

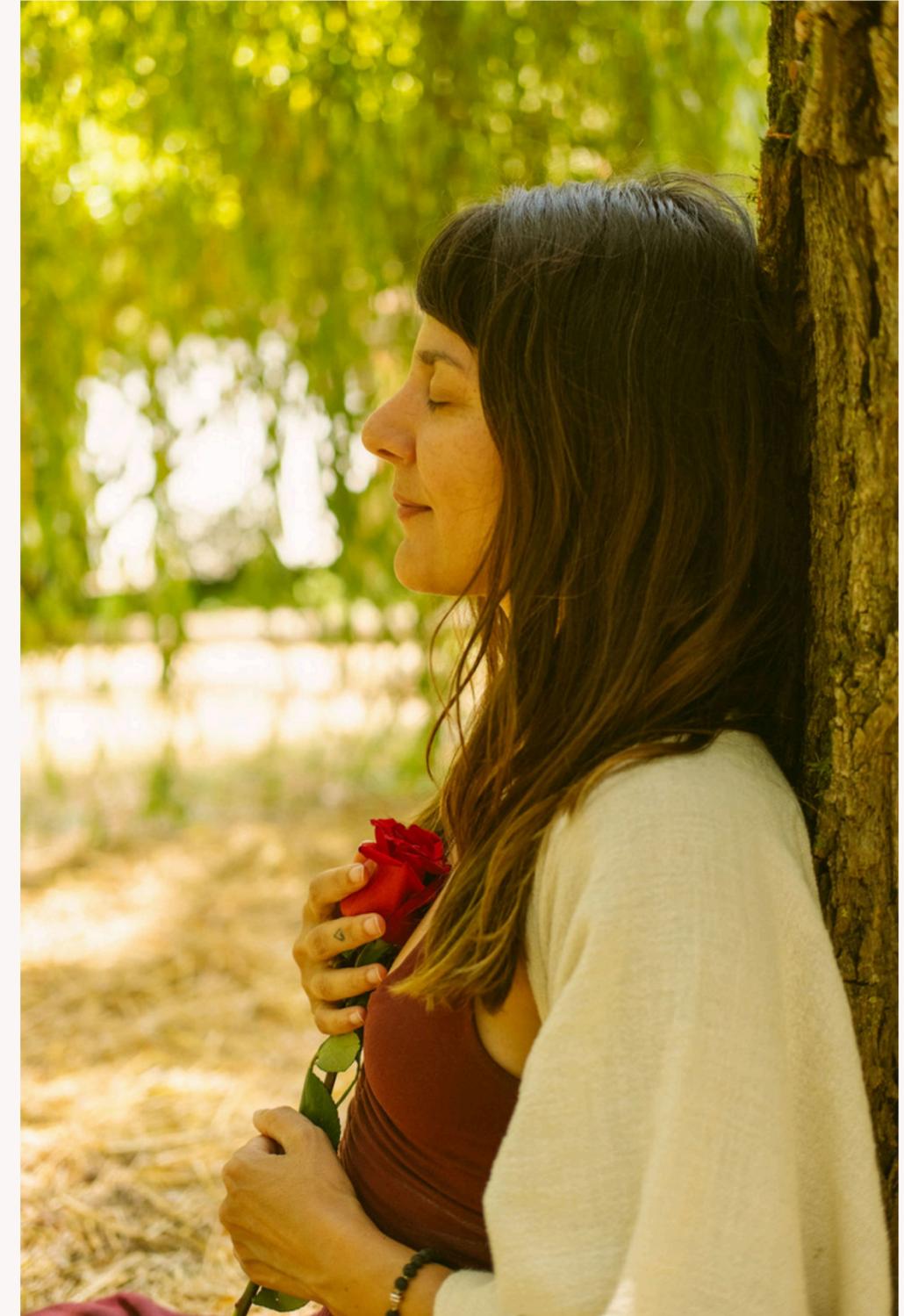
PORTUGAL, 6th to 10th MAY 2026

SACRED EXPRESSION RETREAT

RECONNECT WITH YOUR CREATIVE POWER
AND AUTHENTIC SELF

A JOURNEY OF RADICAL SELF-LOVE

A five-day retreat in the heart of Portugal, where you will be invited to express yourself fully and authentically in a safe, sacred space.





This retreat is for women seeking to reconnect with their true nature. It's a space to reclaim intuition, embrace creativity, and honour the deep wisdom within the body and the earth.

