

# Midsummer Yoga Holiday in Eastern Algarve, Portugal

## Elemental Retreat

Join us for a transformative yoga retreat in the heart of the Ria Formosa Natural Reserve.

We will be celebrating the powerful energies of the five Elements, during the magical time of Midsummer and the Summer Solstice.

This serene and breathtaking location offers the perfect setting to deepen your yoga practice, rejuvenate your spirit, and connect with nature. Led by the highly experienced Bernadette King, a skilled teacher with over 35 years of expertise in yoga, bodywork, and Reiki, this retreat offers a holistic experience like no other.

Held on an organic farm surrounded by lush landscapes, this retreat offers nourishing, vegetarian meals made with locally sourced ingredients to nourish both body and mind. With access to a natural lake, a fully equipped, airy yoga hall, and the healing energies of the natural environment, you'll find the perfect balance between relaxation and revitalization. The retreat's tranquil and immersive atmosphere is ideal for honouring the longest day of the year, with ample opportunity for reflection, rejuvenation, and connecting with the elements.

Escape to paradise: 5 nights away from it all  
**Thursday 19 - Tuesday 24 June 2025**

*Find out more...*

*Join Bernadette  
and experience an  
enriching and unique  
yoga retreat in one of  
the most beautiful and  
peaceful settings  
in the world*



# Retreat information

## Quinta Pomar, Eastern Algarve, Portugal

### What's included

#### Accommodation

5 night stay in very high standard, newly built, shared houses in Quinta Pomar, with their own front and back terraces

#### Meals

Organic vegetarian brunch and 3 course evening meal in communal dining area

#### Yoga

Twice daily yoga sessions – all yoga equipment provided

#### Swimming

Use of swimming lake, with on site sun loungers

#### Towels

Towels, bed linen & hairdryer are all included

#### Fruit

Ripe fruits and herbs, freely available direct from the tree or bush

#### Wi-fi

Wi-fi available in all houses and the dining area

#### Smart TV

Each house has a smart TV where it is possible to stream your viewing, using your own account

#### Kitchen & laundry

Fully equipped for any self-catering required outside of the provided meals. A washing machine is available in the laundry room

Thursday 19 - Tuesday 24 June 2025

### What's not included

#### Flights

Flights are not included, so we recommend you book flights asap for the best price. **Ryan Air**, **Easy Jet** and **Whizz Air** all fly to **Faro** and offer the cheapest prices. However, these are likely to go quickly

#### Transfers

Transfer by taxi to or from the Centre costs **50 euros** for up to 6 people. If several people book the same flights, a 6-seater taxi can be pre-booked by the Centre. Please let us know on the booking form, if you would like this option

#### Travel insurance

You will need to arrange your own personal travel insurance

### Extras

#### Reiki/Indian Head Massage

30 or 60 minute treatments **£30/£45**  
Treatments may be booked in advance in UK or once at the venue

#### Bicycle hire

Bike hire can be arranged in advance or at the Centre

**SPECIAL  
Retreat  
Prices**



# The yoga sessions

Bernadette's approach blends a variety of yoga styles, drawing from her rich background in classical yoga, with a strong influence from following the Celtic Wheel of the Year and somatic yoga leanings. She ensures a class for everybody regardless of whether you are a seasoned practitioner or new to yoga, her personalised instruction and guidance will support you in finding balance, strength, and inner peace.

Expect the sessions to include pranayama, mudras, mantras, chakra work, associated with the elements. Techniques that you can take home with you to deepen your knowledge and practice of yoga



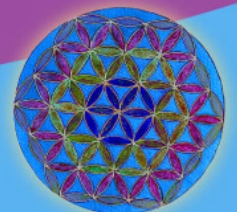
Two yoga sessions are offered each day: morning and evening in an airy, fully equipped yoga hall or outside

Taking an element each day as the theme, the morning sessions will get you moving in a calmly energising way with a range of techniques and sequences to uplift body, mind and spirit

There will be a special celebration, with Celtic Wheel ritual, to celebrate the Summer Solstice and its association with the element of fire

The early evening classes have a more somatic approach. These gentle, yet subtly powerful therapeutic practices focus on mindful movement, releasing stored tension, and encouraging deep relaxation surveying our inner landscapes in a sensitive way

Plus, you will have plenty of free time on this Retreat to relax and explore the local area



