

Yoga Bliss &
Chef Palm Springs Present

Yoga & Culinary Recovery Retreat

April 5-13, 2026

Algarve, Portugal

WELCOME!
Boas-vindas!

What's In This Guide:

- Arrival & Departure Information
- Daily Itineraries
- List of Items to Bring
- Travel FAQs



Arrival & Orientation

April 5

- Arrivals into Faro Airport, Bus, and Train
- Group transfers to the private hillside villa
- Settle into rooms, light refreshments available
- Welcome Orientation & Opening Circle
- Gentle grounding practice & breathwork
- Welcome Dinner Feast prepared by Chef Wayne
- Evening reflection & community share

Focus: Arriving, exhaling, and feeling safe in the space

Easter in São Brás de Alportel

One of the most beautiful traditions in the Algarve happens right here in São Brás de Alportel on Easter Sunday. During the joyful Alleluia Festival, the town fills with color, flowers, music, and celebration.

At 10:00 AM, a lively procession moves through the streets as men carry tall flower-covered torches, symbolizing the Resurrection of Christ. The entire town joins in the powerful chant, “He is risen as He said – Alleluia!”

Later in the afternoon, the celebration continues in the churchyard with music, poetry, and local traditions, including prizes for the most beautifully decorated torches and quilts displayed throughout the town.

The air is filled with the scent of lavender, rosemary, and wildflowers, while homes are draped with red and white quilts in the windows. Locals also enjoy a beloved Easter treat of almonds and pine nuts, made by the same family in town for over a century.

It’s a vibrant and heartfelt celebration where faith, culture, and community come together in a truly special way.



CORK FACTORY TOUR

Learn everything you've always wanted to know about cork, and things you never even fathomed on this group tour to the cork factory in Faro. Learn about the process in making and packing cork, then visit the cork shop. See how cork is used in all sorts of ways, and maybe bring home a few souvenirs.

FARO welcomes us with its beautifully preserved Old Town, where ancient city walls open onto cobblestone streets, whitewashed buildings, and sunlit plazas. We'll wander through historic squares, admire traditional Portuguese architecture, and enjoy the relaxed café culture that makes Faro feel both timeless and alive—an easy, inspiring first taste of the Algarve.

Cork Factory & Faro

- 7:30–8:00a Coffee, tea, and fresh pastries available
- 8:00–8:45a Guided Journaling Practice
- 9:00–10:00a Gentle Yoga Asana Practice
- 10:00–11:00a Brunch, prepared fresh by Chef Wayne
- 11:30-1:00p Cork Factory Tour (depart from villa 11:15am)
- 1:30 - 3:30p Walking Tour of Old Town Faro/Shopping Time
- 4:30–5:30p Poolside Philosophy Chat
- 6:00–7:30p Dinner Feast
- 7:30–8:30p Speaker Meeting
- 8:30–9:30p Evening Wind-Down
Pranayama, restorative yoga, and meditation

MONDAY
April 6th

SEVEN HANGING VALLEYS TRAIL

A stunning coastal hike known for breathtaking cliff-top views, hidden beaches, and sea caves. We will see the famous Benagil Cave, from above!

NOTE: The full hike is 3-6 hours, so we will just do one portion of it! Moderately challenging

PORCHES POTTERY is a family owned and operated farmhouse where they make colorful, traditional Portuguese pottery. We will visit the pottery & see the artists in action, then enjoy tea in their beautiful garden cafe.

Cliffside Hike & Pottery

- 7:30–8:00a Coffee, tea, and fresh pastries available
- 8:00–8:45a Guided Journaling Practice
- 9:00–10:00a Gentle Yoga Asana Practice
- 10:00–11:00a Brunch, prepared fresh by Chef Wayne
- 12:00-1:30p Hike along the Portuguese coastal cliffs
- 2:00-3:30p Azulejos Makers at Porches Pottery
- 4:30–5:30p Poolside Philosophy Chat
- 6:00–7:30p Dinner Feast
- 7:30–8:30p Evening Wind-Down
Pranayama, restorative yoga,
and meditation

TUESDAY
April 7th

TAVIRA WALKING TOUR

A one-hour guided walking tour through some of Tavira's main points of interest, featuring local history and captivating stories.

