

EARTH & ROOTS YOGA RETREAT

KEELA YOGA FARM

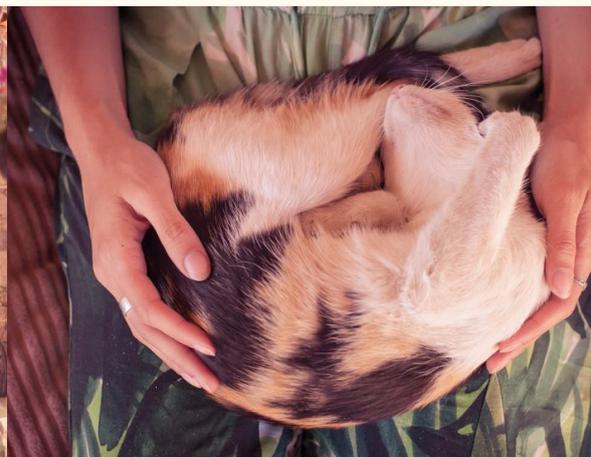
Welcome to Keela Yoga Farm!

This little piece of paradise was brought to life by Kimberly and Laurence Manchee with the intention of creating a healthier, happier world through yoga, sustainability and producing food. Its mountain views in all directions and yoga deck overlooking the sunrise make it the perfect place to recharge naturally.

In this week-long retreat we 'get back to the roots' - connecting to our full, rich essence - with regular Yoga, meditation and journaling with Anya and the wisdom of permaculture principles with by Kimberly and Laurence.

The schedule starts with a welcome meeting followed by a light dinner at 6pm on Sunday (arrival day) and ends after breakfast the following Saturday.

This brochure provides you with all the information you need on accommodation, payment & transport options. Have a read, and let us know if you have any questions.



Retreat cost

The total cost of the retreat is the base price plus your accommodation choice (below).

Base price (per person, includes food and teaching programme):

Early Bird: €300 (if booked 4 months before start date)

Regular: €400

We have a range of 3 caravans, an insulated eco container and 2 tipis, all of which provide you with proper mattresses and bedding. Just click here to be guided to our website for details on each option with videos. All options are situated on the land a short distance from the main farm house in tranquillity. Drift off to sleep to the sound of singing frogs and awaken to Portugal's stunning sunrises..



Accommodation costs for the week

YOUR OWN TENT	Free
YOUR OWN CAMPER	Free
SMALL CARAVAN	120
MEDIUM CARAVAN	140
LARGE CARAVAN WITH ELECTRICITY	160
INSULATED ECO CONTAINER WITH ELECTRICITY	150
TIPI (per bed in 3-bed space)	80

Booking

We require a €50 non-refundable deposit via PayPal to hold your booking. The remaining sum is to be paid upon arrival in cash. **Please click here to be guided to our booking page. Once you have selected your chosen accommodation and we have confirmed its availability with you, please send the deposit** to our PayPal address to secure your place: info@keelayogafarm.com.

Please send us your exact arrival time at least one week before your arrival, and do keep an eye out for emails with updates from us in the weeks leading up to the retreat.

Transport Options

Traveling by bus directly from both Lisbon and Porto is simple and straight-forward. Buses from Porto and Lisbon can be booked in advance (around €15) to Fundao at: <http://www.rede-expressos.pt>

Trains from Lisbon can be booked in advance at: <https://www.cp.pt/passageiros/en/>

From Fundao, we can help arrange your travel by taxi to the farm (€25 per taxi, which can be shared by up to 8 people).

We ask that all guests **arrive on Sunday by 6pm** so that we can start with our welcome meeting and dinner together as a group. We recommend spending the night before in lovely Lisbon or Porto to reach us comfortably on Sunday.

What to bring?

- All natural and organic soaps, shampoo, conditioner, toothpaste, bugspray and sunscreen to help us take care of our organic farm.
(If you are unable to get a hold of these products or are limited with space in your luggage, all of the above items are for sale at Keela Yoga Farm on arrival on request)
- Suitable clothing for yoga, hot days and chilly nights
- A head torch or hand held flash light
- Suitable shoes for walking around the land, i.e. more sturdy than flip flops
- Sunglasses and a hat
- Lightweight rain jacket with a hood in case it rains
- Reusable water bottle

Questions? Write to us!

info@keelayogafarm.com (for info on travel, accommodation, etc.)
anya.kinneavy@gmail.com (for info on the Yoga programme)