Supported by nature and sisterhood, you'll explore all parts of yourself through heart-centered practices like yoga, breathwork, tantra, and creative expression. Together, we'll guide you back to your true essence - a state of love, joy, and bliss beneath layers of social conditioning.

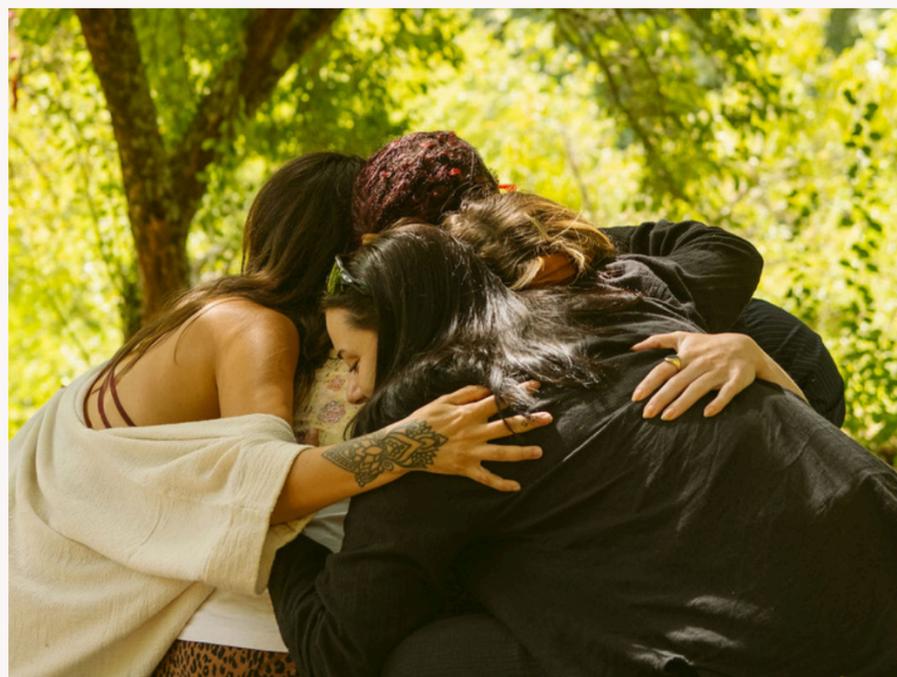
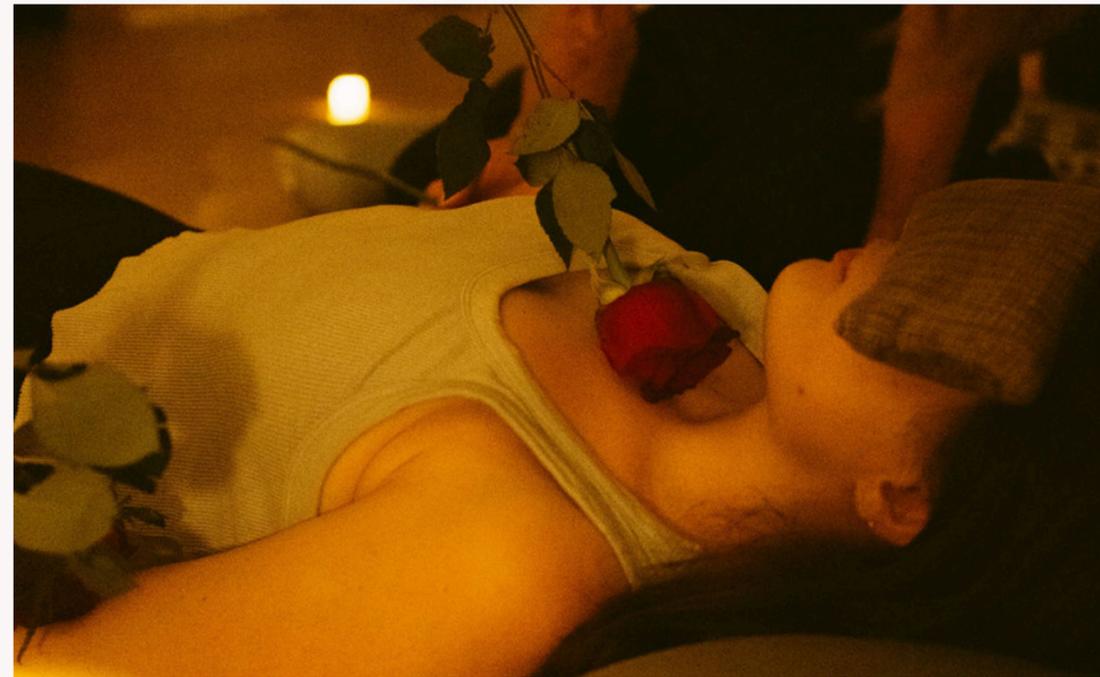
RETREAT HIGHLIGHTS

