



Raise Your Vibration in Portugal
Yoga Retreat
Valerie Griffiths & Francisco Pais

Weekend Immersion Adventure
July 17-20, 2020

www.aldeiadapraia.pt
www.franciscopais.com

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- Our retreat includes:
- 2 Meditation sessions daily
 - 3 Nights Accommodation
 - Group activities
 - 2 Yoga classes daily
 - 3 Organic meals daily

Valerie Griffiths and Francisco Pais are pleased to offer an experiential yoga retreat in the beautiful country of Portugal. Receive deep nourishment in a place set in nature that has a magical energy that will help you rejuvenate and will create a renewed vitality for your life. You will feel the raw power of the ocean, hike beautiful cliffs, and immerse yourself in the charming Portuguese culture and delicious cuisine! Spend time with wonderful people and celebrate your body, mind and soul. We can't wait to share this journey with you, hold space for you and help you raise your vibration to experience greater personal power, clarity, peace, love, and joy.

Airfare, Transfers, Tours and extra activities/services are NOT included.



Valerie Griffiths is a Vinyasa yoga instructor at Newport Power Yoga and owner of *The Breathing Barn* yoga studio in Portsmouth, RI. A yoga enthusiast for twenty years, Valerie completed over five hundred training hours through Live Love Teach in 2014 and has been teaching ever since. Valerie is a believer in showing up for each session with no expectation, meeting and welcoming yourself exactly as you are in that moment. Her mantra is, “Each one of us is so much more than our thoughts,” a saying that guides her practice. She believes that in stillness and quiet, we find our true selves. We are here to learn the beauty and love within each of us and share it with the collective. Valerie is a passionate vegan who loves bold flavors, and she is motivated by compassion and kindness. *“On the mat, I find clarity that I apply to all facets of my life. I leave with a sense of invaluable learning about my own strength and potential. I strive to help all my students find this fulfillment.”* — VALERIE GRIFFITHS



Francisco Pais is an international yoga teacher in the USA and beyond. Francisco grew up in Sintra, a small village 30 minutes from Lisbon near the ocean. He has a deep love for surfing waves and being in nature. Francisco has studied with many teachers such as Baron Baptiste, Seane Corn and Bryan Kest. Francisco completed 200 hours of Baptiste Power Yoga teacher trainings. He is also a certified leader of "Off The Matt Into The World." One of the most influential teachers for the past 2 decades in Francisco's life is yoga teacher, activist Seane Corn. She has been a dear friend a spiritual and yoga teacher who has consistently maintain her truth and her message in a way that lines up with Francisco's own values. She has inspired Francisco to live a life dedicated to service and to causes of social justice, equality, human rights, solidarity, economic justice and food justice. Francisco teaches with clarity, intention and an overall intelligent approach to movement. His skills as a yogi practitioner and teacher provides students with a range of possibilities for personal growth where yoga, music, and self-expression are explored and shared in a way to empower the heart and the soul.

Retreat Accommodation Aldeia da Praia offers you comfortable, retreat-like lodging options.

Pricing per-person: Prices are fixed regardless of whether there are 1 or 2 people in the tent.

Glamping Our bell tents provide comfort and a unique experience connected to nature. Tightly secured and beautifully decorated, our bell tent comes standard for two adults with a comfortable double bed with thick mattresses, heavenly crispy linen sheets and comfortable duvet cover. You will also have your personal bathroom including walk in shower, toilet and personal room amenities or alternatively shared bathrooms.

Option 1 ★ Bell tent with private terrace, double bed, and private bathroom; **\$1,015** (5 available)

Option 2 ★ Bell tent with private terrace, double bed, and shared bathroom; **\$991** (7 available)



Our Dorms will guarantee that you will be entertained and well cared for.

Option 3 ★ Dorm bed with shared bathroom

\$780 bed in 6 bed dorm ensuite (most economical option 6 available)



Private Rooms Our beautiful rooms have private terraces and ensuite bathrooms

Option 4 ★ Double room with comfortable double bed

\$985 (2 available)

Option 5 ★ Family room with double bed, two kids single beds and ensuite bathroom.

\$1,102 (1 available)



FAQ

1. Do US citizens need a visa to travel to Portugal?

U.S. citizens may enter Portugal for up to 90 days for tourist or business purposes without a visa. Your passport should be valid for at least six months.

2. How do I get there? Are there direct flights? How long do they take?

Fly to Lisbon, Portugal. There are direct flights from Boston's Logan airport on TAP Air Portugal, Air France, Air Canada and Sata Airlines. The flight duration is about 6 hours and 30 minutes. Option to rent a car or take a transfer to Aldeia da Praia in Colares, Sintra. If you rent a car you can use your US driver's licence to do so. Driving in Portugal is on the same side of the road as in the US. Transfer means you have the option to choose ground transportation such as a car service, UBER or a regular Taxi. The rate from Lisbon to Colares, Sintra should be around \$45 usd. Taking the train is not a good option. The retreat is a 30-minute drive from Lisbon airport.

3. What is the average temperature in Portugal in July?

Temperature ranges from 82 during the day and 64 at night.

4. What is the currency used in Portugal ? The currency is the Euro 1 euro equals \$1.11 usd
20 euro= 22 usd 50 euro= 55 usd 75 euro= 83 usd

What do you need to bring?

- Yoga mat
- Sunscreen
- Journal and pen
- Refillable water bottle
- Powdered Ultima or Gatorade
- Yoga practice clothes (enough for 2 changes per day)
- Yoga lounge clothes for discussion sessions
- Sneakers and/or walking sandals
- Bring layers of clothing, It might get chilly
- Personal toiletries and hygiene supplies
- Personal first aid kit with; Advil, Pepto Bismol, Neosporin, etc.
- Insect repellent
- Bathing suit and beach towel



How can I pay and register ?

1. Visit www.franciscopais.com enter the site and scroll down
2. Click and fill out the registration form
3. Click to review and sign the terms and conditions form
4. Use the PayPal button to choose your options and pay

Pay in full by January 15, 2020 and save \$100! Please send deposit of \$500 to secure your spot. Final balance due May 15th, 2020.

email: franciscopais@gmail.com