



7 Days • Awakening & Renewal • 20 to 27 March 2026

RETREAT INFORMATIONS & PROGRAM FOR 7 DAYS

The Retreat begins on the **20 of March 2026**, make sure that you arrive one day before.

If you want to **arrive earlier or extend your stay** please contact us as soon as possible so we can check the availability and reserve for you!

The Retreats are suitable for all levels, everybody is welcome!

Price for private room: 1150€

Price for shared room: 950€

Terms of Payment:

A **50% deposit** is required for the reservation, please pay the remaining amount upon arrival.

Instructed in English or German

Minimum: Five people

Maximum: Nine people

What is Inclusive:

Accommodation

Full board Ayurveda meals

Water & Tea

Traditional Hatha Yoga

Mantra Chanting

Pranayama & Meditation

Walking Yoga

One Excursion

One Ayurveda Cooking Course

What is not Inclusive

Flight Costs

Airport Transfer

Massages

Other Activities

Travel by plane

The flight to Faro takes approximately 2.5 hours, please book the flight yourself.

The transfer time from Faro airport to Lalitana Townhouse is about one hour, by train is about two hours.

The private transfer costs around 75€ - 85€

Transfer by Booking.com App costs around 40 -50€

The Train costs around 8 - 10€

Taxi and Uber 60€ - 120€ (depending on date, time or demand)

You will have enough time to rest, process, read and discover and enjoy Lagos.

RETREAT PROGRAM

A flexible sample day:

8.00 am – Fruit or Smoothie
8.30 am – Traditional Hatha Yoga & Pranayama
10:30 am – Breakfast (Indoor or Outdoor)
12:00 pm – Meditation or Mantra Chanting
1:30 pm – Lunch
3:00 pm – Workshop (Integrating Ayurveda principles into modern Life)
4:00 pm – Free Time
7:30 pm – Dinner

We Organize one excursion with Walking Yoga, Active Pranayama, Meditation and Picnic in Nature.

A flexible sample day:

8:00 am – Breakfast
9:30 am – Pick up time
10:30 am – Walking Yoga & Active Pranayama
1:00 pm – Lunch (Outdoor)
14:30 pm – Active Meditation (Outdoor)
15:30 pm – Discover the Village together
5:30 pm – Drive back to Lagos
7:30 pm – Dinner

In our Retreat we will have one Ayurveda Cooking Course & Workshop.

A flexible sample day:

8.00 am – Fruit or Smoothie
8:30 am – Hatha Yoga Practice
10:00 am – Breakfast
11:00 am – Ayurveda Cooking Course
2:00 pm – Lunch
3:00 pm – Ayurveda Workshop (practices & routines, the power of spices)
4:00 pm – Free Time
8:00 pm – Dinner

Bring comfortable clothes, sport shoes, small backpack, drinking bottle, swimsuit, warm vest, hat, warm jacket for evening!

CONTACT



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