



JUNE 4-11, 2023

ASHTANGA YOGA RETREAT

MONTE VELHO ECO RETREAT CENTER, PORTUGAL

WITH CHRISTINE HOAR - ASHTANGA MONTAUK

OUR RETREAT INCLUDES:

• 7 Nights Accommodations:

All rooms have private baths, a terrace with a daybed and hammocks to relax. Room options range from 4-bed share to single rooms.

• 2 YOGA CLASSES DAILY:

Meditation and pranayama, followed by a traditional Mysore class in the morning. Exploratory and restorative yoga sessions and dharma talks in the afternoon.

• 2 ORGANIC MEALS DAILY:

Delicious vegetarian/vegan food with farm ingredients

• PRICING:

Single room: \$1950

Double room: \$1650

Triple/Quad: \$1550

(Airfare and transfer not included)

• REGISTRATION:

Please fill out our registration form and send a non-refundable deposit of \$600 by Dec 1 to secure your spot. Final balance due April 15, 2023.

• BOOKING:

Contact Christine at christine.hoar@gmail.com
www.ashtangamontauk.com

• TRAVEL:

Fly to Lisbon, Portugal and rent a car. The drive south to Monte Velho is very beautiful and takes approx. 3.5 hours. Alternatively, you can book a flight to Faro, and rent a car there. That is 1.5 hours away. We recommend exploring Lisbon for a few days, an amazingly beautiful town—full of great architecture, history, and food.

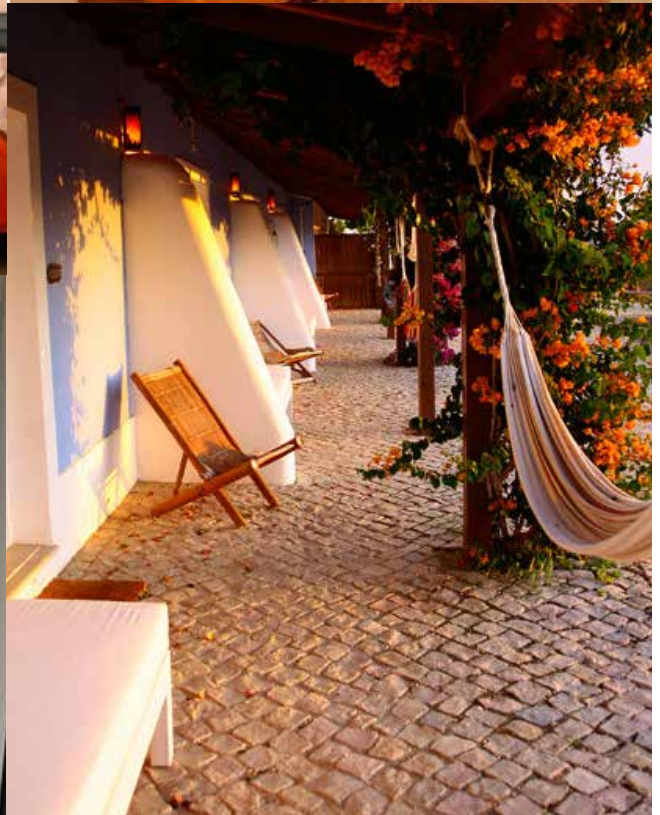
Monte Velho Eco Retreat Center

Located in the Algarve in the southern region of Portugal overlooking a rolling landscape of hills and trees, **Monte Velho** is a magical place embedded in the Nature Reserve of the Vicentina Coast. The reserve boasts an abundance of wild nature along the stunning Atlantic coast with high cliffs, sandy beaches and secluded bays. The retreat center has plenty of walking trails and places to relax and enjoy the outdoors. The small village of Carrapateira with cafés and restaurants and beaches is about 2.5 miles away.



Monte Velho Accommodations

The beautiful and elegant rooms are very spacious, each has a private bathroom and terrace or deck, with a daybed and hammock. Rooms can be booked as single, double, triple or quad, depending on your budget and preference.



