



DISCONNECT TO CONNECT RETREAT

A LONG WEEKEND IN THE NATURE, WITH SOULFUL FOOD
AND NOURISHING YOGA WITH ROMY AARDSE

08 - 10 NOVEMBER 2024

This season's Connect to Disconnect retreat Herdade da Matinha will be dedicated to Kali. If you are not familiar with Kali; she's the goddess darkness, destruction and death. She shows up as a broken relationship, a job lost, having to leave a home or worst case; death in our circle. However, she is also considered a symbol of Mother Nature, representing the creation of life and the universe. Which seems quite opposing in the first place, actually makes a lot of sense: Only when we feel like we lost (part of) ourselves, is where we can truly start over. Here, from this nothingness we can start the life that actually belongs to us, that is meant for us. If you resonate with these words and you feel like Kali has been showing up in your life; then this retreat will inspire you to make positive changes.

I want to create a space to reflect, to look deep inside, to journal, to be still and to share. Here in the nature of Alentejo, with winter arriving and the autumn behind, we can rediscover ourselves. Join me on this immersion into yoga, meditation, breathwork, cacao medicine and walks through the forest.



FRIDAY - NOVEMBER 08

06:00 - 08:00 pm: Check in and welcoming with tea
08:30 pm: Vegetarian dinner
10:00 pm: Bonfire talks in the garden

SATURDAY - NOVEMBER 09 - TURN INWARDS

08:30 - 09:00 am: Breathwork & Meditation
09:00 - 10:00 am: Vinyasa-Ashtanga Yoga
10:30 am: Breakfast
12:00 pm: Walk around Matinha
02:00 pm: Vegetarian Lunch
Free Time (option to book a massage, please book in advance)
05:00 - 06:30 pm: Cacao Ritual & Yin Yang Yoga
08:00 pm: Dinner
Stars and Bonfire moment

SUNDAY - NOVEMBER 10 - RENEW

08:30 - 09:00 am: Meditation
09:00 - 10:00 am: Vinyasa-Ashtanga Yoga
10:30 am: Breakfast
01:00 pm: Breathwork + Jump in pool & Hot Shower
02:00 pm: Vegetarian lunch
Free Time (option to book a massage, please book in advance)
04:00 - 05:00 pm: Yin Yoga
05:30 pm: Check-out & Goodbyes

PRICES

Full Program in a Shared/Double Room: 380,00 € per person
Full Program in a Single Room: 430,00 € per person
* All classes and activities are guided in English

For more information, questions or bookings you can visit our website or contact us
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