- Daily Yoga & Meditation
- Breathwork
- Embodiment & Tantra Techniques
- Creative Practices
- Healing Circles & Rituals
- HeartHealing® Hypnotherapy
- A Stunning Location to Help You Reconnect with Mother Earth



FIRST EDITION

Our first edition of the Sacred Expression in 2025 was so transformative we decided to do it again!



MEET THE FACILITATORS



MARIANA

@marianaloub

INSPIRING YOU TO FOLLOW YOUR HEART,
PRACTICE YOGA, BE CREATIVE AND SHARE YOUR
JOURNEY WITH THE WORLD. ❤️

🧘♀️ YOGA • TANTRA • CACAO • ECSTATIC DANCE



MELISSA

@lifeflowmelissa

SPARKING MIND-HEART CONNECTION FOR
BOOSTED HEALTH, WEALTH,
HAPPINESS AND FLOW
HEARTHEALING • HYPNOTHERAPY • HUMAN DESIGN

OUR MAGICAL SPACE

Carefully chosen for this transformative immersion, we will be hosted by **The Shanti Space**, a peaceful haven for retreat and reflection. This quiet, secluded farm is surrounded by an enchanted forest, providing the ideal environment for tranquillity, inner work, and a deeper communion with the rhythms of the natural world.

And the best part? **It's just a 30-minute ride from Lisbon Airport** because a little convenience never hurts! 😊



HOW TO GET THERE?

The **Shanti Space** is easily accessible by **Uber** from **Lisbon Airport, Sintra, or the Ericeira area**, though drivers may find the final 5-minute dirt road a bit annoying. Upon booking, **we'll recommend trusted local drivers familiar with the route**. For groups, we can arrange an airport pickup at an additional cost.

Alternatively, **renting a car at Lisbon Airport is a convenient option**, giving you the freedom to explore nearby attractions before or after the retreat. Portugal is full of must-see sites, especially for first-time visitors!



THE SHANTI SPACE

The venue, an old Quinta **set in a national park** and is endowed with beautiful fruit trees, giant oak corks, grape vines, vistas and a stream at the end of the garden.

Within a **15-minute drive**, we reach the beach, see the fierce waves of the Atlantic coast and **the charming surf town, Ericeira**. The space is the perfect venue for hosting groups, quiet and secluded.



