

YOGA, MEDITATION & FOREST BATH
15th to 20th of APRIL 2025

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FIND YOUR INNER BALANCE





Find Your Inner Balance

Yoga, Meditation & Forest Bath
April 2025 | at Solar Alegria, Portugal

Escape the noise of daily life and reconnect with your true self in the serene environment of Solar Alegria. Our Yoga, Meditation & Forest Bath retreat is designed to help you find your inner balance, embrace stillness, and awaken your senses.

Immerse yourself in a peaceful sanctuary surrounded by lush nature, where you'll experience the calming effects of forest bathing—a gentle yet transformative practice of connecting deeply with nature through all your senses. Complemented by yoga sessions designed to stretch and restore, and guided meditation to center your mind, this retreat offers the perfect space to nurture your body, mind, and soul.

In the heart of Portugal's countryside, this retreat combines movement, mindfulness, and nature to bring you to a state of deep relaxation and peace. Whether you're new to these practices or looking to deepen your experience, you'll leave feeling recharged, balanced, and inspired.



Join us for an unforgettable journey to inner harmony, and discover the transformative power of nature, breath, and stillness.

5-Day Program

This 5-day program is designed to help you find your inner peace and balance through a combination of yoga, meditation, mindfulness walks, and time to relax. Set in the beautiful surroundings of Solar Alegria, this retreat will nurture your mind, body, and soul, leaving you feeling recharged, rejuvenated, and deeply connected to yourself and nature.



Day 1 Tour of Porto

Meet up at 10 am in Porto city center for a guide tour of the city, where you'll discover beautiful street art, traditional architecture, and the charm of the city's riverside.

Transfer to Solar Alegria at 3pm and welcome ceremony.

Enjoy a relaxing dinner with locally sourced, fresh ingredients.



Day 2 & 3 Yin Yoga, meditation & Mindfulness Walk

Begin the day with a gentle Yin Yoga practice, focusing on deep stretches and releasing tension.

Center your mind with a short meditation session to cultivate awareness and presence.

Immerse yourself in nature during a mindful forest walk, connecting with the environment and engaging all your senses.

A calming practice to relax the body before dinner and guided journaling.



Day 4 Creative workshop & inner peace ceremony

Begin the day with a gentle Yin Yoga practice, focusing on deep stretches and releasing tension.

Center your mind with a short meditation session to cultivate awareness and presence.

Engage in a guided art therapy session where participants use different materials (such as paint, clay, or collage) to express their emotions and inner experiences.

Join the circle for an inner peace ceremony after dinner.

Day 5 Gratitude ceremony & circle of self Love

Begin the day with a gratitude meditation and a self love workshop before our closing circle.

Transfer to Porto or Porto airport after lunch.

FULL BOARD

At Solar Alegria, we believe that food is not just sustenance, but an integral part of the retreat experience, nourishing both the body and soul. Our Full Board package offers a thoughtfully crafted dining experience, inspired by the rich flavors of Portugal and made with the finest locally sourced ingredients. Every meal is designed to not only satisfy your hunger but to connect you with the land, the culture, and the nourishing rhythm of nature.



Breakfast

Start your day with a wholesome and balanced breakfast, featuring a variety of freshly baked pastries, locally sourced cheeses, seasonal fruits, fresh bread, and homemade jams. You'll also enjoy hot beverages, such as freshly brewed coffee, herbal teas, and juices, all designed to energize you and set a positive tone for the day ahead. Whether you prefer a light breakfast or something more substantial, our offerings cater to all tastes, providing a nourishing start to your retreat experience.

Lunch

Lunch at Solar Alegria is an opportunity to relax and recharge with fresh, flavorful meals made with seasonal produce and locally sourced ingredients. The menu is diverse and caters to all dietary preferences, offering a mix of vegetarian, vegan, and meat options. Each dish is thoughtfully prepared to provide a balance of nutrients and flavors, ensuring you feel satisfied and energized for the afternoon activities. Enjoy your meal in our beautiful indoor dining space or outdoors, soaking in the stunning views of the surrounding landscape.

Dinner

As the day winds down, we offer a special dinner experience, featuring a combination of traditional Portuguese cuisine and creative contemporary dishes. From hearty stews and freshly grilled fish to light salads and vegetable-based dishes, our dinner menu offers a variety of flavors and textures. We take great pride in using organic, locally grown produce, as well as fresh fish and meat from nearby farms. The intimate setting encourages you to unwind and enjoy your meal while connecting with fellow guests.

