

**SATURDAY**

**17/07**

**16:00 - 17:00**

ARRIVAL &  
ACCOMMODATION

Checking-in to the accommodation. Everything is booked and prepared. Get some rest, sit back and relax!

**18:00 - 19:00**

WELCOME GATHERING

Let's form a circle. Make yourself comfortable. Open up to deep listening and share your story. Let's get to know ourselves better on a personal level.

**19:00 - 20:00**

DINNER

**SUNDAY**

**18/07**

**08:00 - 08:40**

*Marta*

**FLOW MOVEMENT PRACTICE**

Vinyasa flow yoga where we explore the fundamental poses and bring curiosity and play to understand them and lastly modify them according to our own needs.

The class combines also functional mobility and strength training - all levels.

**08:40 - 09:00**

*Maris*

**MORNING MEDITATION PRACTICE**

Guided meditation and breathwork to train our attention and mindfulness - all levels.

**09:00 - 10:00**

**BREAKFAST BUFFET**

**10:00 - 11:00**

*Maris*

**MIND EMPOWERMENT**

One hour diving deep into tools that we use for personal development. Session includes introduction to meditation - benefits, obstacles and personal experiences.

**11:00 - 17:00**

**PERSONAL TIME/EXPLORATION**

Option to go for a hike, take a stroll to Castelo de Paiva, explore the forest and neighborhood or kayaking.

**18:00 - 19:00**

*Maris*

**CONNECTION SESSION**

Exercises such as eye gazing with the aim of deepening the connection within the group that opens up to the whole experience. Session is also part of mindset training as we first dig deeper into where emotions surface and how unconditional love influences our lives.

**19:00 - 20:00**

**DINNER**

**MONDAY**

**19/07**

**08:00 - 08:40**

*Marta*

FLOW MOVEMENT PRACTICE

Vinyasa flow yoga where we explore the fundamental poses and bring curiosity and play to understand them and lastly modify them according to our own needs.

The class combines also functional mobility and strength training - all levels.

**11:00 - 13:00**

COWORKING/PERSONAL TIME

**13:00 - 14:00**

LUNCH

**14:00 - 18:00**

COWORKING/PERSONAL TIME

**08:40 - 09:00**

*Maris*

MORNING MEDITATION PRACTICE

Guided meditation and breathwork to train our attention and mindfulness - all levels.

**18:00 - 19:00**

*Marta*

MOVEMENT LAB

Moving through different games, movement exercises and improvisational dances. Discovering numb spots and exploring the unknown and uncomfortable. Tapping into the joy and pleasure through the movement. Letting go, grounding and playfulness.

**09:00 - 10:00**

BREAKFAST BUFFET

**10:00 - 11:00**

*Marta*

BODY EMPOWERMENT

One hour session dedicated to hidden knowledge in our body, our levels of vitality and energy and how everything is connected with our emotions, thoughts and spirituality.

Session includes introduction to conscious dancing and yoga, as well as to embodiment as a lifestyle concept.

**19:00 - 20:00**

DINNER

**TUESDAY**

**20/07**

**08:00 - 08:40**

*Marta*

**FLOW MOVEMENT PRACTICE**

Vinyasa flow yoga where we explore the fundamental poses and bring curiosity and play to understand them and lastly modify them according to our own needs.

The class combines also functional mobility and strength training - all levels.

**08:40 - 09:00**

*Maris*

**MORNING MEDITATION PRACTICE**

Guided meditation and breathwork to train our attention and mindfulness - all levels.

**09:00 - 10:00**

**BREAKFAST BUFFET**

**10:00 - 13:00**

**COWORKING/PERSONAL TIME**

**13:00 - 14:30**

*Maris*

**LUNCH + MASTERMIND**

Every time 2 participants present a professional problem or situation they are facing and can't find a solution/reason. The group brainstorms on giving practical and personal advice. Mastermind always results in fresh perspectives and solutions from combined knowledge from different life experiences and professional backgrounds.

**14:30 - 18:00**

**COWORKING/PERSONAL TIME**

**18:00 - 20:00**

*Marta*

**DINNER - GROUP COOKING**

Half of the group will learn how to prepare one of the delicious vegan recipe. After a collective effort the food taste even better!

**WEDNESDAY**

**21/07**

**08:00 - 08:40**

*Marta*

**FLOW MOVEMENT PRACTICE**

Vinyasa flow yoga where we explore the fundamental poses and bring curiosity and play to understand them and lastly modify them according to our own needs.

The class combines also functional mobility and strength training - all levels.

**08:40 - 09:00**

*Maris*

**MORNING MEDITATION PRACTICE**

Guided meditation and breathwork to train our attention and mindfulness - all levels.

**09:00 - 10:00**

**BREAKFAST BUFFET**

**10:00 - 13:00**

**COWORKING/PERSONAL TIME**

**13:00 - 14:30**

*Maris*

**LUNCH + MASTERMIND**

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**14:30 - 19:00**

**COWORKING/PERSONAL TIME**

**19:00 - 20:00**

**DINNER**

**20:00 - 21:00**

*Maris*

**SHARING CIRCLE**

Following #BorderlessTalk gathering session with guided questions with the aim of going quickly from small talk to deep connection, learn from each other, build empathy and unconditional understanding.

**THURSDAY**

**22/07**

**08:00 - 08:40**

*Marta*

**FLOW MOVEMENT PRACTICE**

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The class combines also functional mobility and strength training - all levels.

**08:40 - 09:00**

*Maris*

**MORNING MEDITATION PRACTICE**

Guided meditation and breathwork to train our attention and mindfulness - all levels.

**09:00 - 10:00**

**BREAKFAST BUFFET**

**10:00 - 13:00**

**COWORKING/PERSONAL TIME**

**13:00 - 14:30**

*Maris*

**LUNCH + MASTERMIND**

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**14:30 - 18:00**

**COWORKING/PERSONAL TIME**

**18:00 - 20:00**

*Marta*

**DINNER - GROUP COOKING**

Half of the group will learn how to prepare one of the delicious vegan recipe. After a collective effort the food taste even better!

**20:00 - 22:00**

**MOVIE NIGHT**

Let's get comfortable on the sofas and consume enriching, insightful story.

**FRIDAY**

**23/07**

**08:00 - 08:40**

*Marta*

**FLOW MOVEMENT PRACTICE**

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**08:40 - 09:00**

*Maris*

**MORNING MEDITATION PRACTICE**

Guided meditation and breathwork to train our attention and mindfulness - all levels.

**09:00 - 10:00**

**BREAKFAST BUFFET**

**10:00 - 13:00**

**COWORKING/PERSONAL TIME**

**13:00 - 14:30**

*Maris*

**LUNCH + MASTERMIND**

Every time 2 participants present a professional problem or situation they are facing and can't find a solution/reason. The group brainstorms on giving practical and personal advice. Mastermind always results in fresh perspectives and solutions from combined knowledge from different life experiences and professional backgrounds.

**14:30 - 18:00**

**COWORKING/PERSONAL TIME**

**18:00 - 19:00**

*Marta*

**ECSTATIC DANCE**

Freeform movement experience where we let ourselves to move with no structure or choreography, following professional DJ set.

**19:00 - 20:00**

**DINNER**

**SATURDAY**

**24/07**

**08:00 - 08:40**

*Marta*

FLOW MOVEMENT PRACTICE

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**08:40 - 09:00**

*Maris*

MORNING MEDITATION  
PRACTICE

Guided meditation and breathwork to train our attention and mindfulness - all levels.

**09:00 - 10:00**

BREAKFAST BUFFET

**10:00 - 11:00**

CHECK OUT