# Daily schedule

## Timetable for each day of the retreat

Thursday 19 - Tuesday 24 June 2025

Thursday 19 JUNE

**Ether**

17:00 - 18:30 YOGA / OPENING THE CIRCLE

19:00 EVENING MEAL

Friday 20 JUNE

**Air**

08:30 - 09:45 YOGA

10:00 BRUNCH

17:00 - 18:30 YOGA

19:00 EVENING MEAL

Saturday 21 JUNE

**Fire**

04:30 SUMMER SOLSTICE SUNRISE RITUAL

08:30 - 09:45 YOGA

10:00 BRUNCH

17:00 - 18:30 YOGA

19:00 EVENING MEAL

Sunday 22 JUNE

**Water**

08:30 - 09:45 YOGA

10:00 BRUNCH

17:00 - 18:30 YOGA

19:00 EVENING MEAL

Monday 23 JUNE

**Earth**

08:30 - 09:45 YOGA

10:00 BRUNCH

17:00 - 18:30 YOGA

19:00 EVENING MEAL

Tuesday 24 JUNE

**Consolidation**

08:00 - 09:00 YOGA / CLOSING THE CIRCLE

09:15 BREAKFAST



# Accommodation

## Where you will stay

All houses are located on the organic farm complex are either shared twin rooms, accommodating a maximum of 8 people, or can be single occupancy.

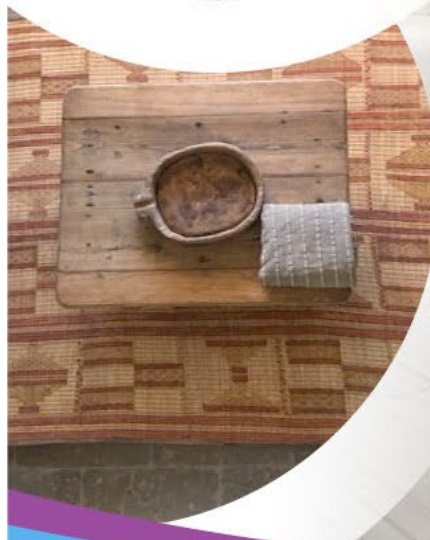
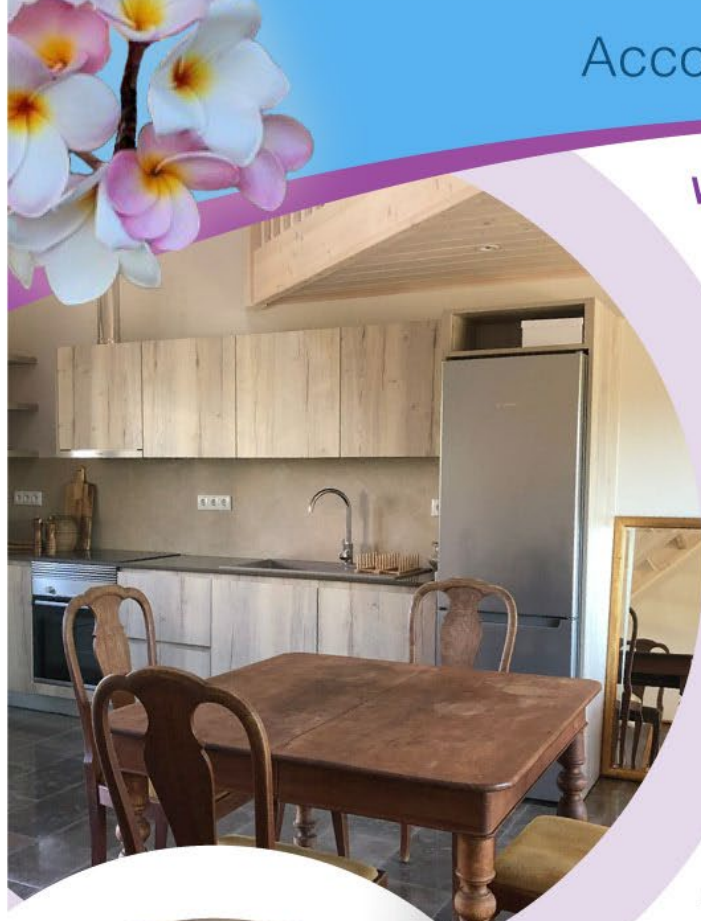
All houses have 2 bathrooms.

**A small number of bedrooms are ensuite and will need to be booked very quickly if this is important to you.**

They all have fully fitted and extremely well-equipped kitchens and a lounge area.

The soft furnishings throughout have been sourced from Morocco, giving the houses a sense of bohemian, rural comfort and charm, with original artwork and pottery throughout each residence.

The bedrooms are air conditioned, unless stated otherwise.