Yoga Shala - Casa das Pinhas - House of the Pines

The Yoga Shala is a beautiful round stone house, with a wooden roof and heated cork floor. The room has amazing accoustics and sunrise lights up the room for morning yoga. A stunning place to do your daily practice!



Communal Spaces

The main house has a harmoniously decorated living room, an interior dining room, an exterior breakfast veranda overlooking the hills and valleys. The resort has its own lake for bathing and relaxation.



Our Food

Monte Velho is dedicated to sustainable living and eco-energy. There is a permaculture garden which supplies the kitchen with delicious fresh food all year round. Two delicious plant-based meals will be prepared daily for our guests, all inspired by the Ayurvedic kitchen.



Activities

The retreat features its own spa with a massage room, a sauna and steam bath.

Surf at Praia do Amado, one of the best beaches in Portugal, hike the Rota Vicentinas' fisherman trail, visit nearby villages, watch dolphins, or simply relax and unwind with a book in your hammock. Explore the beautiful coves and swimming beaches around Sagres, and visit the old town of Lagos.



Getting there

Fly to Lisbon, Portugal and rent a car. Rental cars are very inexpensive in Portugal and will give you latitude to explore the countryside. The drive to Monte Velho Retreat Center takes about 3.5 hours. Alternatively, you can fly to Faro, and rent a car there. That is 1.5 hours away. TAP is the Portuguese airline that has many direct daily flights between the USA and Portugal.

Location: Monte Velho, Carrapateira 8670-230, Aljezur

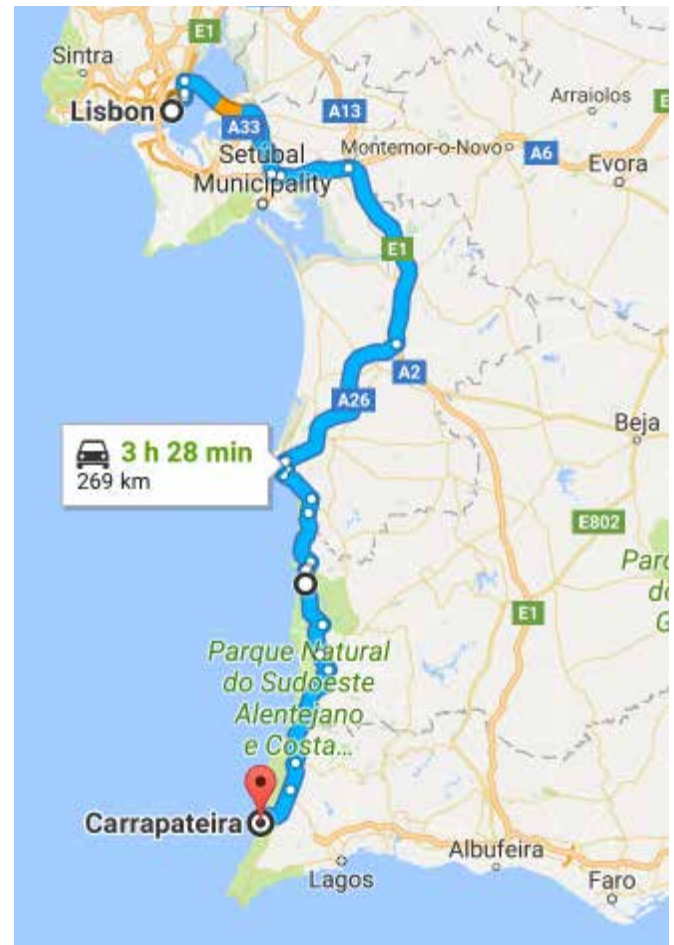
<https://www.montevelhoecoretreats.com>

Check-in: Sunday, June 4, 2023 after 4pm.

