



# THE SOBER SANCTUARY

A 6 day journey, remote in Portugal, where you can step out of your daily routine, rest, heal and find a deeper connection with your true self.

Guided by Yoga, Mindfulness, Meditation, Breathwork and much more, A safe space to empower, connect and elevate yourself.



## ABOUT US

We want to inspire and support the queer community to live a sober life. Real life starts when you're sober!

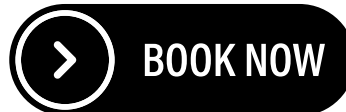


## WHY A RETREAT?

A retreat is a transformative experience that goes beyond a typical getaway, guiding you on a path of self-acceptance and meaningful connections.

Encouraging you to embrace an authentic, sober lifestyle and fosters a sense of empowerment and inspiration. Through this retreat, you can deepen the connection with yourself, build confidence and feel grounded.

# QUEER & SOBER



✉ [retreat@queerandsober.org](mailto:retreat@queerandsober.org)



# THE VENUE: QUINTA MARUGO

A eco-sustainable retreat and wellbeing center in the heart of rural Portugal – Quinta Marugo – with the vision of bringing a bit more peace, calm and connection to the world.

[www.quintamarugo.com](http://www.quintamarugo.com)



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*FIND YOUR  
TRIBE AND  
RISE  
TOGETHER*



## FACILITIES



### BEDROOMS - SHARED

Don't worry, there will be plenty of private space. Bedrooms have twin beds and private bathrooms



### LOUNGE SPACES

Relax in the comfortable common spaces.



### SWIMMING POND

Swimming in the chemical-free and living water of the pond feels like silk



### HEALTHY FOOD

we serve you the freshest food our land has to offer, providing a delicious and healthy selection of vegetarian dishes



**LANDMARKS, MASSAGE  
ROOMS, RESTAURANT &  
MORE...**



# RETREAT INFORMATION

## WHEN AND WHO:

- Arrival April 9 2024, 15:00u
- Departure: April 14, 2024, 11:00u
- Retreat leaders:  
Martijn van Eijk  
Indigo Calce

## PRICE

Shared room for 2 people

1200 EUR per person

(25% deposit to secure booking, remainder to be paid january 2024)

## INCLUDED

- 5 nights in a shared room
- Daily farm to table meals
- Tea/Coffee
- All Activities and Workshops
- Mind & Body Practices
- Breathwork Circle

## NOT INCLUDED

- Flights to Lisbon - Portugal
- Organised Group Transfer to venue from airport.  
(Can be organised on request.  
Min 4 people)



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## PROGRAM OUTLINE

Day 1

Welcome & Landing. Get familiar with each other and the environment

Day 2

Setting intentions with introduction to the daily practice

Day 3

The deep dive. Focus on self-love and healing,

Day 4

Self-reflection in nature and with mindful practice.

Day 5

Celebrate your learnings. Step into your intentions with joy, fun and love.

Day 6

Closure & Thankfulness.  
Wrapping up and departure.