



MANDACARU

THE EMMA HENRY RETREATS

19-26th Jan 2027 & 1-8th Feb 2027

with *Natalia* Bojanic

CASA MANDACARU
TRANCOSO, BAHIA



EMMA HENRY

Emma is an advanced certified Jivamukti Yoga teacher known for dynamic, music-led classes that blend playful choreography with mindful movement. With over 25 years of practice, her teaching is shaped by her background in dance, her love of music, and a deep commitment to yoga philosophy.

She is the only teacher in the UK facilitating Jivamukti Teacher Trainings, and her passion for continued study is shared generously with her students. Drawing on yogic texts and the power of mesmerising chanting, Emma brings depth, authenticity, and inspiration to every class.

She began her journey in the mid-1990s studying Ashtanga Yoga in Mysore with Pattabhi Jois, later discovering Jivamukti Yoga in New York, where she trained directly with Sharon Gannon and David Life. Today, Emma teaches internationally and serves as a facilitator for the 300-hour Jivamukti teacher training, sharing a modern, uplifting practice rooted in tradition.



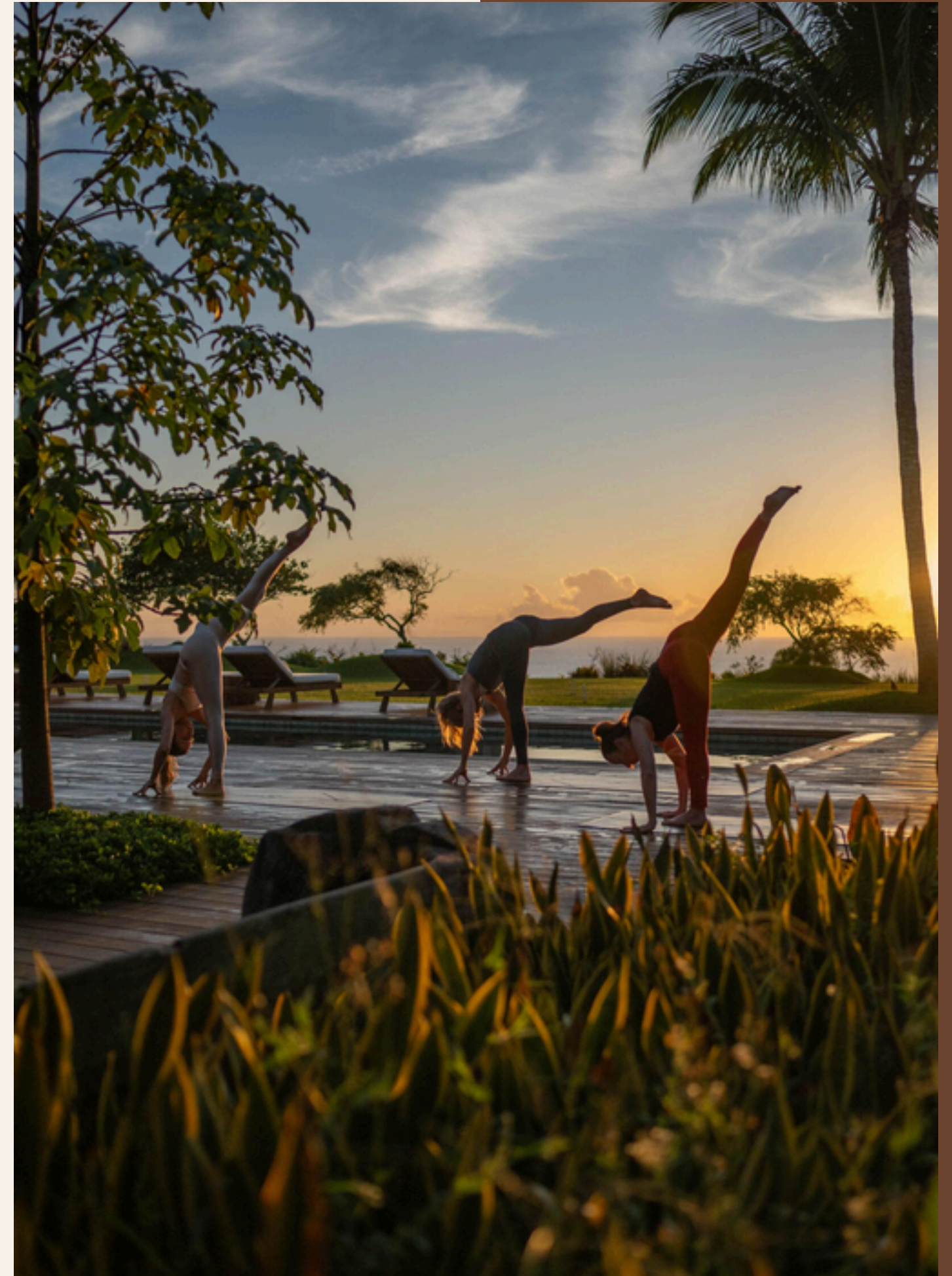
A SANCTUARY FOR YOGA, WELLBEING AND DEEP RESTORATION