WHERE WE WILL PRACTICE

THE GARDEN SHALA



THE FOREST DECK



THE HOUSE



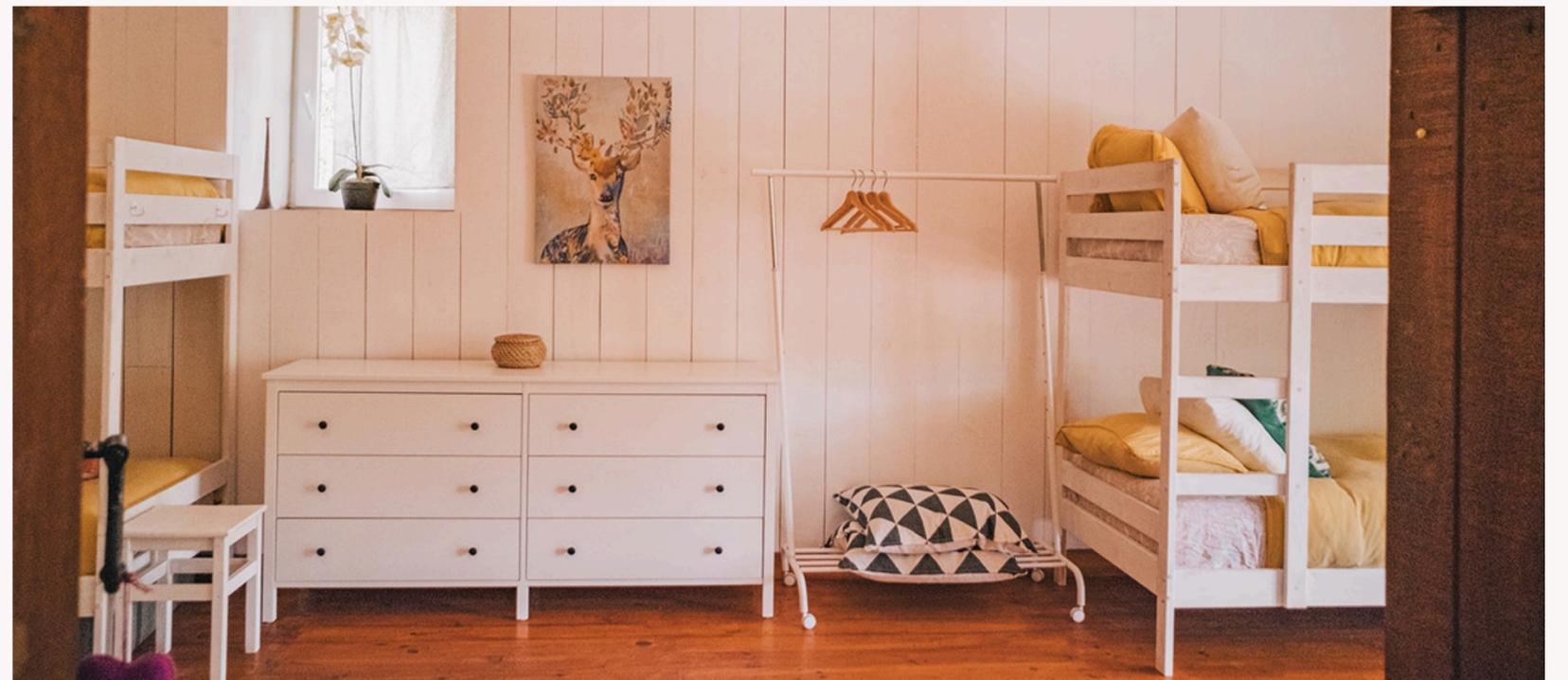
TWIN ROOMS

OPTION WITH SHARED BATHROOM
OR ENSUITE (€1200 OR €1280)



