



VILA MONTE

FARM HOUSE - ALGARVE

OUR JOURNEY BEGINS

RETREAT DETOX STRESS MANAGEMENT

28-31 Oct. 2020



CME
GESTÃO DE STRESS

WE ARE VILA MONTE

We are on the frontier between the mountains and the ocean.
Here we live according to the cadence of the seasons and the tides of the Ria Formosa.
The time that passes us is slower.
Ancestral. Perhaps this is why, here where we are, we feel a healing energy emerging.
We want to share our experience with you.
In this southern land, this will undoubtedly be an experience of pure immersion and self-exploration.



DETOX STRESS MANAGEMENT

"We cannot change external stressors, but we can change responses to stress in a healthier, more balanced and harmonious way."

The ideal retreat for those who want to take a new direction or adapt to a new life. This is also an opportunity to boost your immune system, as stress can significantly affect you.

We want to diagnose symptoms and causes of stress and help eliminate them through some learning that can then be used in everyday life.

And because we believe that personality defines each individual and should be celebrated, we will make small adaptations to the retreat as we go along, so that the themes adapt to each participant and their routines.

The workshops are based on the model created by the author and developed over the past 20 years.



VISITING PRACTITIONER



CONCEIÇÃO MENDES ESPADA

Conceição Mendes Espada has a degree in Tourism, having worked as Director of a Tourism magazine for 10 years.

After an NDE experience she decided to change the course of her career and, currently, after creating her own model of Holistic Stress Management, she already has a long curriculum in the subjects related to Stress Management.

She was responsible for the Stress Management Week at La Pierre Blanche Clinic (Switzerland), worked as a Stress Management Specialist and Coordinator of the Mind & Body Department at SHA Wellness Clinic in Alicante (Spain), and also collaborated with Neurosalus Clinic in Madrid (Spain), where she applied her Stress Management model to addicts.

In Portugal, she taught at the Master in Finance at Católica Lisbon School of Business & Economics, with a Stress Management module and participated in the Mentoring Connect to Success program - Powered by US Embassy Lisbon.

She is currently a Consultant at AB&C Hospitality and Visiting Practitioner at Six Senses Douro Valley.

To date, he has published four books, the most recent of which is "Find your Balance".

CALENDER

For us to personalize your experience throughout the retreat, a short questionnaire will be sent to you when booking so that we can make a simple diagnosis. We therefore ask you to fill it out and return it before check-in.

WEDNESDAY • OCTOBER 28

2.00 pm Check in

4.30 pm Welcome tea and retreat presentation

Brief presentation of what will happen during the retreat and explanation of its dynamics.

5.00 pm Guided visit to the hotel

7.00 pm Dinner

9.00 pm Relaxation exercise

The goal is to fall asleep listening to some relaxation exercises, which allow you to achieve a deeper and more peaceful sleep.

THURSDAY • OCTOBER 29

8.30 am Chi Kung / Meditation

Chinese therapeutic art, which works with inner energy, based on traditional Chinese medicine and which aims at physical, mental, and emotional balance.

9.30 am Breakfast

11.00 am Workshop: Detox Stress

12.30 pm Lunch

2.00 pm Pause

3.00 pm Meditation walk in the nature
Sensory meditation

4.30 pm Tea

5.00 pm Food and stress / Showcooking

7.00 pm Dinner

9.00 pm Relaxation exercise

The goal is to fall asleep listening to some relaxation exercises, which allow you to achieve a deeper and more peaceful sleep.

FRIDAY • OCTOBER 30

- 8.30 am** Chi Kung / Meditation
Chinese therapeutic art, which works with inner energy, based on traditional Chinese medicine and which aims at physical, mental, and emotional balance.
- 9.30 am** Breakfast
- 11.00 am** Workshop: Stress and timings
- 12.30 pm** Lunch
- 2.00 pm** Pause
- 3.00 pm** Stress and creativity
Creative meditation
- 5.00 pm** Tea
- 6.00 pm** Walking meditation and silence
- 7.00 pm** Dinner
- 9.00 pm** Relaxation exercise
The goal is to fall asleep listening to some relaxation exercises, which allow you to achieve a deeper and more peaceful sleep.

SATURDAY • OCTOBER 31

- 8.30 am** Chi Kung / Meditation
Chinese therapeutic art, which works with inner energy, based on traditional Chinese medicine and which aims at physical, mental, and emotional balance.
- 9.30 am** Breakfast
- 10.30 am** Closing of the retreat and delivery of an exercise kit for everyday life.
- 12.30 pm** Lunch

For the experience to be complete, our restaurant, À TERRA, will develop special menus with products suitable for the release of toxins. With that in mind, alcohol consumption will not be allowed throughout the retreat.

Come by yourself 1 participant · single room	Come with a friend 2 participants · double/twin room
3 nights · 4 days	
€ 1.700	€ 2.570

We want the results of this retreat to be excellent, so that they can bear fruit in your day-to-day. That is why we decided to limit participation to 10 people.

POLÍTICA DE CANCELAMENTO E PAGAMENTO

The Retreat will be paid in full at the time of booking confirmation. Free cancellation up to 10 days before the retreat starts. After that date, the amount will not be refunded.

The Algarve, for me, is always a day of vacations (...) The land does not harass the feet, the sea does not tire the ears, the cold does not numb the limbs, and the fruits are sweet and always at the height of the hand. (...) The idea that I have of an earthly paradise, where man can live happily to the natural, comes to me from there. Houses whose roofs, neither of stalk nor of slate, are rooftops of harem for a free and spontaneous love in the moonlight; people who do not cover themselves with crocs or pelts, but put the lazy shadow of an umbrella over the warmth of the body; and tiny fig trees, midgets (...) A paradise in which Christian maceration does not enter at all.

Miguel Torga. 1950



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