



BOA
COLLECTIVE

SINTRA, PORTUGAL

True Nature Retreat

A TRANSFORMATIONAL EXPERIENCE FOR
YOUR MIND, BODY & SOUL

presented by the
#BOACOLLECTIVE

Our Invitation

RESTORE ∞ RESET ∞ RECONNECT

Each of our retreats are carefully curated to enrich your true being and way of living.

We believe in the simple magic that unfolds when we expose ourselves to the rawness of nature, when we express ourselves through our voice and body, and when we explore and share our truth.

Combining our unique set of skills and experiences, we create these offerings deep from our hearts, sharing with you our love for the region of Sintra with its enchanting mix of forests, cliffs & wild ocean.

#BOACOLLECTIVE



*What to
expect?*

TRUE NATURE RETREAT

We invite you to embark on a journey of healing and growth to (re-)connect with your most joyful, creative, peaceful and fearless self - your true nature.

Restore, revitalise and empower yourself through a conscious, healthy and creative way of living.

Be nourished with yummy healthy vegetarian/vegan food, magical nature hikes, daily yoga and meditation, cozy gatherings, heart-warming evening activities and the power of friendship and community.

Join us for a soul-nourishing retreat in the mystical land of Sintra, just half an hour from Lisbon.

We can't wait to welcome you here.

Faadia, Lea & Rouzbeh

Meet the Collective



FAARIA
BAIG

Tantric Hatha yoga and meditation teacher, plant based chef, conscious living vegan and digital marketing expert.

faariayoga.com
@faaria_yoga



LEA
MIRBACH

Certified Zen Shiatsu practitioner, ChiFlow teacher, conscious experience designer, artist and regenerative culture agent.

xiboa.com
@xiboa_healing



ROUZBEH
TAVAKKOLI

Transformational coach, holistic Yoga teacher, chanting circle facilitator, musician and voice trainer.

voicingwisdom.net
@voicingwisdom



vegetarian meals

nature hikes

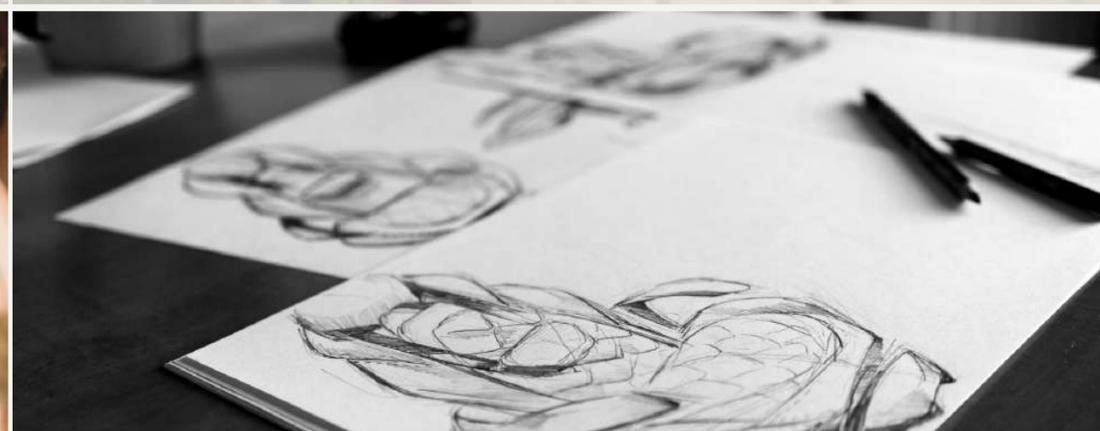
permaculture garden



yoga + meditation

chi flow

chanting circle



embodiment dance

creative journaling

group coaching

Retreat Program

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

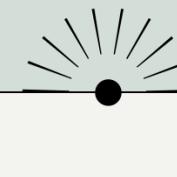
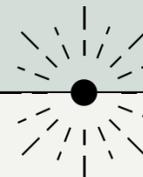
ARRIVING

RESTORING

OPENING

CELEBRATING

INTEGRATING



Check in with yourself, ground in together, and express your intentions.

Observe where you are, what you are called to let go, and cultivate rejuvenation.

Create space for the new, sense what is emerging and share your truth.

Express your creative energy, honour your light and manifest your true nature.

Reflect. Let this experience and your inner wisdom become an embodiment of you.



arrival dinner
&
welcome sharing circle

permaculture garden tour
&
cacao ceremony,
chanting circle

group coaching session
&
playful voice awakening,
sound poem

embodied movement
&
ecstatic dance

creative journaling
&
intuitive drawing

Daily Schedule

MORNING

09:00 good morning tea & you-time

09:30 yoga & meditation

11:30 vegetarian brunch

EVENING

19:00 vegetarian dinner

20:00 journaling & you-time

22:00 resting



AFTERNOON

13:00 afternoon session: connect to nature

zen hikes/chi flow/gardening

15:00 you-time / time for individual sessions

17:00 evening session:

dancing / chanting / coaching

ACCOMMODATION

The retreat is set in a house divided into several apartments with a vintage, contemporary feel – owned and designed by a local architect. The house is located in the old town Colares, a small, charming, peaceful village in the area of Sintra – only half an hour from Lisbon. The most convenient way to travel around here is by car, so you can move around independently.



Prices

BOOKINGS &
INQUIRIES:

[click here](#)

The total cost per person for 5 days and 5 nights includes accommodation, food and daily activities.*

UPCOMING RETREATS

03. – 08. of JANUARY 2021	<i>special offer -25%</i>	23. – 28. of FEBRUARY 2021
750 600€ room in shared apartment		750 € room in shared apartment
875 700€ private apartment		875 € private apartment

* *Individual sessions below are not included in the package and need to be booked separately.*



*zen shiatsu massage
with Lea – 90 mins – 60 €*



*indian cooking class
with Faaria – 120 mins – 25 €*



*voice coaching
with Rouzbeh – 60 mins – 50 €*

Covid-19 travel information

The current travel situation*:

- As an EU/EEA citizen, you are free to travel to Portugal and you do not need to declare specific reasons for doing so.
- You don't need to have a negative PCR test to enter Portugal, but you will be asked to fill out an electronic registration form.
- Regarding your return from Portugal, each country is subject to different regulations, and the status of Portugal as a "risk region" is constantly changing. Please check your local government policies regarding travel to and from Portugal.
- Inside of Portugal, restrictions selectively apply for travel between certain municipalities on some weekends; however tourists with a booking or reservation are allowed to travel freely within their destination.
- **As restrictions can change, please check the latest travel information at www.visitportugal.com/en/node/421175.*

What we do to keep everybody safe and healthy:

- We keep our retreat small and have limited the number of participants to a maximum of 5, to be able to maintain social distancing (if wanted) and offer enough space for our participants to be comfortable during group sessions.
- We provide hand sanitizers, masks on request and encourage all participants to wash and sanitize regularly.
- Our programs are centered around healing and nurturing, including daily activities, healthy food, time in nature and creative expression to help boost our immune systems and keep us healthy and happy.



*Your true nature is calling...
see what magic awaits!*

yours

Fadia, Lea & Rouzbeh