tranquil accommodation that embraces the natural landscape.

Let the soothing environment lull you to rest, ensuring you wake each morning revitalised and ready to embrace another day of wellness.





# MEET OUR TEAM



CLARE  
studio director



GRAINNE  
senior instructor



NICOLA  
nutrition





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## ABOUT CLARE

Clare is a dedicated yoga teacher with extensive experience in both Ashtanga and Dharma yoga. Her teaching philosophy emphasizes the importance of cultivating a strong foundation in practice while fostering personal growth and self-awareness. Clare's classes are designed to encourage students to explore their limits, develop their strengths, and connect deeply with their breath and body.

Having undergone rigorous training, Clare integrates a holistic approach into her teaching, drawing from her understanding of yoga philosophy, anatomy, and mindful movement. Her nurturing and supportive teaching style creates an inclusive environment where students feel empowered to progress at their own pace.





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## ABOUT GRAINNE

Grainne is a passionate yoga teacher with a strong commitment to the principles of Ashtanga and Dharma yoga. Her teaching approach is rooted in authenticity and mindfulness, encouraging students to connect with their bodies and breath while cultivating a deeper understanding of their practice.

With a focus on alignment and personal growth, Grainne creates a welcoming and supportive environment for students of all levels. She emphasizes the importance of yoga as a holistic practice that fosters both physical strength and mental clarity. Grainne's classes incorporate elements of philosophy, breathing techniques, and meditation, guiding students toward a more profound sense of well-being.





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## ABOUT NICOLA

Back by popular demand, trained nutritionist, physio and masseuse Nicola will be joining us and bringing her knowledge and passion for all things food and wellness.

Our menu for this retreat will be crafted and delivered by Nicola personally.

During our retreat Nicola will be offering:

- Massages
- Nutrition talks
- Nutrition 121
- Ice baths
- Breathwork
- Physio





## ACCOMODATION



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

WILD  
VIEW



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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.

# SPACE JUST FOR YOU



## OUTDOORS

An outdoor infinity swimming pool

Many outside seating areas including a roof terrace

Sun loungers and umbrellas

Sauna

Miles of uninterrupted countryside to walk in nature



## SLEEPING



- 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

WILD  
VIEW







## TWIN/DOUBLE ROOMS WITH ENSUITE



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

Single Occupancy: £2000

Shared Occupancy: £1500pp

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

Twin Occupancy: £1700pp

Triple Occupancy: £1300pp

triple or extra large room with ensuite

WILD  
VIEW





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 deck**

Single Occupancy: £1500

Twin Occupancy: £1000pp

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# THE MENU



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

Tantalise your taste buds and fuel your body with every meal on retreat. 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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# ABOUT EXCURSIONS

Optional excursions:

- Wine Tasting
- E-Mountain Bike excursion
- Mountain hikes
- Trip to the beach
- Surf lessons or rental
- Massages will also be available





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# DEPOSIT & BOOKING



## TRAVEL

Book your flight to Faro and leave the rest to us: upon arrival, our partner agent will be ready to collect you from the airport, ensuring a smooth and welcoming start to your retreat.

## DEPOSIT

£500 pp / Payment Plan

Account Name: Yoga Goddess Ltd

Account Number: 80296775

Sort Code: 20-45-45

Reference: Portugal October 2025 (+ 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 60 days before travel (16/08/25)

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



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# STAY IN TOUCH

## 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)

