

ABOUT "ALCHEMY"

Amidst the busy swirl of daily life, we believe that we all should have a place to rest and unwind our mind, body and soul.

That's why we curated *Alchemy*, a one to two days retreat designed for you to melt into a supportive and healing space where you will feel cared for from the moment you come in - and leave feeling like you spent a whole weekend away.

Yoga

Guided Meditation

Fresh & Nourishing Breakfast + Lunch

Workshops

Womb Healing/Women Circle

Holistic Massage + Facial Treatment

For more information about the retreat,
please call 289 392 218, email us at
mbsalgarve@gmail.com or speak to us at
Mind, Body & Soul reception desk.