

MYMINUVIDA *Program*

START YOUR JOURNEY OF SELF-DISCOVERY > ELEVATE YOUR CONSCIOUSNESS



REALFOOD

Connect to your food by connecting to your ingredients. Get your hands dirty. Learn how to create nutritious and complete meals using mostly local and in season ingredients. Learn how healthy food habits lead to a stronger immune system and better overall health and well-being.

TRUENATURE

We came from nature. We are part of nature. Rekindle your connection to the natural world with our educational hikes. We will learn how island ecosystems evolve and how their delicate balance can be affected by our actions.



HERENOW

The journey starts inside with a connection to our "wiser self". We will explore and enhance this connection through daily mindfulness practices, breath awareness and guided movement as well thought-provoking discussions about who we are, our purpose and how we live our best lives.

MINUVIDA AZORES, LDA

RRAL nº 475 | nº 1/2019/RAA
Rua de São João, 48
Rabo de Peixe,
São Miguel, Açores

+351 919 315 291 | 910 753 103



DAY 1 ARRIVE + SETTLE IN

- ▶ **Morning** | Arrivals + rest
- ▶ **Noon** | Lunch
- ▶ **Post-Lunch** | Orientation, property tour, grounding neighborhood walk
- ▶ **Afternoon** | Opening Workshop
- ▶ **Evening** | Dinner

DAY 2 TRUENATURE

- ▶ **Morning** | Mindfulness + Movement | Breakfast
- ▶ **Late Morning** | Nature excursion and picnic lunch
- ▶ **Evening** | Dinner

DAY 3 HERENOW + FREE TIME

- ▶ **Morning** | Mindfulness + Movement | Breakfast
- ▶ **Noon** | Free time + lunch on own*
(recs and logistics can be supported by guest manager)
- ▶ **Afternoon** | Workshop 2
- ▶ **Evening** | Dinner | Documentary + Discussion

DAY 4 REALFOOD

- ▶ **Morning** | Morning mindfulness | Breakfast
- ▶ **Late Morning** | Food + Market Tour with Lunch
- ▶ **Afternoon** | Dinner Experience

DAY 5 HERENOW + FREE TIME

- ▶ **Morning** | Mindfulness | Breakfast
- ▶ **Late Morning** | Free time + lunch on own*
(recs and logistics can be supported by guest manager)
- ▶ **Afternoon** | Workshop 3
- ▶ **Evening** | Farewell Dinner + Closing Ceremony

DAY 6 CLOSING + DEPARTURE

- ▶ **Morning** | Mindfulness | Breakfast + Packing
- ▶ **Late Morning** | Departure

*Indicates meal/ excursion not included in retreat fee

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YOUR PERSONAL INVESTMENT INCLUDES

- ▶ Lodging in shared or single room (includes bedding, towels, hygiene products, daily cleaning)
- ▶ All meals as noted in the itinerary, except free day lunches
- ▶ Daily mindfulness practice
- ▶ Three **HERENOW** workshops
- ▶ Guided **TRUENATURE** hiking excursion + **REALFOOD** tour
- ▶ Dedicated guest manager for free day planning
- ▶ **PERSONAL INVESTMENT > €950 to €1,500 per person based on season, program specifics + room choice***



PROGRAM COSTS

Quoted sample prices for MYMINUVIDA Program inclusions only and excludes airfare and other costs, including free day meals and free leisure time.

BOOKING RULES

50% deposit is due with at least five participants to book the retreat and hold dates.

CANCELLATION POLICY > Your deposit is refundable up to two months before retreat start, minus a 20% administrative fee. **No refunds are available for future payments. We recommend buying trip insurance.**

5 participants minimum to run retreat. Max of 8 people. Exclusive use of grounds, access to yoga studio, equipment, common areas, including outdoor kitchen and grill, firepit and other designated areas.

ADDITIONS	DESCRIPTION	EST. PRICE PER PERSON
Optional Experiences	Whale-watching, horseback riding, canyoning, island tour, etc.	60 - 75€
Free Day Meals	We can recommend where to go / arrange delivery	Between 15€ and 20€
Massage + Bodywork	We work with several local healers and can share details	Between 65€ and 90€
Additional Hikes	Free day hiking suggestions / route+ transport	TBD

THE FINE PRINT

CHECK-IN + CHECK-OUT > Check according to participant needs and operations. Check out no later than 12 p.m. strict.

BREAKFAST > Local fruits (many from the quinta), cheeses, homemade jams, fresh bread, eggs + meat on some days, oatmeal, muesli + fixins. Seasonal fruit, coffee, tea, and biscotti available throughout the day.

MEALS > Meals mostly vegetarian or pescatarian with fresh, local and in-season ingredients, soup or salad, herbed water and dessert. Vegan, gluten free and lactose free options

available. As meals are catered to groups we may be unable to accommodate highly restrictive dietary restrictions.

ALCOHOL POLICY > We serve an optional 1-2 glasses of wine with dinner but do not sell alcohol nor allow outside alcohol to be brought in. We practice ahimsa (non-violence), including non-violence to self.

GUIDED EXCURSION > Full-day hike / sightseeing experience includes packed or picnic lunch, transportation and entrance fees, guides. Can be customized to group.

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