

IYENGAR YOGA RETREAT

# SPRING IN MALAMA

São Francisco da Serra - Alentejo | 1h30 from Lisbon

MAY 8 - 9 - 10

WE PRACTICE TOGETHER





# IYENGAR YOGA RETREAT

## SPRING IN MALAMA

São Francisco da Serra

FRIDAY - ARRIVAL 6:00 PM

6:30 PM - 8:00 PM ASANA

8:30 PM - DINNER

9:30 PM - SILENCE

(practice room or outdoors)

SATURDAY

9:30 AM - 12:30 PM - Asana

1:00 PM - LUNCH

3:30 PM - 6.00 PM - Asana

8:00 PM - DINNER

9:00 PM - Fire

SUNDAY

9:30 AM - 12:00 PM Asana

1:00 PM - Closing Lunch





MATERIAL STUDENTS  
SHOULD BRING :  
MAT  
2 BRICKS  
2 BLANKETS  
1 BELT

IF NEEDED YOU CAN RENT A KIT  
OF MATERIAL BY THE PRICE OF 25€:  
2 BLAKETS + 2 BRICKS + 1 BELT



# MALAMA

is a farm in the Alentejo region, in São Francisco da Serra, located 1 hour and 30 minutes from Lisbon. It's a simple place surrounded by nature besides being very beautiful has a unique energy.

- What to expect regarding accommodation: Malama has super well-equipped and comfortable tents that will be shared mostly by 3 people. Only one of the tents, the largest one, can be shared by 4 people if necessary.
- Individual accommodation is not guaranteed as it will depend on the total number of registered participants.

If this happens, there will be an additional charge for the stay.

- Accommodation for "couples" is also subject to the number of participants; however we have always managed to make this type of accommodation happen.
- The bathrooms are dry and there are hot showers, both inside and outside.
- The meals are vegetarian and are prepared daily on the farm by Chef Nico.
- The kitchen is where meals are served and where you will also find tea and fruit/snacks in the morning, before practices.

Malama's website: [www.malamaretreat.space](http://www.malamaretreat.space)



# COST & REGISTRATION

## FRIDAY/ SATURDAY/ SUNDAY

2 NIGHTS + 4 MEALS + 9H30 DE PRÁTICA:  
235€

Payment must be made in \*50% of the total amount of €120 by April 4th. The remaining 115€ amount must be paid in cash on the day of arrival.

**MBway:** 919066882

**NIB:** 0033000000001588841578

Ana Carina Martins Ricardo | enviar comprovativo por SMS ou e-mail [carina\\_ricardo@hotmail.com](mailto:carina_ricardo@hotmail.com)

*\*In case of cancellation, the amount paid will only be refunded if another person takes your place.*

A wooden deck made of light-colored planks is in the foreground, curving towards the right. Beyond the deck is a dry, yellowish-brown field. In the distance, a horse is grazing. A line of green trees is in the background under a clear blue sky.

MALAMA AWAITS US  
SEE YOU ON THE MAT!