

BACK TO THE ROOTS
YOGA & PERMACULTURE
RETREAT



Ericeira, Portugal



Nature is calling you back

Are you feeling a call to connect?

A truly holistic & sustainable lifestyle abundant with healthy food, yoga, sound journeying & permaculture practices await you.

This 4-day Back to the Roots, yoga, permaculture & sacred sound retreat has lots of treasures for you while contributing to Mother Earth. This retreat promises the opportunity to destress, recharge your nervous system, reconnect with nature (and your true self), find your tribe, enjoy the community, and find an inner empowering balance through various practices.

BE PART OF OUR TRIBE.



**RETREAT
RECONNECT
REGENERATE**



SIMPLICITY IS KEY

We encourage ourselves to focus on the essentials for living a pleasant and regenerative life: experiencing the simplicity and wild beauty of the diverse natural world while practicing ancestral pearls of wisdom for clearing out blockages and regaining clarity and power.

We appreciate the abundance and opportunities that are available to us through nature within & around us and re-align ourselves back in deep gratitude; which is the secret to attracting abundance in our lives.

Nature is giving us the opportunity to feel inwards, breathe, and nourish ourselves with earth & ancestral food, practices, and sacred medicines. In this retreat, we acknowledge the patterns in our nature and learn from each lesson that unfolds. We work on replenishing our energy levels through yoga, meditation, soul food & sacred sound.

We came on this planet to be joyous, free, abundant, natural and connected and during this retreat, we are highlighting this essence and bringing it back to life.



This retreat is potentially the experience you have been yearning for to give you the strength and inspiration to go forward with your dreams and aspirations while experiencing living examples of manifested labor of love at Zee Barn.

Here, you will get the chance to meet like-minded other beings from different backgrounds yet with a common goal: to better yourself and live your best version & enjoy life.

Take this opportunity to destress, detoxify your body & mind, regain mental clarity with proven techniques, and move in ways that will help you evolve into the person you deserve to be.





ABOUT ZEE BARN

Zee Barn was born out of a love for living simply in balance with Mother Nature. At Zee Barn, we cultivate & co-create the living dream...that of recreating the garden of Eden.

Staying here is deeply enriching for the body, mind, and soul as you get to live on a permaculture center that has been designed to integrate you within its bounty.

Zee Barn is surrounded by hills and fields and has a growing lush food forest at the edge of a stream very close to the coastal beaches and cliffs near Ericeira.

The last three years they have worked tirelessly at creating amazing and comfortable spaces including a spacious stunning wooden dormitory and a wooden meditation mezzanine. The yoga shala sits inside a greenhouse surrounded by beautiful trees, and composting toilets are hygienic and artistic. The showers are designed to serve you while recycling the water back into the system where they grow giant papyrus, sugar cane, and bananas among others.



GARDEN OF EDEN





SOUL FOOD

Food has long been recognized as a potent form of medicine, with its ability to nourish, heal, and sustain the body. Embracing the concept of food as medicine involves not only understanding the nutritional value of different foods but also appreciating the importance of seasonality in our diets. Eating seasonally means consuming foods that are naturally available during a particular time of year, aligning our diets with the rhythm of nature. Seasonal foods are at their peak in terms of flavor, freshness, and nutritional content, offering an abundance of vitamins, minerals, and antioxidants that support overall health and well-being. Additionally, seasonal eating promotes diversity in our diets, allowing us to enjoy a wide variety of fruits, vegetables, and grains throughout the year. By incorporating seasonal foods into our meals, we not only enhance the taste and nutritional value of our diets but also support local agriculture and reduce our environmental impact. Ultimately, viewing food as medicine and embracing seasonal eating habits can empower us to make informed choices that promote optimal health and vitality.



FOOD
IS
MEDICINE



-Day 1

14:00 - 15:00 Arrival and Greetings

15:00 - 17:00 Opening circle, Intention setting, and Farm tour

17:30 - 19:00 Yoga practice (Hatha class), approaches to Surya Namaskara, sun salutations, and anatomical alignment of the basic standing poses

19:30 - 20:30 Delicious macrobiotic homecooked dinner

21:00 - 22:00 We sit around the fire and we release any old hindering patterns unto the fire with prayer and reverence to all elements.

-Day 2

08:00 - 08:30 Tea and hot drinks

08:30 - 10:00 Breathwork, meditation, and hang drum sounds

11:00 - 12:30 Brunch

13:00-15:00 The Root of Authentic Communication

15:30-17:30 Free time

17:30 - 19:00 Yoga practice (Balance day: physical and mental balance, creating focus and grounding which promotes the activation of the parasympathetic nervous system)

19:30 - 20:30 Heavenly dinner

21:00 - 22:00 Permaculture presentation (sharing an 18-year-old past project ensured to inspire you)

DAILY SCHEDULE



-Day 3

08:00 - 08:30 Tea and hot drinks

08:30 - 10:30 Yoga practice (heart opening asana class to open your heart with back-bands and setting new intentions)

10:30 - 11:30 Free time

11:30 - 12:30 Lunch

13:00 - 19:00 Free time: beach

19:30 - 20:30 Heavenly dinner

21:00 - 00:00 Live music dance

-Day 4

08:00 - 08:30 Tea and hot drinks

08:30 - 10:30 Seeding/planting embodying our new intention/vision for the new era with a permaculture understanding

10:30 - 11:30 Free time

11:30 - 12:30 Lunch

13:00 - 14:00 Closing circle with tea, snacks, and loving hugs

PRICES & ACCOMMODATION

DORMITORY

Beautiful wooden dormitory very spacious in the middle of a natural environment

Per person **€ 470**

TINY CABIN

Tiny cabin , very basic with a kitchenette and view on the food forest

Per person **€ 520**

GEODESIC DOME

Beautiful dome very big, in the middle of our food forest

Per Person **€ 700**

Couple **€ 1200**

ACCOMODATION

IMMERSE
YOURSELF
IN NATURE





Contact Us



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Ericeira, Portugal

*With joy and
gratitude,
Melania & Peppi*