



# ROLLING RETREAT

Any dates between 1 - 28 September  
Naturalma, Oleiros, Portugal

**A community experience with personalised accompaniment.**

**8 years ago we were born around a fire and a question: "What is the worst of me?". We started travelling together using the conflicts that arose in everyday life as a source of growth.**

We invite you to rediscover yourself through the eyes of others, where every moment is an invitation to grow, learn, and connect in the most authentic way possible.

**Besides individual and group sessions, the retreat includes:**

- Personalised talks, challenges and continued accompaniment in your individual process during your stay.
- Accommodation and self-catered food.

**[Register here.](#)**



# THE EVENT SPACE

**Naturalma** is located in its own private valley, 'Vale da Cerejeiras' (valley of the cherry trees), an incredibly peaceful place, with 2.2 hectares of rolling hills, trails to explore and a river to bathe in.



## Facilities:

- 3 Private double rooms and a 10 bed dorm
- 2 Living rooms with a cozy fire stove
- Well equipped kitchen, perfect to cook for many people
- 1 shared indoor bathroom with 2 toilets and 2 showers
- 2 hot outdoor showers and 2 compost toilets
- Platform for outdoor dining
- Events hall / Yoga Shala
- Plenty of space to park your van or pitch your own tent
- River with waterfall and natural pool



# PRICES

## 1 MONTH

The month-long stay includes 1 individual session, 3 group sessions, and participation in the 3-day intensive group retreat (20-22 September).

**Arrival date:** 1 September | **Leaving date:** 28 September

	<b>Early Bird</b> (until 1st August)	<b>Regular</b> (after 1st August)
Shared room or own tent	1,670€	1,860€
Double room ( <i>price per person</i> )	1,999€	2,220€
Private room	2,430€	2,700€



# PRICES

## 1 WEEK

The week-long experience includes 1 individual session and 1 group session. You can pick **7 days** (6 nights) between the 1st and the 28th of September.

*Please note that from the 20-22 September we are hosting an intensive group retreat, if your ideal stay includes these dates we can offer you a package that includes the retreat.*

	<b>Early Bird</b> (até 1 de Agosto)	<b>Regular</b> (depois de 1 de Agosto)
Shared room or own tent	540€	600€
Double room (price per person)	630€	700€
Private room	750€	835€

## CUSTOMISED RETREAT

You can add any additional sessions or customise the number of days of your stay. Contact us to explore different options!

**[Register here.](#)**