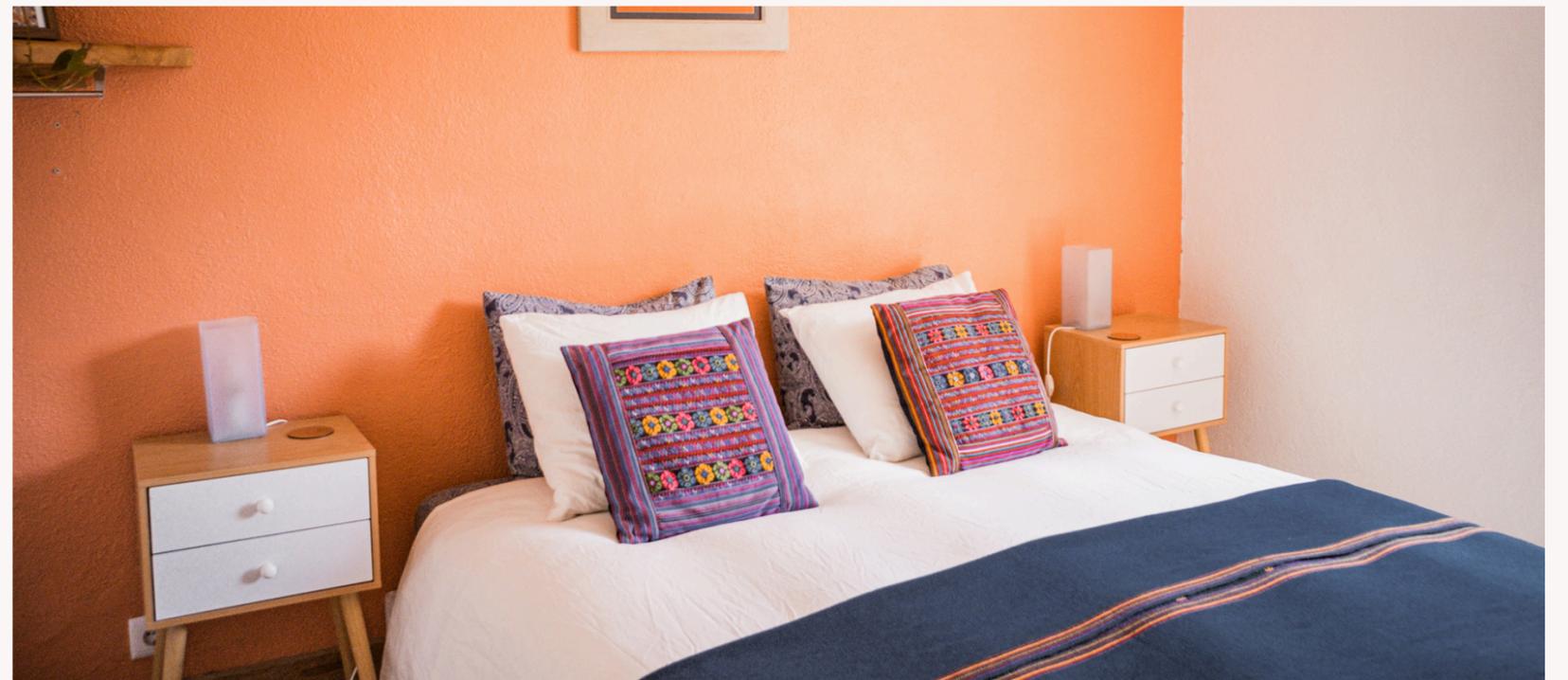
8-BED DORM

SPEND EVEN MORE TIME WITH YOUR
NEW FRIENDS (€880)



PRIVATE ROOM

SOME OF OUR TWIN ROOMS CAN BE ENSUITE PRIVATES DEPENDING ON AVAILABILITY (€1980)



THE FOOD

Your retreat is hosted by a Taurus and a Virgo, and if you know anything about these home-making astrological signs, you'll know **good food is non-negotiable!** That's why I've invited the incredible chef **Tim Wilkering** to join us on this journey with his nourishing and delicious creations.

Expect **delicious, vegetarian, wholesome, seasonal meals crafted with love** to fuel your body and inspire your soul throughout the retreat.



RETREAT SCHEDULE

4 NIGHTS / 5 DAYS



DAY ONE: 06-MAY-2026

- 2PM Travel to the Location
- 3PM Arrival & Check In
- 5PM Welcome Circle
- 6h30 PM Dinner
- 8PM Guided Activity
- 10PM Get a cozy sleep!

OTHER DAYS



- 7H30 AM Yoga Practice
- 9H30 AM Breakfast
- 11H30 AM Guided Practice
- 2PM Lunch + Free Time
- 5PM Guided Practice
- 6H30PM Dinner
- 8PM Evening Activity
- 10 PM Time to Sleep!

This is a general outline of how the days will flow. **The schedule is subject to change**, and not all days will be the same. Activities, guided practices, and free time will vary, and **meal times may be adjusted**, especially on ceremony day.

All activities are optional; however, we highly recommend full participation for a deeper journey into radical self-love. You're also welcome to take time for yourself whenever needed—whether relaxing at the venue or heading out to explore.

UNTIL NEXT TIME

TIME TO GO EXPLORE
PORTUGAL WITH YOUR
NEW FRIENDS!



LAST DAY: 10-MAY-2026

- 7AM Closing Practice
- 9AM Breakfast
- 10AM Packing
- 11AM Check out & Good Bye hugs!



WHAT'S INCLUDED

- 4-Night Accommodation at The Shanti Space
- 3 Daily Nourishing Veg Meals
- Cacao Ceremony
- A Beautifully Curated Schedule of Practices
- All Props and Materials
- Post Retreat Follow-Up Session

[BOOK HERE!](#)



WHAT'S NOT INCLUDED

- Flights
- Transportation to the Venue & Other Travel Expenses
- Car Rentals & Taxis
- Travel insurance (we highly recommend you get one)
- Massages & Other Treatments (can be booked separately)



PLAN YOUR TRIP

This retreat is designed as a journey inward, so **we don't include group outings in the program.** However, you're welcome to explore during your free time. **We highly recommend planning extra days before or after the retreat to visit nearby gems.** The venue is close to the cool surf town of Ericeira and the enchanting region of Sintra. If you're flying into Lisbon and it's your first time in Portugal, don't miss the chance to explore this incredible city!



