

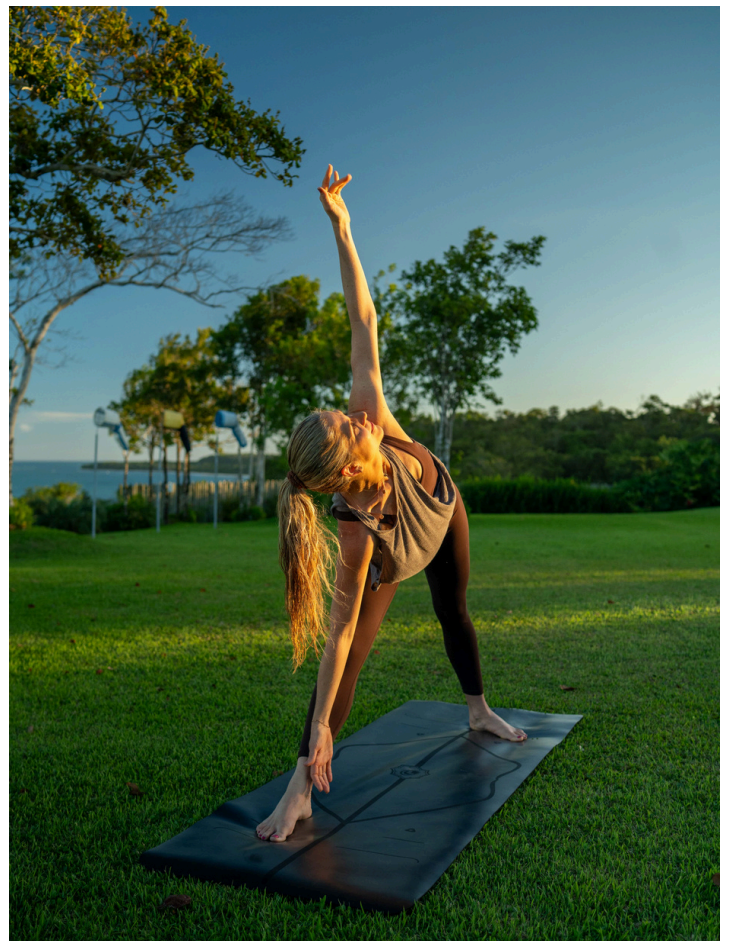


TRANCOSA YOGA RETREAT

WITH YOGA TEACHER AND FACILITATOR HELEN CUTT

25 FEBRUARY – 4TH MARCH 2027

YOGA, CONNECTION, RITUAL, EMBODIED MOVEMENT



ABOUT THE RETREAT

Experience a transformative retreat at Casa Mandacaru - a luxury hotel villa in Trancoso, Brazil's most exclusive resort. Trancoso is famed for its endless beaches, stylish beach clubs, and untouched stretches of sand, blending jet-set glamour with barefoot simplicity and hippy-chic charm. The Quadrado is the perfect spot to enjoy a sunset caipirinha as locals play football in front of the historic church.

Casa Mandacaru offers exceptional service and ocean view suites with the art and interiors inspired by Brazil's vibrant culture. Executive Chef Kelvin Saraiva crafts delicious menus featuring Bahian favourites and produce from the villas organic garden.

Enjoy a full spa menu and activities including surfing, horse riding, kayaking, quad-bike dune adventures, paragliding, cliff-top golf, shamanic therapies and samba dancing. With full-moon parties, music festivals, and colourful saint's day celebrations, Trancoso's magical atmosphere will leave you wanting more.



ACTIVITY DAYS

- Kayaking (included)
- Picnic breakfast and early morning swim on a deserted remote beach
 - Samba dance class and visit to a local samba bar
- Shopping in town — many wonderful artisan boutiques
 - Surf lessons (extra)
- Horseback riding on the beach and through buffalo valley (extra)
 - Fire pit and cacao ceremony (included)
- Early morning and late afternoon beach walks
- A group shamanic blessing from a Pataxó Indian Shaman (included)

THE RETREAT SCHEDULE



A RETREAT DAY IN PARADISE

7 am onwards - Tea, coffee, matcha, or chai; nuts, fruit, cold-pressed juices, fresh coconuts

9 am: Yoga (Vinyasa flow) breathwork

11 am: Delicious Buffet Brunch

5 pm: Tea and homemade healthy cake

6 - 7 pm: Restorative Yoga (Yin), breathwork, meditation.

7:30 pm: Cocktails and canapés (alcoholic and non-alcoholic)

8 pm: Dinner (table-scaped and themed)

On-call chauffeur service via WhatsApp to Fábio (until midnight) for trips into the village for shopping,

On the final evening, we will have a Cacao fire pit ceremony.



PRICES AND HOW TO BOOK

SUITES & RATES

Giant master suite with dressing room. Private roof garden meditation terrace and outdoor living area - £7000 single occupancy or £3600 pp shared occupancy

Suite one: Twin beds £3300 pp

Suite two: Super king bed - single occupancy £5000 or £3200 pp shared

Suite three: Spacious breezy bunk room with 4 adult size bunk beds - £2300 pp

Suite four: Super king bed - Single occupancy £5000 or £3200 pp shared

Suite five: Super king bed - Single occupancy £5000 or £3200 per person shared

Suite six: Super king bed - Single occupancy £5000 or £3200 per person shared

Jungle Suite: Twin £3300 per person

Contact : Helen Cutt hcutt@btinternet.com / 07984885281

GETTING THERE:

My recommended flight will most likely be the LATAM (Brazilian Airlines) one, from London Heathrow to Porto Seguro (BPS), with a stop at São Paulo Intl airport (Guarulhos - GRU). This is our preferred route, as it has a 'waiting connection' flight, so you only pick up your luggage in Porto Seguro.

Should you prefer to take an alternative route, please book a flight to São Paulo (GRU), plus a domestic flight from GRU to BPS (Porto Seguro). Please bear in mind the connection timings (passport control, luggage reclaim and check-in/baggage drop into the domestic flight to Porto Seguro).

Reserve your space today with a £500 deposit

RETREAT PLACES ARE NON REFUNDABLE UPTO 120 DAYS BEFORE THE RETREAT, Deposits are non refundable.
We advise checking your booking terms for your flight and ensure you have adequate travel insurance

T&C'S APPLY