Welcome Dinner at 6pm. Check-out: June 11 by 10am

The village of Carrapateira

The retreat center is a 10 minute drive from Carrapateira. The small village sits on a small indented headland of limestone cliffs on the western Vincentine coast of the Algarve. Carrapateira point, was a traditional danger for sailing ships, its high reddish rock formations looking deceptively similar to Cape St. Vincent, the southwest corner of Portugal's coast some eleven miles further south. The extremely fast southbound current and the jutting headland that made it a dangerous lure for shipwrecks in the past also creates the conditions which have made it a popular surfing destination in recent years. To the north of the Carrapateira headland is the vast Praia da Bordeira, regarded as one of the best beaches in Portugal, "noted for its rugged limestone cliffs and extensive sand dunes". To the south is the Praia do Amado, highly popular with surfers.



Activities

All activities can be arranged and paid for in cash once you arrive.

- Surfing...(Surf Lessons can be booked locally at Praia Do Amado) <http://www.amadosurfcamp.com>
- Hiking on Rota Vicentinas´ fisherman or historic trail: <http://en.rotavicentina.com/fishermens.html>
- Nature walks
- Dolphin watching
- Spa services: Massages, sauna, and steam bath

What to bring

Pack lightly! Less is always more. Portugal is still pretty warm in early October. Bring some warm clothes for colder days and the evenings, but also pack your swimsuits and lighter clothes for the sunnier days around the property and visiting beaches and nearby villages. For those of you who want to go hiking, we suggest you bring suitable footwear. A pair of running shoes would be highly recommended.

Weather

Octobers in the Algarve region are usually warm, with an average daytime temperature of 70-75 F, and an average overnight minimum temperature of 55-60 F.

Currency - Expenses

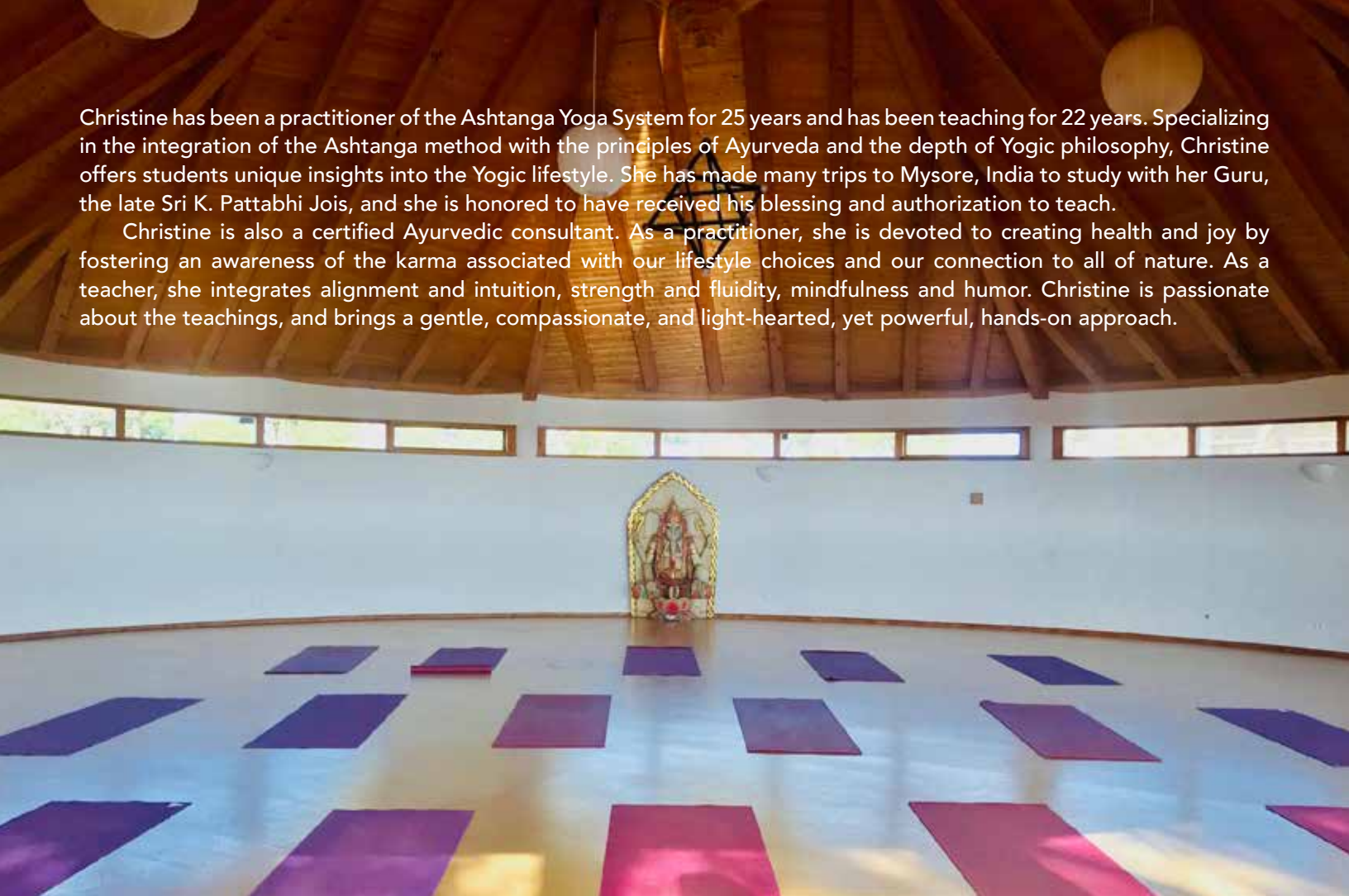
Portugal uses Euros. Hotel gratuity is included in your retreat fee, but if you feel that service exceptional, you can certainly tip more. Extra activities at Monte Velho can be paid in cash. They don't have a credit card machine. There is an ATM machine in Carrapateira.

