

PORTUGAL

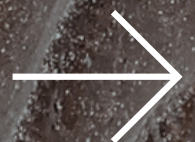
OCT 28 -
NOV 4

the
HEART OF
ALCHEMY
yoga retreat

in Partnership with The Atrium Yoga Studio



One & Well®





OCT 28 -
NOV 4

OVERVIEW



The Heart of Alchemy acknowledges that when we come together, we are more than just the sum of our parts. We are multi-dimensional and complete. Transformation occurs when we embrace all parts of ourselves. When we connect more fully with our authentic nature, we cultivate compassion and show up more honestly in the world. Compassion and truth is the Heart of Alchemy.

Join Jen Yuhas and Madonna McManus for The Atrium Yoga Studio's first-ever all-inclusive yoga retreat on the breathtaking Atlantic coast of Portugal in the Alentejo region.





2022-
2023

UNIQUE LOCATION



Voted one of the best farm-stays in Europe in Conde Nast Traveller, Cocoon Portugal is a 275 acre coastal farm located in the Alentejo region, which is known for its long stretches of untouched coastline and charming white-washed villages.

Cocoon is the kind of place where each morning is an exploration of what to discover as you practice yoga under a canopy of old growth pines. Every evening celebrates nourishment through connection + conversation, local farm-fresh food, and world class wine.





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FOOD PHILOSOPHY

We believe that a nourishing meal and a delicious feast don't need to be exclusive of one another.

Food is local with produce from Cocoon's garden or neighboring farms. From a sustainability standpoint, Cocoon chooses not to serve red meat.

While the kitchen is mostly plant forward, we will serve eggs from Cocoon's chickens, local cheeses, and occasionally wild-caught sustainable Atlantic fish.

Cocoon also has an outdoor, wood-fired pizza oven!





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THE ITINERARY



A typical day will begin with morning meditation and flow followed by a yummy breakfast. The day will then be yours to relax, explore, wander, bike, swim, hike, read...whatever your soul craves!

We'll gather again in the afternoon for lunch and an optional activity. We'll end the day with a restorative or slow flow practice to unwind.

Dinners are a time to gather, connect and feast!





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8AM – 10AM MORNING
MEDITATION & FLOW
PRACTICE

10AM -11AM BREAKFAST

11AM – 2PM OPTIONAL
ACTIVITY (HORSEBACK
RIDING, HIKING, BEACH WALK)

2PM – 3PM LIGHT LUNCH

your NEW RITUAL

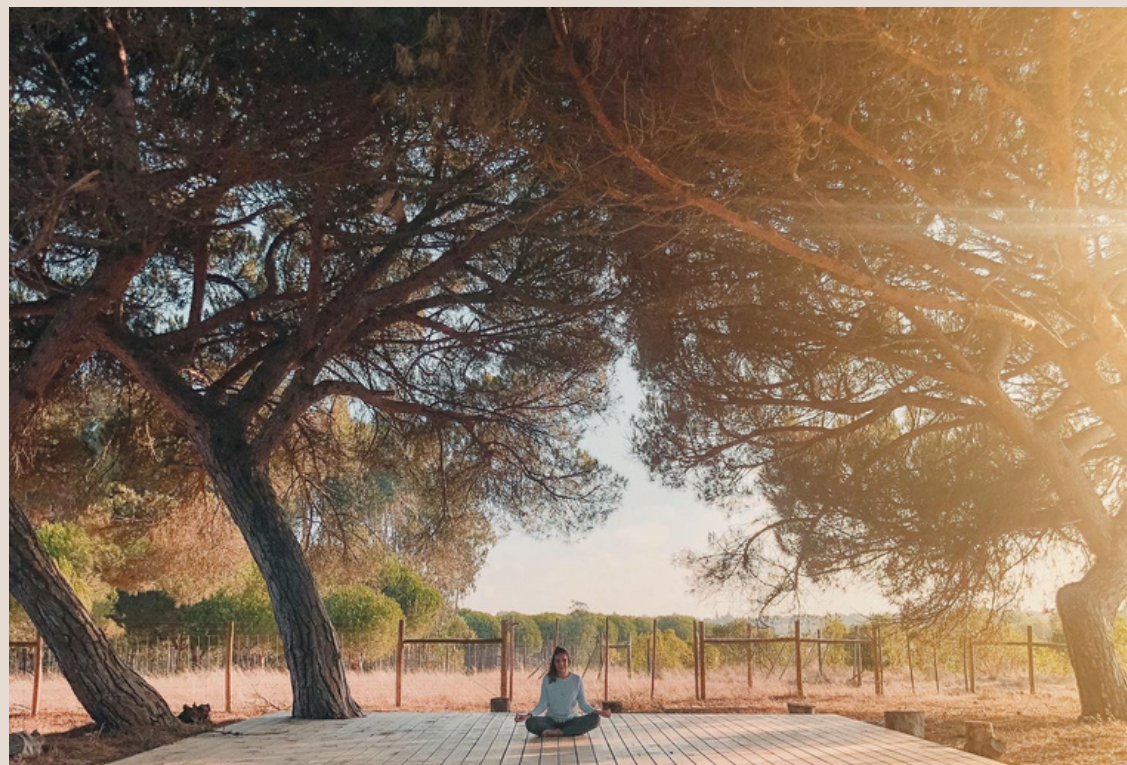
Example Day

3PM – 5PM AFTERNOON
NAP, CHILL OUT BY THE
LAKE, SWIMMING,
ENJOYING NATURE

5PM – 6PM EVENING
RESTORATIVE PRACTICE

7PM – 9PM DINNER

10PM SLEEPING,
STARGAZING, SLOWING
DOWN





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THE DETAILS



The retreat includes:

- Six-night accommodation at Cocoon, Portugal
- Three daily farm-to-table meals
- Access to all program activities and yoga classes
- Wood-fired pizza night
- Transportation to and from Lisbon Airport (2 hour drive)





ROOMS & PRICES

triple suite

Three single beds with
en-suite bathroom and
quiet back terrace.

\$2,920 USD

double suite

*A shared large double room
with private bathroom*

\$3,155 USD

double suite

+shared bathroom

\$3,025 USD

SPOTS ARE
LIMITED TO KEEP
THE EXPERIENCE
INTIMATE.

