

ROSA ET AL TOWNHOUSE

WELLBEING BOOSTER

MACROBIOTIC, AROMATHERAPY, YOGA & AYURVEDA RETREAT

At ROSA ET AL Townhouse, our aim is to help rebalance your body, mind and spirit by nurturing you with Macrobiotic meals, Aromatherapy techniques, Yoga classes and your own Ayurvedic techniques massage whilst staying with us, giving you permission to relax, to put yourself first, to contemplate your life and who you are. Enjoy being away from the pressures of work, family, and social media. Taking time for yourself can reset your priorities, your aims and your means, your day-to-day life long after you have left Porto.



typical day programme

Macrobiotic Breakfast Workshop (Friday, Saturday and Sunday)
Two-hour Aromatherapy Workshop (building your own personalized oils)
Macrobiotic Lunch Workshop (Friday, Saturday and Sunday)
Two-hour Meditation and Yoga class
Tea Ritual (Thursday, Friday and Saturday)
Individual Ayurveda Massage
Dinner (Thursday and Saturday)

dates

check website agenda for specific dates

participants

12 participants maximum - 6 participants minimum

price

from 900,00€ per person including a 3-night stay (shared double suites) at the exclusive ROSA ET AL Townhouse, a 2-day hands-on workshops and classes, 1 individual Ayurveda massage and macrobiotic inspired meals prepared with freshly picked ingredients (cost does not include travel costs or transportation to and from the airport)

early bird registration

10% discount of total price
(when pre-booked 3 months in advance of actual event)

cancelation policy

If cancelled up to 15 days before date of arrival, no fee will be charged.
If cancelled later or in case of no-show, 100 percent of the total price of the retreat will be charged.

RETREATS at ROSA ET AL Townhouse have very limited availability.
Please book in advance to avoid disappointment.