# Staying on the farm

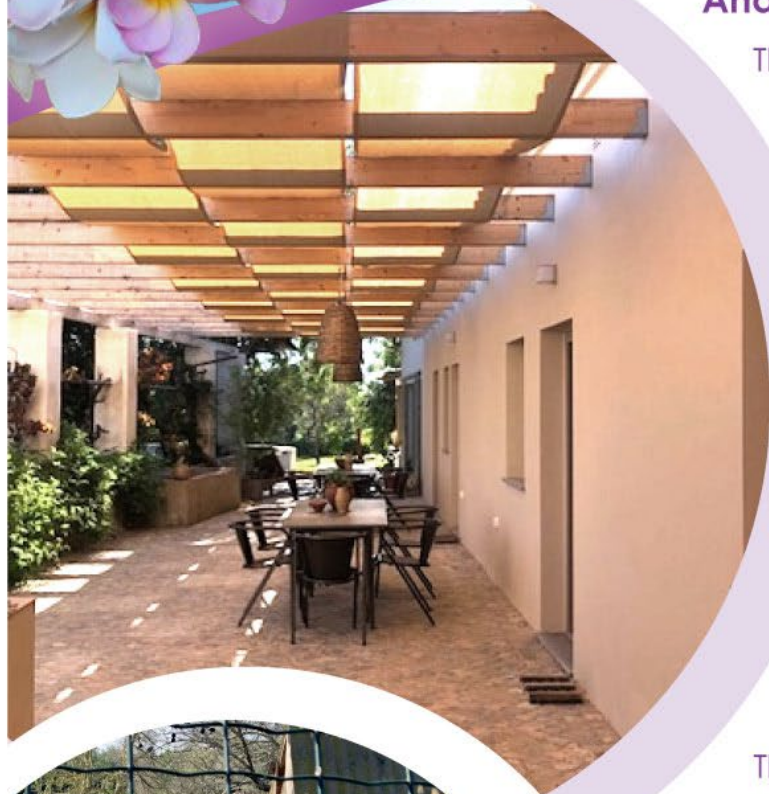
## And relax...

There are plenty of places to unwind on the farm complex during your free time...

There is a natural swimming pool. The 800-square-meter natural pool cleans itself with plants - no chlorine or additives. In the regeneration zone, located next to the swimming area, plants such as pondweed and water lilies absorb nitrates and ammonium, releasing oxygen, while microorganisms help reduce algae and germs.

On the farm, chickens, pigs and goats all rub along together and are very entertaining

The large roof terrace, adjacent to the yoga hall and reached by a spiral staircase, is perfect for dawn or dusk yoga or basking during the day.



# Meals

Quinta Pomar is an organic working farm, and all fruit and vegetables are grown on site.

The food is farm-to-fork and both brunch and evening meals are included on the retreat. These organic vegetarian meals are all freshly prepared by the onsite team.

The chefs can cater for sugar free, gluten free, dairy/lactose free etc. Please let us know any special dietary requirements on the booking form.

Chickens ensure there is always a plentiful supply of freshly laid eggs.

There is a small café on-site and honesty bar for guests to use.

Growing on the farm are bananas, figs, apricots, pomegranates, avocados, olives, oranges, carob & lemon trees. Any ripe, fresh fruit may be taken to create your own fruit salad!



# Fees

## The following options are available:

Please see page 02 for details of what is included and not included in these fees:

**Please note:** the following room options have air conditioning:

Double Occupancy with en-suite in Quinta Pomar **£713**

Double Occupancy with shared bathroom in Quinta Pomar **£693**

Double Occupancy Mezzanine with shared bathroom in Quinta Pomar **£652**

Sole occupancy with shared bathroom in Quinta Pomar **£857**

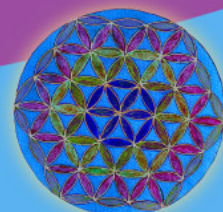
Sole occupancy with en-suite room in Quinta Pomar **£898**

Sole occupancy Mezzanine with shared bathroom in Quinta Pomar **£775**

**Please note:** the following room options **DO NOT** have air conditioning:

Sole Occupancy with en-suite room **£857**

Double occupancy with en-suite room **£693**





## The local area

You will have plenty of opportunity to explore the beautiful local area...

**Quinta Pomar** is situated in the **Ria Formosa** national park area, making it an ideal place for tranquillity and real connection with nature.

The nearest village is **Santa Luzia**, a 10 minute walk away. From here it is possible to take a ferry to several islands with their own beautiful beaches and dunes, wetlands with salt pans, flamingos, dolphin and seahorse observation.

**Barril beach** may also be reached via a miniature railway, from the Santa Luzia lagoon. There are a couple of very good cafes here. Walking to the right brings you to more privacy and walking along the beach to the left you will reach the local Santa Luzia beach, **Terra Estreita**, which qualifies for the Blue Flag.

