



## Zen Retreat in Sunny Algarve October 11-18, 2019



**Mindfulness**  
**Yoga on the Beach**  
**Shamanic Yoga Dance**  
**Moonlight Meditations**  
**Chakra Clearing** \* **Aura-Soma**  
**Laughter Yoga** \* **Mantra Singing**



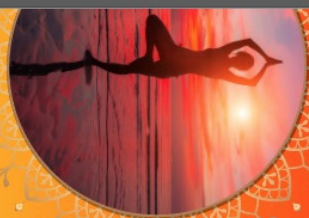
To bring gentle nurturing to your body, mind and spirit, promote positive lifestyle changes, experience gentle healing and deep relaxation

Call Marie Angeline Lascoux 086 8242033

[www.springintolife.ie](http://www.springintolife.ie) [www.holistichhealthireland.com](http://www.holistichhealthireland.com) [www.quintamimosaalgarve.com](http://www.quintamimosaalgarve.com)



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- Fully equipped yoga centre
- Intuitive teacher and healer
- Nutritious organic vegetarian food
- 10 acres fruit garden
- 15 min from Faro airport
- Golden sandy beaches
- Comfortable accommodation
- Private swimming pools
- Early bird from €780



I bring twenty years experience leading zen retreats in Ireland and Portugal, promoting health and wellbeing tailored to the needs of each group

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