

ARTDANCELOVE- Retreat for women in Portugal

Treat yourself to wellness and
creative moments for the soul



Arrival date: 25 October 2024



Departure date: 30 October 2024

WE ARE STORIETTE

ARTDANCELOVE: these are the keywords that best describe the wellness retreat for women in the Portuguese Alentejo. A creative retreat for all women who want to bring joy back into their lives!

The best thing is that you don't need any previous knowledge or "artistic" skills!

But you will return to your everyday life full of inspiration, ideas and joy.



Storiette

PRICES

- Single room incl. full board + retreat Normal price: € 1,615.00
- **Early Bird: 1.515,00 €**
- Double room retreat normal price: € 1,412.50
- **Early Bird: € 1,312.50** (per person in a double room)

#bring a friend: if you bring your friend, you will both receive a 10% discount on the retreat price! (only applies to the retreat, not to accommodation and full board). Just get in touch with us!

- Early Bird price valid until 1 June 2024

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

INCLUDED IN THE PRICE:

- 5-day "ARTDANCELOVE-Retreat" workshop with Florence Neumann and Dr Tina Lauer incl.
- Mindset workshops and meditations
- Creative activities such as dancing, writing and painting
- The minimum number of participants required for the retreat to take place is 6. Maximum number of participants: 12
- 2 yoga classes in the group

In addition: 5 nights (in a single or double room, depending on your booking) with full board (incl. breakfast, lunch and dinner) at naturate - Country Hotel Boutique. Accommodation and meals will be invoiced separately with the hotel - you will receive an invoice for the retreat (€ 890 (gross=net) regular, or € 790 (gross=net)) and an invoice from the hotel if you wish to stay overnight there. The retreat takes place at the hotel.

CONTACT

artdancelove.com

info@storiette.de



LECTURERS

Dr. Tina Lauer: Creative coaching, NLP, writing coaching, storytelling, author

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

INTERESTS

Tina: Dancing (tango & ballet), making music (violin, cello and singing), writing books, painting, 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 approx. 2 hours' drive from the retreat location. **(Please note: The journey is NOT included in the price!)**

THE ENVIRONMENT

Alentejo



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



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

THE ACCOMMODATION

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 provide the perfect setting for a few relaxing and enjoyable days.

THE ACCOMMODATION

natureart - Country Boutique Hotel



10 spacious and beautifully furnished rooms at natureart - Country Boutique Hotel with 5 double rooms (king-size beds) and 5 single rooms (twin beds). All rooms have their own bathroom.



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