The town of **Tavira** is a 15-minute drive away.

Expect to pay 10 euros for the journey there.

The old town is delightful and picturesque. Most Saturday mornings there is a flea and crafts market there. Other places of interest are the remains of **Castelo de Tavira**. Believed to be originally Moorish, it was rebuilt in the 13th century. The gardens within the grounds are free to visit 10:00 -19:00. Tall trees and the castle walls make it a great place to relax in coolness. Several old churches are within easy reach of the gardens, in various architectural styles. Plus riverside restaurants and cafes make this a charming place to visit.

See here for more sightseeing suggestions:

[www.wetravelportugal.com/tavira-portugal](http://www.wetravelportugal.com/tavira-portugal)



# Terms & Conditions

## Non-refundable deposit

To confirm your booking a deposit of **£225** is due by **26 Feb 2025**  
**Please note:** this deposit is not refundable under any circumstances.

## Balance payment

The full outstanding balance is due by **30 April 2025**.

## Cancellations

Cancellation of your place, for whatever reason, must be notified in writing via email only: [info@peacefulpractice.co.uk](mailto:info@peacefulpractice.co.uk)

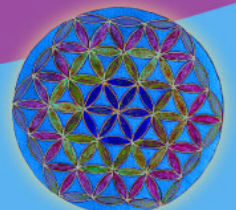
Cancellation **6 weeks or less** prior to arrival is **non-refundable**, unless another attendee can go in your place.

Cancellation **more than 6 weeks** prior to arrival: 50% of the full amount, less the deposit, will be refunded.

If Bernadette King is forced to cancel due to major unforeseen circumstances or national situations, all monies can either be refunded or carried over to any yoga courses, retreats, Reiki and Massage therapies.

## Travel insurance

We recommend you take out **travel insurance** at the time of booking.



# Booking form

To book a place on the Retreat, please complete and sign this 2 page booking form and hand it to Bernadette.

Or post it to: **Bernadette King, 12 Christchurch Way, London SE10 9AL** Or email it to : **info@peacefulpractice.co.uk**

Your booking will be confirmed by email once you have paid the deposit of **£225** which is due by **26 February 2025**

## ■ Your details

Name

Telephone / mobile

Email

Name - next of kin

Telephone - next of kin

## ■ Accommodation options

Your accommodation will be in a modern, beautifully designed and decorated, fully equipped house. Each house can accommodate between 4 and 8 people and rooms are either shared double rooms with twin beds or sole occupancy, and with or without air conditioning. Please read this brochure for full details of what is and is not included.

**Please select your room option:**

Shared bedroom / En-suite bathroom	with Air-con	£713	<input type="checkbox"/>
Shared bedroom / En-suite bathroom	no Air-con	£693	<input type="checkbox"/>
Shared bedroom / Shared bathroom	with Air-con	£693	<input type="checkbox"/>
Shared bedroom / Shared bathroom	with Air-con	£652	<input type="checkbox"/>

Please indicate the name of the person you will be sharing a room with, if applicable.

Name of sharer

If no name is supplied, sharers will be matched by Bernadette.

Sole use of bedroom / Shared bathroom	with Air-con	£857	<input type="checkbox"/>
Sole use of bedroom / En-suite bathroom	with Air-con	£898	<input type="checkbox"/>
Sole use of bedroom / En-suite bathroom	no Air-con	£857	<input type="checkbox"/>
Sole use of bedroom / Shared bathroom	with Air-con	£775	<input type="checkbox"/>

# Booking form

## Airport transfers

I would like to share a taxi to and from the airport

I am making my own way to and from the airport

## Dietary requirements

**Please note:** All food is vegetarian. Please indicate any special dietary requirements:

Vegan

Dairy free

Lactose free

Gluten free

Sugar free

Other

Please indicate and other allergies or special requirements:

## Payment

**Details for BACS payment:** **Name** Bernadette King | **Acc. number** 10924568 | **Sort code** 30-93-70

I have paid the **full amount** by BACS

I have paid the non-refundable deposit of **£225** by BACS and will pay the balance by **22 April 2025**

I will pay the non-refundable deposit of **£225** by BACS by **26 February 2025** and will pay the balance by **22 April 2025**

## Terms & Conditions

Before signing this form, please read the contents of this brochure about what is and is not included. In particular, please read page 10 for full Terms & Conditions for this Retreat.

## Sign the agreement

I have read and agree to all Terms & Conditions detailed in this brochure

I understand it is my responsibility to book my own flights and travel insurance for this Retreat

Your signature

Date

Name