



YOGA RETREAT TO PORTUGAL

MAY 11-17, 2019

**Explore Lisbon and its surrounding towns and beaches
Immerse yourself full of history, culture and natural beauty**

All levels of yoga experience and ability are welcome



TRIP ITINERARY

- May 11: Arrival into Lisbon
- May 12: Castelo de Sao Jorge and Alfama
- May 13: Sintra UNESCO World Heritage Site
- May 14: Cascais Town and Beach
- May 15: Free Day
- May 16: Chiado District and Fado Performance
- May 17: Departure from Lisbon

The itinerary listed gives a general layout of the day and schedule. It is subject to change.

LOGISTICS

This is a 7-day/6-night retreat. We will stay in a spacious private apartment building, with 20th century architecture, with as many bathrooms as bedrooms. We will have one yoga session per day. An English-speaking guide will accompany us on planned tours. Travel will be a combination of public trains and private transportation.

May is a wonderful time to visit Lisbon. It is not as touristy as the summer time months. Daytime temperatures reach to the min-60 degrees (Fahrenheit), and night temperatures average 55 degrees.



INVESTING IN YOU

\$1499 for double occupancy

Included: Accommodations in private lodging, one daily yoga session, meals (all breakfasts and 2 dinners), all inter-city transportation, airport transfers, a professional tour guide, planned excursions, tips for planned tour guides, drivers, and housekeeping.

\$300 deposit is required to reserve your spot. Balance is to be paid by April 1, 2019. Payment plans are available. To register, email: chiati@onelovewellness.com or call: 917-348-5757

Your passport must be valid for 3 months before its expiration date for this trip. If you hold a US Passport, you do not need to apply for a visa for Portugal. You will be issued one upon arrival.

Cancellation Policy: Retreat fee minus the \$300 deposit will be returned if you cancel before 45 days of the retreat. Between 44-15 days of the retreat, you will receive 50% of the retreat fee. If you cancel within 14 days of the trip, the entire retreat fee is forfeited. No refunds issued due to inclement weather or unforeseeable events. Travel insurance is recommended.

Airfare to Portugal is not included. Your final destination is Lisbon International (LIS).

Chia-Ti Chiu is a certified yoga teacher and Thai bodyworker. She received her first teacher certification in Bangalore, India in 2003 and has been teaching for over 15 years in New York City and around the world. She teaches elders, adults, and court-involved youth. She believes that yoga is a privilege that should be accessible to all.

