



YOGA RETREAT SURROUNDED BY NATURE

28-30 NOVEMBER 2025 - WITH ROMY AARDSE

"It is with great joy that we announce our next retreat in the heart of Alentejo. It is the place that I have called home for the past 5 years and where I found my peace. I fell in love with this region because of its authenticity, the wildness of nature and its traditions. Here you still see people harvesting cork from these beautiful old cork oaks. Here we have our own olives, so that every year we get fresh olive oil from the local oil factory. And let's not forget the wine, forged from the vines of the local vineyards. Here we spend our days outside, doing endless walks on empty beaches, gathering with the community and we spend our evenings by the fire with chestnuts and a good book.

Herdade da Matinha provides the ultimate place to get away from the city and to immerse yourself in the countryside of Alentejo: Alfredo has regenerated this old farm into a home away from home, it is an inspiring place full of books, art and ideas. It took some years, but Matinha is officially an ecological heaven (they even won an award!), thanks to the hard work of the family. Nature is thriving all around, just close your eyes and listen... Herdade da Matinha is a place close to my heart and hopefully it will be yours too.

This Yoga Retreat in Alentejo will be a weekend to re-energize, to soften and to reconnect to our inner beings. The restful atmosphere of the hotel, the luxury rooms and the lush nature are a recipe for deep relaxation. We will enjoy yoga twice a day, walks through the surroundings and high quality food prepared by the amazing kitchen of Matinha. Just as the nature in Alentejo invites to slow down, so will we and it is with a full heart that I facilitate this weekend for you." ~ Romy



FRIDAY - NOVEMBER 28

06:00 - 08:00 pm: Welcome & Tea
08:30 pm: Dinner
10:00 pm: Bonfire talks in the garden

SATURDAY - NOVEMBER 29

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

SUNDAY - NOVEMBER 30

08:30 - 09:00 am: Meditation
09:00 - 10:00 am: Vinyasa-Ashtanga Yoga
10:00 am: Breakfast
Free Time (option to book a massage, please book in advance)
03:00 pm: Light Lunch (warm soup and bread)
04:30 - 05:30 pm: Yin Yoga
06:00 pm: Check-out & Goodbyes

PRICES

Full Program in a Shared/Double Room: 395,00 € per person
Full Program in a Single Room: 480,00 € 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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