Snacks & Refreshments

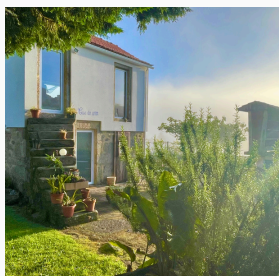
Throughout the day, guests can enjoy a selection of refreshing snacks and drinks available in between meals. Fresh fruit, light bites, and herbal teas are provided, ensuring you stay hydrated and energized, whether you're exploring nature, practicing yoga, or engaging in creative workshops.

Dietary Needs

We understand that everyone has unique dietary needs, and we are more than happy to accommodate vegetarian, vegan, gluten-free, and other dietary preferences. Whether you're looking for nourishing, plant-based meals or meals tailored to specific health requirements, we ensure that our Full Board package caters to your needs with delicious, wholesome food.

ACCOMMODATION

Solar Alegria is a peaceful sanctuary nestled in the heart of nature, offering a perfect blend of tranquility, comfort, and inspiration. Located in the beautiful Portuguese countryside, this retreat venue invites guests to unwind, reconnect with themselves, and explore the healing power of nature. With breathtaking views, a serene atmosphere, and a focus on wellbeing, Solar Alegria is the ideal place to relax and recharge.



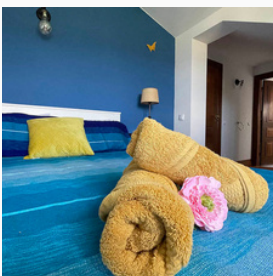
Tiny House

A charming, fully renovated tiny house dating back to 1843, Casa do Amor offers a calm and intimate environment with stunning panoramic views of the valley and river. Featuring a fully equipped kitchen, a power jet shower, and a private outdoor space, it's perfect for those seeking privacy & a peaceful escape.

Occupancy: 1 or 2 guests
Bed type: Double Bed

Solo: 1192 €
Duo*: 995 € / Participant

**Share a private room. Double bed*



Private Room

Our Private Rooms provide a peaceful, comfortable retreat with beautiful views of the surrounding landscape. Each room offers a cozy and serene atmosphere, designed for relaxation and personal rejuvenation. With en-suite bathrooms and a stylish, minimalist design, our private rooms offer a perfect balance of comfort and serenity.

Occupancy: 1 or 2 guests
Bed type: Double Bed

Solo: 1075 €
Duo*: 975 € / Participant

**Share a private room. Double bed*



Shared Room

For those looking to enjoy a more social experience, our Shared Rooms offer a welcoming space with stunning panoramic views of the valley. These rooms feature four comfortable single beds in private divisions, ensuring a restful and peaceful environment while allowing guests to connect and share experiences in a communal lounge.

Occupancy: 4 guests
Bed type: Individual Beds

Solo: 894 €

ALL INCLUSIVE

Relax and Let Us Take Care of You While You Refocus on Yourself

Escape the hustle and bustle of everyday life and immerse yourself in a truly restorative experience with our All-Inclusive package. At Solar Alegria, we provide a seamless and peaceful environment where you can focus entirely on recharging, exploring, and rediscovering your inner balance. Leave the logistics and planning to us, and enjoy the freedom to reconnect with yourself in a tranquil, nature-filled setting.

What´s included

- Transfers: From the moment you arrive, we take care of all your transportation needs.
- Walking Tour of Porto
- Full Board
- Accommodation
- Activities as listed in the Program: Yin Yoga, Meditation, Mindfulness Forest Walks, Art Workshops, and Photography Classes.

What´s not included

- Alcohol
- Plane Tickets
- Travel Insurance
- Optional Activities: While the activities listed in the program are included, some additional optional activities (such as relaxing massages or additional excursions) may be available for an extra fee.

Optional Activities

- Book a massage on your free time: Lomi lomi or relaxing massage - 28 € (45 mn)
- Add a half day at São Pedro du Sul (thermal Spa) (including transfer, tickets and lunch) - From - 76 €
- Additional nights with Full board: Price on demand

These carefully curated activities will help you reconnect with yourself, nurture your creativity, and deepen your connection to nature.



More informations & Bookings



Get in touch:

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Links:

www.solaralegria.com

Facebook, Instagram and Youtube: solaralegria