



Paraiso Escondido

21-25
October

2020

4Night RETREAT

SW Alentejo / Vicentina Coast



Bery Serrão



Louise Chardon



Francisco Basilio

Ayurveda ✦ Art Therapy ✦ Holistic Nutrition ✦ Yoga & Mindfulness

Surround yourself with nature
in a beautiful eco luxury boutique style guest house.

Participate in a holistic Ayurveda cooking class with Francisco,
an Art Class with Bery and Yoga with Louise.

Enjoy a silent cliff top walk along the unspoiled natural coastline
within a national park and watch the sunset.

REBOOT RECHARGE REVITALISE

Aim/Goals of our retreat

- Disconnect and enjoy yourself
- Living in harmony with nature to achieve personal balance.
- Daily physical exercises, including yoga.
- Self Development.
- Developing creativity as a form of intelligence and a self-healing practice.
- Understand Ayurvedic Principles and how the primordial 5 elements influence us and how we can play with them to create balance and a nourished life.
- Developing cooking skills for sustainable and healthy cooking to create joy.

A typical day at the retreat ...

Timings can be adjusted

- 8:00 am Yoga practice 🧘
- 9:30 am Breakfast
- 11:30 am Cliff top walk and visit to the beach 🏖️
- 2:30 pm Lunch
- 4:00 pm Art Therapy session
Ayurvedic
Cooking Masterclass
- 8:00 pm Dinner
- 9:30 pm Evening meditation 🧘

Book now

For more information

Please contact us directly via e-mail: info@paraisoescondido.pt

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Ayurveda 🌿 Art Therapy 🌿 Holistic Nutrition 🌿 Yoga & Mindfulness



Berny Serrão

Art Workshops with Berny Serrão

Berny Serrão was born in Mozambique of Portuguese nationality and gained multi-cultural experiences from living in Mozambique, South Africa, England, Singapore and Portugal. These amazing and diverse countries have provided Berny with a wide range of unique influences which have helped inspire and create everything she does with passion, flair and style. Berny studied Graphic Design in South Africa and then went on to work at some of the most creative Advertising Agencies in the world. After these Berny open her own creative consultancy, which encompassed interior styling, personal styling, painting and ceramics. Berny believes that art workshops are the best medicine for anyone wanting to abandon the fear of failure through the use of art.

By being in the moment and letting go, the use of colours, shade, shapes and patterns can be fun, joyful, liberating, surprising and therapeutic.

It is a beautiful way to release the stresses of everyday life to feed your soul.



Louise Chardon

Daily Yoga classes with Louise Chardon

Louise Chardon's approach to Yoga (Iyengar tradition) is global and progressive: an invitation to journey into the many layers of presence and reveal the transformative potential within ourself. Through this sentient approach we improve our physical condition by softening the joints, toning the muscles and balancing the bodily systems, but we also enhance our self confidence and vitality.

Louise's wish is to move beyond a performative approach to yoga postures (asanas) and touch the subtle body through the vibrancy of presence, and convey that life is embedded in yoga and yoga is embedded into life.

After a long and intense career as a dancer (National Ballet of Canada, Royal Ballet of Flanders, Batsheva Dance Company, Charleroi-Dances/PlanK), Louise Chardon develops further herself into the field of somatic practices, based on spiritual growth and self inquiry. For more than 30 years she dedicates her life to the study of the self in motion. Specialised in the profound sensitive abilities of the being and how its subconscious manifests through embodiment and patterns, she mainly applies her researches to her visual and performative art and shares it through her pedagogic and therapeutic approaches which she defines as Embodied Philosophy and Energetic Physiology. Louise is a certified Body-Mind Centering® Practitioner. She embodies Chi Kung, Tuina, Biodynamic Craniosacral Therapy, Feldenkrais, Alexander Technique, Authentic Movement and Yoga (Iyengar tradition) since more than 20 years.



Francisco Basilio

Ayurveda Therapist and Freelance Chef – Francisco Basilio

Francisco Basilio, born and raised in Lisbon is more than just a chef. He studied Psychology after high school and through his love of nature, art and food decided to follow his passion for cooking by travelling the world to learn new cultures, gastronomic landscapes and techniques. Despite being a classically trained chef, Francisco knew in his heart that healthy nutritious food could become a force for good to help prevent illness and provide a more balanced lifestyle. This calling led him to travel to India for a short holiday where he discovered Ayurveda. Francisco ended up staying in India for three years to study Ayurvedic Nutrition at the International Academy of Ayurveda in the city of Pune. He also studied Integrative Nutrition in California, USA. Francisco went on to perfect his Ayurvedic cooking skills as a chef in Asia, Russia, The Middle East and Europe. Subsequently Francisco has become one of the leading Ayurveda chefs based in Portugal, providing healthy, nutritious, and delicious plant based and vegetarian food with a wonderful artistic flair. Additionally, he is highly qualified to provide private Ayurveda consultations where he teaches the wider world of Ayurveda.

Book and Join us NOW!

4Night
RETREAT
SW Aesthetics / Wellness Coast

€225

Person per night all inclusive
- Accommodation, Meals and Activities -
Excludes transfers and alcoholic drinks.

€265

Night for 2 people sharing a double room all inclusive
- Accommodation, Meals and Activities -
Excludes transfers and alcoholic drinks.