Casa Mandacaru is a luxury retreat sanctuary in Trancoso - Brazil's most exclusive barefoot, jet-set destination - created for immersive wellbeing experiences.

Perched above the coastline with uninterrupted ocean views, it is a place designed for restoration, presence and elevated practice. At its centre is a stunning, purpose-built ocean-view shala, where yoga and meditation unfold in complete connection with nature.

Guests benefit from access to a full range of spa services and alternative therapists, allowing each retreat to become a deeply holistic experience. With eight ocean-view suites, organic farm-to-table cuisine, and thoughtfully curated surroundings, every detail supports transformation and ease.

A truly remarkable setting to practise yoga, reconnect, and immerse yourself in exquisite nature.





NATALIA BOJANIC

Natalia Bojanic is a mindfulness teacher whose workshops have been welcomed from yoga studios to national government departments, with clients including lululemon, American Express, and CancerCare. Her teaching brings together the depth of Tibetan Buddhist wisdom and the science-backed methods of Search Inside Yourself, the mindfulness program developed at Google.

She has trained under renowned meditation teachers including Dr. B. Alan Wallace, Jack Kornfield, Tara Brach, and Charles Knoles, and is currently completing a Master's in Psychology & Neuroscience of Mental Health at King's College London, graduating in June 2026.

Alongside her teaching, Natalia is co-founder of Form Nutrition, a certified B Corp The Telegraph called a "game-changing" brand. Earlier in her career, she worked as a PR Director with clients such as LVMH and Land Rover.

You can find her at nataliabojanic.com or on Instagram [@nataliabojanic](https://www.instagram.com/nataliabojanic).



TYPICAL RETREAT DAY

Available from 6.00am to 9.00am

Coffee, tea, matcha, coconut water and freshly pressed juices, fresh fruit and nuts. Opportunity to watch the sunrise, go for an early morning beach walk and swim. Watch the exquisite early morning indigenous bird life at Mandacaru. There are two feeding tables and several nests of Bentivi birds at the house.

9.00am to 11.00am

Dynamic yoga session in the shala

11.30am - Buffet brunch

A wonderful selection of freshly baked breads, gluten free available, traditional Brazilian cheese bread, homemade banana bread, tropical fruits, yoghurt, acai and granola. Artisanal cheeses and cold cuts.

À la carte menu for eggs, smashed avocado on sourdough toast and traditional Brazilian tapiocas.

12.00pm to 6.00pm

Free time to enjoy the local beaches, relax at the house, indulge in one of the many spa treatments available at Casa Mandacaru. On certain afternoons there will be organised activities such as kayaking and beach walks etc. Many activities are available for guests to book, from private surf lessons, horse riding on the beach or Buffalo Valley, or golfing at the Terravista Golf Course.

6.00pm to 7.00pm

Yin yoga in the shala

7.30pm

Cocktails, alcoholic and non alcoholic, and nibbles in the bar, followed by a delicious dinner prepared by the house chef Kelvin Saraiva. Vegetarian and non vegetarian dishes will be available. Special diets can be catered for. Guests are welcome to go into the village at night to shop at the many boutiques and soak up the atmosphere on the Quadrado.