Passport

U.S. citizens may enter Portugal for up to 90 days for tourist or business purposes without a visa within any 180-day period. Your passport should be valid for at least three months beyond the period of stay.

Christine has been a practitioner of the Ashtanga Yoga System for 25 years and has been teaching for 22 years. Specializing in the integration of the Ashtanga method with the principles of Ayurveda and the depth of Yogic philosophy, Christine offers students unique insights into the Yogic lifestyle. She has made many trips to Mysore, India to study with her Guru, the late Sri K. Pattabhi Jois, and she is honored to have received his blessing and authorization to teach.

Christine is also a certified Ayurvedic consultant. As a practitioner, she is devoted to creating health and joy by fostering an awareness of the karma associated with our lifestyle choices and our connection to all of nature. As a teacher, she integrates alignment and intuition, strength and fluidity, mindfulness and humor. Christine is passionate about the teachings, and brings a gentle, compassionate, and light-hearted, yet powerful, hands-on approach.



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ASHTANGA MONTAUK



**To book your retreat, contact Christine Hoar
e: christine.hoar@gmail.com, t: 802.238.3735
www.ashtangamontauk.com**

PORTUGAL YOGA RETREAT 2023

with Christine Hoar (Ashtanga Montauk)

June 4–11, 2023

REGISTRATION FORM (separate form required for each traveler)

Name.....
Expiration date of passport.....
Date of birth.....
Email.....
Phone: home..... mobile

Address.....
City..... State..... Country..... Zip.....

Occupancy desired*:
..... Single room \$1950
..... Double room \$1650 per person
..... Triple/Quad room \$1550 per person

*First come, first-served

Roommate request: Name

Traveling in a group, please name your friends

.....

Traveling solo, please select a roommate for me

Dietary restrictions..... Allergies..... other.....

\$600 non-refundable deposit due with registration form.
Full Payment due April 15, 2023.

Signed..... Date.....

Make checks payable to [Ashtanga Montauk](#) and mail to: Christine Hoar, PO Box 872, Montauk, NY 11954.
Zelle payment also welcomed. A 3% transaction fee for Venmo and Paypal payments will be added.

We look forward to sharing this experience with you!

Christine Hoar, Ashtanga Montauk, christine.hoar@gmail.com, 802.238.3735