Tavira is one of the Algarve's most charming and authentic towns, known for its cobblestone streets, whitewashed buildings, and over 30 historic churches. Stroll across the ancient Roman bridge, wander through the castle ruins for sweeping views of terracotta rooftops, and relax in the elegant Praça da República with a coffee or gelato in hand. With its blend of Moorish history, riverside beauty, and laid-back coastal energy

Tavira

- 7:30–8:00a Coffee, tea, and fresh pastries available
- 8:00–8:45a Guided Journaling Practice
- 9:00–10:00a Gentle Yoga Asana Practice
- 10:00–11:00a Brunch, prepared fresh by Chef Wayne
- 12:00-1:00p “From Moors to Myths” Walking Tour
- 1:00-3:30p Shop, stroll, enjoy this lovely riverside town!
- 4:30–5:30p Poolside Philosophy Chat
- 6:00–7:30p Dinner Feast
- 7:30–8:30p 12 Step Meeting
- 8:30–9:30p Evening Wind-Down
Pranayama, restorative yoga, and meditation

WEDNESDAY
April 8th

RIO FORMOSA: Boat Cruise & Islands Tour

Set sail from the port of Olhão and travel through the Ria Formosa National Park.

Discover beautiful scenery and rich biodiversity with your expert crew. Learn more about the national park and local culture with your expert captain.

Cruise by marshes, barrier islands, islets, dunes, and sand bars which are home to a rich variety of flora and fauna. Spot local birds, marine life, and beds of clams and oysters during low tide.

Stop at Culatra Island where 1000 people live and no cars are allowed; experience this European sustainability project that will be completed by 2030.

Then, visit Armona Island and enjoy the serenity of a tranquil location accessible only by boat. While there, enjoy some time to explore the island or for a swim and take **amazing photos**

Rio Formosa & Island Tour

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|-------------|---|
| 7:30–8:00a | Coffee, tea, and fresh pastries available |
| 8:00–8:45a | Gentle Movement & Breathing |
| 9:00–10:00a | Light Breakfast |
| 11:00-2:00p | Rio Formosa: 3 Hour Boat Tour (see description) |
| 3:00-4:00p | Yoga in the Afternoon! |
| 4:30–5:30p | Poolside Philosophy Chat |
| 6:00–7:30p | Dinner Feast |
| 7:30–8:30p | Evening Wind-Down |

THURSDAY
April 9th

Local Artisan Day

- 7:30–8:00a Coffee, tea, and fresh pastries available
- 8:00–8:45a Guided Journaling Practice with Becky
- 9:00–10:00a Gentle Yoga Asana Practice
- 10:00–11:00a Brunch, prepared fresh by Chef Wayne
- 11:00–3:00p Local Artisan Day
(Estoi Palace, a visit to try local products, olive oil tasting, or stay at the villa & enjoy)
- 3:30–5:30p Workshop with Becky
- 6:00–7:30p Dinner Feast
- 7:30–8:30p Evening Wind-Down with Becky

FRIDAY
April 10th

Loule Marketplace Day!

- 7:30–8:00a Coffee, tea, and fresh pastries available
- 8:00–8:45a Guided Journaling Practice
- 9:00–10:00a Light Breakfast, prepared fresh by Chef Wayne
- 10:30-1:30p Loule Marketplace & Shopping
- 3:00 - 4:00p Yoga on the Beach (weather permitting)
- 6:00–7:30p Dinner Feast
- 7:30–8:30p 12 Step Meeting
- 8:30-9:30p Evening Wind-Down

SATURDAY
April 11th



Integration & Closing

April 12

- Program Officially Concludes at Noon
- Morning coffee, tea & light breakfast
- Final gentle practice & closing reflection circle
- Program ends at 12:00 PM

Guests may:

- Depart after noon OR stay an additional night at the villa (optional, no extra charge)
- That evening, all staying guests are invited to a group dinner at a local favorite, **Senhor Frango's**
(A relaxed, celebratory closing meal — optional)
- All guests must depart by 10am on Monday, 4/13
(Transportation to airport, bus, and trains)

Travel FAQs

PHONES & CONNECTIVITY

Most U.S. cell phones will work in Portugal, but international roaming charges may apply.

We recommend contacting your carrier in advance to add an international plan or purchasing an eSIM for Europe.

Wi-Fi will be available at our retreat property.

TRAVEL INSURANCE

We strongly recommend purchasing comprehensive travel insurance that includes trip cancellation, interruption, medical coverage, and emergency evacuation. While we hope everything runs smoothly, travel insurance provides peace of mind in the event of unexpected changes.

EUROS & PAYMENTS

Portugal uses the Euro (€).

Credit cards are widely accepted, but we recommend carrying a small amount of cash for local cafés, taxis, and markets.

ATMs are readily available at airports and in town centers.

TIPPING IN PORTUGAL

Tipping is appreciated but not mandatory.