Highlights will include an indigenous blessing, fire pit and cacao ceremony on the final evening.



DELICIOUS, ORGANIC DINING

At the heart of Casa Mandacaru is an exceptional organic farm-to-table kitchen. Fresh produce from the gardens is harvested daily and transformed by executive chef Kelvin Saraiva into refined, seasonal dishes.

Menus move seamlessly from Brazilian churrasco to fine dining, with Bahian specialities, fresh local fish, and house-made breads, all tailored to any dietary requirement.

Indoor and outdoor dining spaces - from the churrascaria to the wood-fired pizza oven - create the perfect setting for everything from relaxed lunches to sunset cocktails and evening gatherings.

A curated selection of cocktails, cold-pressed juices and wine complete the experience.



RESTORATIVE EXPERIENCES FOR BODY, MIND & SPIRIT

Guests can enjoy a comprehensive spa menu in the complete privacy of the villa, with treatments designed to restore and rebalance. The menu includes relaxing and sports massage, shamanic massage, facials, Japanese facial massage, reiki, acupuncture and acupressure – as well as manicures, pedicures, hairdressing and make-up services.

The villa's ocean-view yoga shala provides a stunning setting for private yoga classes, meditation and breathwork. Personal trainers can also be arranged on request, along with horse riding, kayaking and surfing excursions for those seeking more active restoration.



*Activities included in the price include a kayak adventure, samba class, group shamanic blessing, and a cacao ceremony.

*On one day, a beach club visit with a late lunch at a clifftop restaurant will be organised. This is optional and at an additional cost.

*Additional activities and spa treatments are available to book for an additional cost, designed to be restorative for mind and body.



ROOMS & SUITE



Giant Master Suite

A vast private sanctuary occupying its own wing of the villa. The master suite features a generous dressing room, a rooftop meditation deck with cabana, an outdoor living room, and double open-air showers. Designed for those who appreciate expansive space and absolute privacy, it is one of the most extraordinary suites in Trancoso.



The King Suites

Four beautifully appointed king suites, each with a super-king bed, private en-suite bathroom and a peaceful veranda overlooking the ocean. Every suite has been individually designed with an eclectic mix of Brazilian art and charming, spacious interiors that offer a seamless connection to the surrounding landscape.



The Twin Suites

Two versatile twin suites with private en-suite bathrooms and verandas. These suites can be configured as king suites upon request, offering flexibility without compromising on comfort, style or the ocean views that define every room at Casa Mandacaru.



The Bunk Room

A spacious breezy room with 4 single comfy full size adult single beds.

