



# *Awakening in the Algarve*

*March 18-23 2025*

A yoga holiday to shake off the heaviness  
of winter and awaken to spring



Kaleidoscope Yoga



# The Venue



Our home for 5 days is just outside Praia da Luz, and close to the historic town of Lagos, in the stunning western Algarve. It is a luxury country house set in its own botanical gardens.



All rooms are ensuite, and have a private terrace or balcony where you can enjoy the beautiful garden views and the Atlantic ocean sparkling in the distance.



At the centre of the gardens is the pool. This little oasis is walled on all sides which creates the perfect suntrap all year long.

Spring in the Algarve is especially beautiful with flowers blooming and warm but comfortable temperatures. This is the perfect time of year for an active holiday (if you want) with hiking, cycling, horse-riding, quad-biking and of course, plenty of water activities, like surfing on offer.

During our stay there will be daily housekeeping and a house manager who can organise activities, cycle hire, taxi into town and any other requests.

There is a team of therapists available offering massage, facials, reiki and more.





# Accommodation

The beautiful, boutique rooms are named after the many stunning beaches which you can discover during your stay. Luxury linens and personal touches make each room very special.

Prices are person from **£750**

Price includes:  
Accommodation  
5 daily brunches & 4 dinners  
Yoga sessions

The price does not include:  
Flights  
Transfers  
Drinks from the bar  
Optional therapies, excursions or meals out

**See the pricing page for more information**





There will be daily brunch and a three-course evening meal 4 of the 5 nights. On one night we will dine in a local restaurant.

# Food

The venue has a passion for fine food and our meals are absolutely incredible! There is an honesty bar on site, and much of the ingredients for our meals are sourced locally.

Meals will be **vegetarian** and all diets can be catered for.

The venue believes in 5 star, laid back, service. Cocktails can be prepared and there is a loose leaf tea and coffee bar available for you at anytime.



# The Yoga Shala



I am beyond excited to share yoga with you in this absolutely gorgeous shala!

We can be warm and cozy with all the doors shut, or open all the sliders to enjoy the spring air and birdsong.

The floor is insulated cork and the studio is equipped with high quality props so you can travel light.

There are also plenty of outdoor spaces for our practice.



# The Yoga



## Morning Sessions

A dynamic practice designed to shake off your winter coat and awaken to spring. This involves breathing practices, stretches, embodied movement, strength work and of course, yoga asana (postures).

The morning session will set you up for the day and is designed to meet all abilities. Having some experience of yoga will be helpful, but not mandatory.



## Evening Sessions

A Satsang practice which can involve chanting, meditation, conversations, restorative and Yoga Nidra.

This will be a time to come together as a group to reflect on & celebrate the day.



Pictures are from previous retreats in the Lake District, Spain, Turkey & Italy



# About Kaleidoscope Yoga



Hi! I'm Kate, the creator of Kaleidoscope Yoga. I'm an American runaway living and teaching in the North East of England. I've been teaching yoga since 2009 and running retreats and holidays for over 10 years

I've completed numerous teacher trainings over the years and registered as a Senior Yoga teacher with Yoga Alliance. I'm also an Occupational Therapist and researcher working in Neurological Rehabilitation.

My classes are a fusion of all my influences & inspirations, nature being one of the most impactful. I believe we are inherently linked to the rhythms of the natural world and should live in those cycles. I would love to shake off winter with you in the Algarve!

All sessions include philosophy, pranayama & creative sequencing. The focus is not on being an acrobat, but connecting to your Self. My goal is that students leave class feeling empowered, connected & amazing.

For more information about me check out my website:

[www.kaleidoscopeyoganewcastle.com](http://www.kaleidoscopeyoganewcastle.com)  
[kaleidoscopeyoga@gmail.com](mailto:kaleidoscopeyoga@gmail.com)/07972775711

Testimonials and pictures of previous retreats can be viewed on the facebook page: [www.facebook.com/kaleidoscopeyoganewcastle](https://www.facebook.com/kaleidoscopeyoganewcastle)



# Pricing

All the rooms are wonderful but some offer sea views, and larger outdoor spaces which is reflected in the price.