Restaurants: 5–10% for good service

Taxis: Round up the fare

Hotel staff: Small tips are appreciated but optional

Gratuity is always at your discretion.

POWER & ADAPTERS

Portugal uses Type C and Type F plugs (two round pins) with 230V voltage. U.S. travelers will need a plug adapter, and you may also need a voltage converter if your device is not dual-voltage (most modern phones and laptops are dual-voltage—check your charger label).

GRATUITY FOR THE RETREAT

While gratuity is never expected, it is always appreciated.

Should you wish to acknowledge the care, culinary artistry, and hospitality provided throughout the week, a gratuity envelope will be available at the conclusion of the retreat.

Please do plan to tip the tour guides on our excursions to Tavira & Rio Formosa, at your discretion.

**Your presence is the greatest gift;
everything else is simply appreciated.**

What You Need to Bring & May Want to Pack

- Please bring your own **Yoga Mat** (*We will provide blocks, straps, and towels*)

GREAT TRAVEL MAT SUGGESTIONS:

- Yogo Travel Mat \$\$\$ Portable & cool
- Jade Yoga Travel Mat \$\$\$ BEST QUALITY
- Manduka EKO Super Lite \$\$ Great
- Gaiam Foldable Travel Mat \$ Good value

***in the past, people have brought inexpensive mats & then decided to leave them behind at the end of the retreat in order to have room in the suitcase!*

- Refillable Water Bottle (optional)
- Rain gear – waterproof shoes, coat, and hat
- Comfortable walking shoes
- Layers for cooler mornings and evenings
- Power adapter (see details)

Post-Retreat Days

April 13 - 17, 2026

Monday, April 13 - Sintra, Portugal

(Slide 14)

**Tuesday & Wednesday, April 14 -15 - Tomar,
Portugal**

(Slide 15)

Thursday, April 16 - Lisbon, Portugal

(Slide 16)

If you would like to meet up with us in these spots,
we will all enjoy days of exploration, group dinners,
and plenty of time to rest and relax.

We are more than happy to help coordinate
travel for you on these days and will act as
hosts/guides for you!



Sintra

April 13

We depart the Algarve region by noon and head north...about 20 minutes north of Lisbon, to one of the most magical and mystical places in all of Europe. Sintra, Portugal!

Sintra is one of those places that feels almost unreal the first time you see it. Tucked into the hills just outside of Lisbon, it's full of winding cobblestone streets, pastel palaces, and lush gardens that look like they belong in a storybook. What I love most about Sintra is that it invites you to slow down and explore the colorful terraces of Pena Palace, or get a little lost in the mysterious pathways of Quinta da Regaleira. It's romantic, a little dramatic, and completely inspiring without trying too hard.

NH Sintra Centro Hotel (Modern, 4 star hotel)

Pena Palace Tour: 4/14 at 9:30am



Tomar

April 14 & 15

We depart the Algarve by late morning and begin our journey north to the historic town of Tomar, where we will spend two nights exploring one of Portugal's most fascinating and mystical places.

Tomar was once the stronghold of the legendary Knights Templar, and that history still echoes through the town today. Set along the peaceful Nabão River, it's filled with charming squares, cobblestone streets, and inviting cafés. Towering above it all is the magnificent Convent of Christ, a UNESCO World Heritage site rich with centuries of history and stunning architecture.

What I love most about Tomar is its quiet magic. It's beautiful, deeply historic, and feels like a place where the past is still very much alive.

Casa da Avo Genoveva (Gorgeous Rural Farmhouse)

Tomar Walking Tour: 4/14

Lisbon Fado & Dinner

THURSDAY, APRIL 16th

Lisbon Fado Experience:

Walking Tour, Dinner, and Live Music Show!

Immerse yourself in the world of traditional Portuguese Fado music with this combination of a tour, dinner, and a live music evening.

First, learn about the history of the genre with a guided walk through Alfama and Mouraria districts. The tour continues to a traditional Fado house where you can watch talented performers as you feast on local dinner specialties .

7:00pm

\$75 - Book directly with me, as I have arranged a tour for us!

PICK UP & DROP OFF: Lisbon Destination Hostel, Estação do Rossio, Largo do Duque de Cadaval 2º andar, 1200-160 Lisboa, Portugal

WHERE WE ARE STAYING: B&B Hotel Lisboa Aeroporto
WHAT WE WILL DO: Take the subway to Rossio & enjoy dinner!



CONNECT WITH US!

Make sure we are in your contacts! You can reach us directly or via WhatsApp



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