PRICING

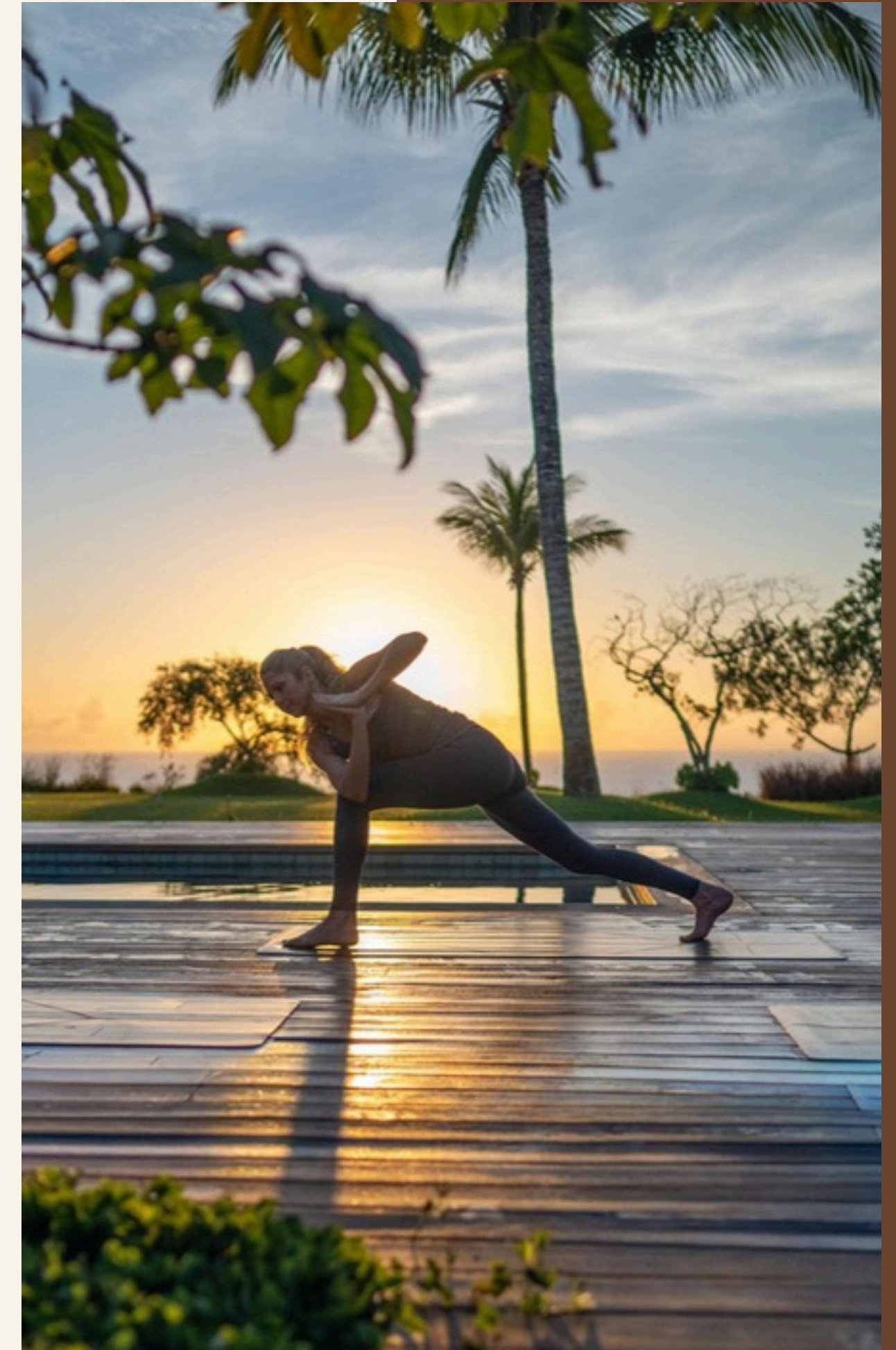
Suite	Room Type	Single Occupancy	Shared Occupancy
Giant Master Suite	Super King + Private Terrace	£7,000 pp	£3,600 pp
Suite One	Twin Beds	-	£3,300 pp
Suite Two	Super King	£5,000 pp	£3,200 pp
Suite Three	Bunk Room (4 adult singles)	-	£2,300 pp
Suite Four	Super King	£5,000 pp	£3,200 pp
Suite Five	Super King	£5,000 pp	£3,200 pp
Suite Six	Super King	£5,000 pp	£3,200 pp
Jungle Suite	Twin Beds	-	£3,300 pp



GETTING HERE

You will most likely take the LATAM (Brazilian Airlines) flight from London Heathrow to Porto Seguro (BPS), with a stop in São Paulo International Airport (Guarulhos – GRU). This is the preferred route, as it includes a waiting connection, meaning you only collect your luggage on arrival in Porto Seguro.

If you choose an alternative option, you should book a flight to São Paulo (GRU), followed by a domestic connection from GRU to Porto Seguro (BPS).



TERMS & CONDITIONS

To secure your place, a non-refundable deposit of £1,500 is required. The remaining balance is due in full by 1st October 2026.

For full terms and conditions, please refer to the website.

For further information or bank transfer details, please contact Jessica Smith:

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Email: jess.smith2106@gmail.com

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www.mandacaru villaretreat.com

