



NOVEMBER 8-12



Meditation & Yoga Retreat

building
bridges



at
Casa Shanti
30 mins from
Lisboa





“Breath is the bridge
which connects life to
consciousness, which
unites your body to
your thoughts”

THICH NHAT HANH

Take the time to explore pathways to the soul through
Yoga and Meditation practice. Nourishing bridges
between the Yogic and Buddhist traditions.

We wish to create a space for you to explore how combining Yoga and Meditation practices can support your daily life.

Daily practices will include: Ashtanga and Yin Yoga, Tibetan Meditation and Mindfulness, Creativity workshops



PLANTING A SEED

We have been conceiving a community gathering project for 2020... We will be delighted to share our plans with you during the retreat and invite you to co-create with us! Surprise!

DETAILS:

Start date : Friday November 8th at
Agora Studio in Lisbon
Departure to Casa Shanti on
Saturday 10th after lunch.
End Date: Tuesday November 12th at
Casa Shanti, Mafra

PRICE: 390 euros including
vegetarian food and
accommodation at Casa Shanti &
Yoga and Meditation classes at
Agora Lisboa.

Write us to book or get more
information at
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