

WAVES OF WELLNESS: YOGA & SEAFOOD EXPERIENCE

WITH STEVEN SNOW & MORGAN SNOW

11-12 JANUARY 2025

This immersive retreat is aimed at creating steadiness within the mind through dynamic yoga practice, guided breathwork, relaxing meditative poses, self reflection and connections. The choice to gift one self a weekend of reflection is the first step toward renewal and change. Our perspective shifts when we have the space to reflect with a calm mind. The retreat may provide the tools to find more balance in life. Later, we will connect through food, dining, laughter, taste, smell. The kitchen is a familiar and happy place in our make up as humans.



DAY 1 - SATURDAY - JANUARY 11 WELLNESS RESET & CULINARY DISCOVERY

8:30 am - Morning Yoga Session: Introducing new daily patterns to promote wellness

- Invigorate the body through guided breathwork and nourishing asana (yoga poses)
- Poses and sequencing designed to calm the nervous system and carve a pathway to a healthy body and mind.
- Be inspired by a purpose driven practice aimed at navigating the stresses of life.
- Discover how the thoughts and sensations of your yoga practice mimic moments in life
- Deepen your connection with self, with life and nature.
- Closing the session with relaxation, focusing on how yoga can support daily life changes.

10:00 am - Breakfast

11:30 am - Free Time

- Time to reflect and begin the wellness reset in the serene surroundings of Herdade da Matinha.

3:30 pm - Restorative Yoga Session: Rejuvenation for the New Year

- Go within, listen to your body, less to your mind and reconnect with self.
- Gentle yoga focusing on rejuvenation and centering, using postures to aid relaxation, digestion and renewal
- Focus on intention-setting for the year ahead, encouraging reflection on personal goals and inner wellness.

5:00 pm - Free Time

8:00 pm - Seafood and Fresh Fish Gastronomic Dinner

- A wholesome, cleansing dinner featuring fresh fish and seafood, paired with Matinha wines



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FINS DINNER MENU

- Wild fish sashimi, nori dust, turmeric pickled onion, shiitake cream, avocado, hot shallot, lime and mild chilli oil
- Crab chowder, bisque oil, prawn toast
- Deconstructed scallop 'not burger' with prawn, yuzu ketchup, crispy 'chips'
- Fish in a spice garden. Lime and fenugreek paste, minted pea puree, cauliflower cake, spiced beetroot and mango chutney, sweet potato bhujia.
- Lemon myrtle pannacotta, candied ginger and turmeric, brandy snap, almond crumb

DAY 2 - SUNDAY - JANUARY 12

CONNECTION WITH NATURE AND NEW YEAR CLEANSING



8:30 am - Morning Yoga Session: Cleansing for the Year Ahead

- A nurturing yoga class to stretch the body and prepare for the day.
- Detailed attention and clear direction to anatomical alignment
- Focus on breathwork and movement to cleanse the mind and body, with an emphasis on releasing old energy and welcoming new possibilities.

10:00 am - Breakfast

11:30 am - Cookery Workshop: 'Secrets of the Sea with the Chef'

- A practical workshop where participants learn how to prepare seafood-based dishes, supporting the idea of a light, nourishing cleanse for the New Year.
- Explore ways to enhance the natural flavors of fresh seafood with modern and traditional techniques.
- MENU: Matinha garden sambal. Hot and spicy Ayurvedic seafood curry with lotus wrapped rice and aromats from the Matinha garden



1:00 pm - Free Time

4:00 pm - Closing Yoga Session: Setting Intentions for Everyday Life

- A final practice to reflect on the weekend's experiences and set clear intentions for maintaining wellness throughout the year. Reflecting and identifying our values.
- Focus on relaxation, mindfulness, and continuing the New Year cleanse beyond the retreat. Reflection on what inspired you throughout the weekend and what self care rituals you can integrate into your life for ongoing balance and inner harmony.

PRICES

- Full Program in a Single Room: 540,00 € per person
- Full Program in a Shared/Double Room: 460,00 € per person

* All classes and activities are guided in English - Includes 2 nights accommodation with breakfast and access to all scheduled activities



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COM STEVEN SNOW & MORGAN SNOW

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STEVEN SNOW

Celebrity chef and restaurateur Steven 'Snowy' Snow has been operating Australia's most awarded regional restaurant Fins for over 33 years. Snowy is passionate about line caught fish and wild, local seafood. He grows his own organic produce in the Fins 'kitchen garden' and stands on his head daily! Fins is Australia's seafood institution.

Snowy has published 2 best selling cookbooks, along with years of TV presenting and key note speaking.

Snowy travels the world as a guest chef, favouring locations with good surf and great seafood. He has represented Australia in international Gourmet Summits throughout Asia, been the personal chef for Hollywood stars in LA and France, cooked for the King of Morocco, consulted to Islands in Fiji and even opened a second Fins restaurant in Cascais in the early 2000's.

MORGAN SNOW

With over 20 years of experience in yoga teaching and study, Morgan is a deeply committed practitioner. Raised in Australia's alternate Byron Bay, she discovered yoga as a teenager.

Morgan studied intensively under Ashtanga legend Dena Kingsberg for many years and later Eddie Stern in New York. Morgan's classes offer dynamic breath focused sequencing.

Her classes are approachable for beginners and specialise in an attention to technical alignment and spiritual mindfulness. Morgan's passion lies in introducing yogic philosophies in a practical 'real life' context from the mat to every day moments in life. Yoga Alliance 250hr certified.