## Rooms on the front of the house or in Casa Bonita\*:

Shared ensuite: £875 **£750**

Private ensuite: £1250 **£1100**

Single bed with private but separate bathroom: £1100 **£900**

## Rooms with sea views and larger balconies or terrace:

Shared rate: £975 **£850**

Private: £1450 **£1200**

**Early Bird Rate until August 1 2024.**

In accordance with the venue, a 25% deposit is required to reserve your place. 6 months prior to the retreat a further 25% payment is necessary. Remaining balance to be paid 2 months before the start day.

**Option for bank transfer, Wise transfer or PayPal\***

**Please read the terms and conditions of booking**

\*Casa Bonita is a separate cottage set in the grounds of the property. One room has ensuite, and the other has it's own bathroom across the hall. If a group of three friends want to stay in Casa Bonita them a shared rate of £800 will apply to all.

\*3% added to Paypal transactions





# All the other bits...

- ❖ Meals will be vegetarian & all diets (vegan, gluten free, dairy free) can be accommodated.
- ❖ Brunch will be served after morning yoga practice & dinner following evening Satsang.
- ❖ The venue has a supplied yoga studio so you do not need to bring your mat unless you want to.
- ❖ The venue provides pool and beach towels.

## Extras not included in the price:

- ❖ Drinks from the honesty bar.
- ❖ Holistic therapies.
- ❖ Activities/excursions arranged by the house manager.
- ❖ Airport transfers
- ❖ One group meal out.

## TRAVEL:

- ❖ The closest airport is Faro which is less than 1 hour transfer.
- ❖ Current price of transfer is about €40 depending on number of passengers.
- ❖ If you are travelling from Newcastle, Jet2 and Ryanair operate flights to Faro. Jet2's schedule is already published, but Ryanair has yet to release flights, this is usually done 9 months in advance.
- ❖ **Please book the flight that works best for you but note that there is no access to the venue until 3pm on the 18<sup>th</sup> of March and we will need to leave the venue around 10 on the morning of the 23<sup>rd</sup>**
- ❖ Ideally we will have our first practice on the evening of the 18<sup>th</sup> and no practice on the morning of the 23<sup>rd</sup> so you can have a lie in before travel. Something to consider when making travel arrangements.
- ❖ Since this is a 5 day retreat, you may consider arriving early or extending your stay to check out more of the Algarve.



# Terms & Conditions

I know T & Cs are boring, but please do read.

## *The customer agrees:*

- To pay a non refundable\* 25% deposit for your room of choice secure a place on the retreat.
- To pay a 25% instalment payment on September 10<sup>th</sup> 2024
- To pay the final balance by the 10th of January 2025. Cancellations after this date will need to be claimed on travel insurance including Covid cancellations.
- To be aware that price does not include optional excursions, therapies, flights, transfers, meals off site, alcoholic beverages.
- To be responsible for arranging & booking flights to Faro. In the event of flight delays, cancellations, or missed flights, neither the venue or Kaleidoscope Yoga shall be held responsible for any liability or refund to the customer.
- The customer's travel/cancellation insurance should be valid from the time of booking the retreat & flights.\*\*
- To provide emergency contact details & dietary requirements. Some specialist diets may incur additional costs.
- To provide information on health conditions/injuries.
- To ensure that he/she is medically & physically able to participate in sessions & accept full responsibility for their own health & safety.

\*In the event of cancellation by Kaleidoscope Yoga, the deposit may be refunded to the customer or to be held over for an alternative retreat.

\*\*in the event that Kaleidoscope Yoga cancels the holiday this will ensure a full refund is provided for flights & the holiday.

Contact Kate at: [kaleidoscopeyoga@gmail.com](mailto:kaleidoscopeyoga@gmail.com) with any queries or to book your place.



*I hope to see you in the Algarve...*

