

5 day retreat in Portugal (Alentejo)

Treat yourself to wellness and
creative moments for the soul



Arrival: 25 October 2024



Departure: 30 October 2024

WE ARE STORIETTE

Our retreat is especially for women, because they are often the ones most affected by the "mental load" and multiple stresses. We believe that you deserve this time out. You deserve a few days of wellness for your soul and to satisfy only your needs.

We empower you with special mini-group coaching, relaxation sessions, creative time-outs and movement.



Storiette

PRICE

- Single Room Retreat Normal Price: € 2270
- **Early Bird: 2.070,00 € (incl. VAT)**
- Double Room Retreat Normal Price: 2070 €
- **Early Bird: 1.870,00€ (incl. VAT)**

#bring a friend: If 2 people register, you will receive a total discount of 20%. Just contact us!

- Early Bird price valid until 25 July 2024

By the way: You can also come with your partner and child(ren) (just ask us). But maybe you'd rather concentrate on yourself?

INCLUDED IN THE PRICE:

- 4 nights (depending on booking in single or double room) with full board (incl. breakfast, lunch and dinner) at naturate - Country Hotel Boutique.
- 5 days "ARTDANCELOVE-Retreat"-Workshop with Florence Neumann and Dr. Tina Lauer incl.
- Mindset workshops in the morning
- Creative activities such as dancing, writing, meditation and painting in a small group, maximum 12 participants.
- The minimum number of participants for the retreat to take place is 6.
- 2 yoga classes in the group

CONTACT

storiette.de

info@storiette.de



KNOWLEDGE

Tina: Emotional Coaching, NLP, Writing Coaching, Storytelling, Author

Florence: Creative coaching, potential development, online marketing, trained dance teacher

INTERESTS

Tina: Dancing (tango), making music (violin and singing), writing and reading.

Florence: Dancing, painting, making music (piano and singing), reading

ARRIVAL



You can travel by plane from many airports in Germany, Austria and Switzerland. Lisbon and Faro airports are both about 2 hours' drive from the retreat location. (Please note: travel is not included in the price).

ACCOMMODATION:

<https://artdancelove.com/en/retreat>
natureart - Country Boutique Hotel



The house is beautifully nestled in the Vicentina Nature Park. It offers peaceful and quiet accommodation for nature lovers who long for a break from the noise of the city.



The living and dining rooms, a yoga room, a swimming pool, a tennis court and the beautiful orchard with outdoor bed, offer perfect conditions for a few relaxing and enjoyable days.

ACCOMMODATION:

natureart – Country Boutique Hotel



12 spacious and beautifully decorated natureart – Country Boutique Hotel rooms with king-size beds, 4 of which have single beds. All rooms have their own bathroom. There are two rooms that have their own living room.



Each room is individually decorated – inspired by traditional Portuguese architecture.

ACCOMMODATION:

Alentejo



This retreat offers an exceptional opportunity to discover Portugal's beauty beyond the tourist cities.



Our retreat hotel is located in the middle of the Vicentine Natural Park and offers a unique combination of natural wonders: the mountains of Cercal, the Mira River and the Atlantic Ocean. At the same time, this peaceful retreat is only a short drive away from beautiful beaches.