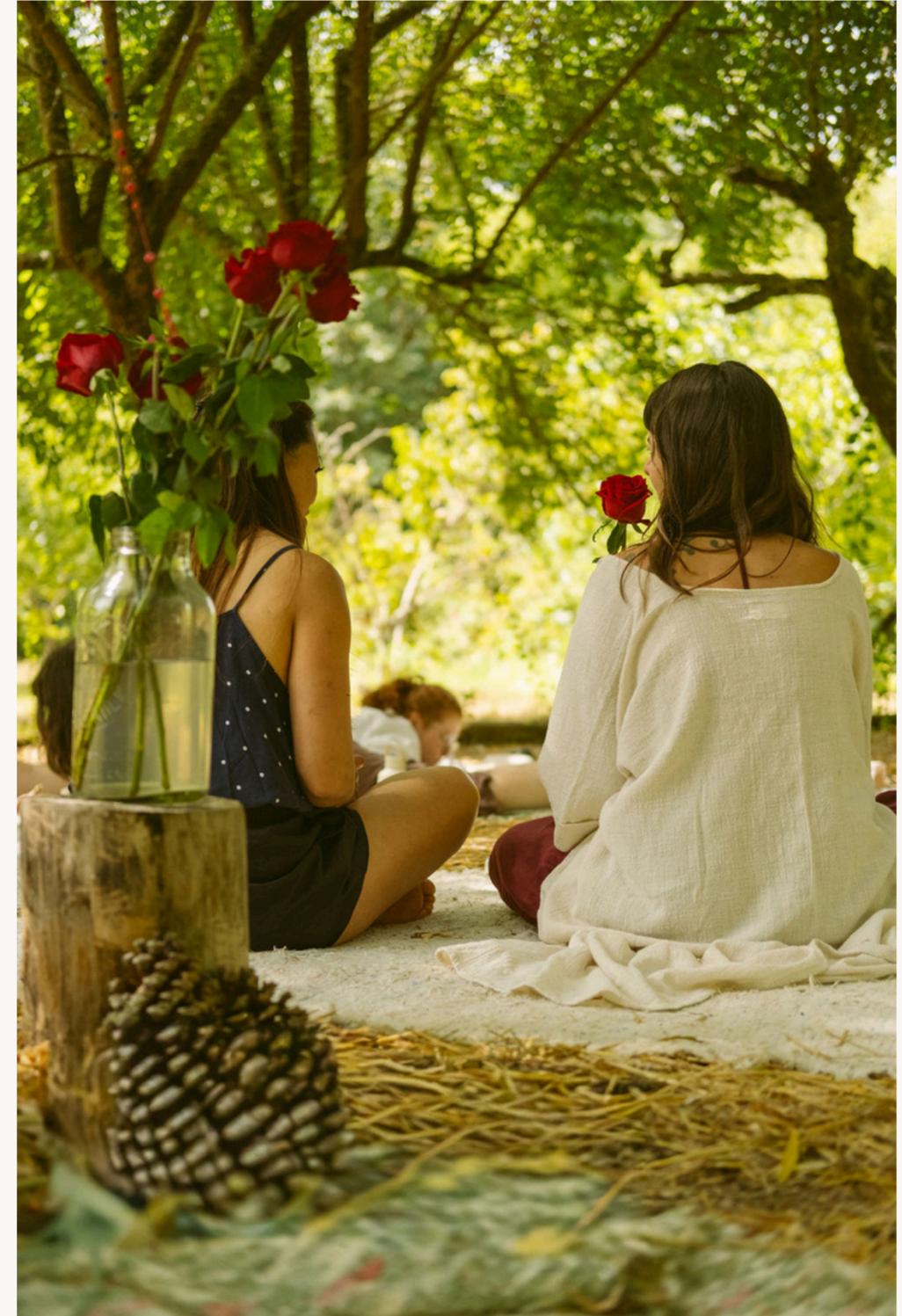
TRAVEL PACKING

- Documents (EU Card / Passport Visa)
- Medical supplies (if you need them)
- Travel Insurance
- Toiletries
- Clothes for summer days
- Cosy sweater, pants, and socks (it can get a bit cold at night and mornings)
- Yoga or comfy clothes for movement
- Snacks if you like to nibble
- Journal and pens
- Book for slow-down in your free time
- Water bottle



This retreat is a true labour of love, and we're thrilled to invite you into this sacred experience. **Every detail has been thoughtfully curated with heart and intention**, bringing together the most transformative practices we've learned from incredible teachers worldwide during 10+ years on the spiritual path. **We look forward to creating something magical together!**

[**BOOK HERE!**](#)



**WE CAN'T WAIT TO WELCOME
YOU ON THIS SPECIAL JOURNEY!**

Thank You!



Mariana & Melissa

