

# Gut-Brain Retreat: Follow-Up & Recap

## Dates

September 23rd – September 30th 2026

## Location

Nestled in the serene north of Portugal, just 10 km from Melgaço, this retreat takes place in a peaceful natural setting designed for deep rest and reconnection.

Exact address is: *Lugar de Albergaria, 4950-740 Sá, Portugal*

Google Maps link:  
<https://maps.app.goo.gl/fL7ym8HWfnGPo5Wf6>

## Investment

€1,690 → Early Bird (before July 23rd)

€2,030 → Full Price

€1,240 → Accompanying Guest

## Payment Details

Name: Colina Inaudita

Unipessoal Lda

IBAN:

PT50003300004558522304205

BIC/SWIFT: BCOMPTPL

Address: Estrada do Rio Covo

229, 4950-030 União das

Freguesias de Ceivães e Badim,

Monção, Portugal

## To reserve your spot

A non-refundable deposit of €500 is required to secure the booking.

The remaining balance is fully refundable if cancellation occurs before July 23rd.

After this date, only 50% of the total amount will be refunded.

## Transportation

A complimentary shuttle from Porto Airport is included at the following times:

- Arrival: September 23rd at 3:00 PM
- Departure: September 30th at approximately 12:00 PM

If your return flight departs earlier than 3:00 PM (meaning the 12:00 PM shuttle may not be suitable), we can arrange a transfer to the nearest bus station in Valença. From there, regular bus services provide direct connections to the airport.

Flights are not included.

# What to Expect During Your Time With Us:

On september 23d, upon your arrival, we will begin gently

- Welcome & first dinner
- Time to meet the group and get to know each other
- Early rest to settle into the space

As of day one, we will try and follow the below routine.

## Mornings

- Yoga, breathwork, meditation, or dance therapy
- Nourishing breakfast

## Midday

- Hands-on cooking workshops & nutritional teachings
  - Meat stock preparation
  - Vegetable cooking techniques
  - Lacto-fermentation & dairy fermentation
  - GAPS-friendly breads & treats
  - And much more
- Shared lunch (often prepared together)

## Afternoon

- Rest & integration
  - Read, nap, or enjoy the pool

## Late Afternoon

- Psychological workshops & group sessions
  - Gut-brain axis
  - Psychosomatics
  - Family dynamics
  - And much more

## Evening

- Dinner together
- After dinner activities:
  - Yoga sessions
  - Tibetan singing bowls with guest practitioner
  - Workshops on cleansing and enemas with guest practitioner

During the week, we will also enjoy gentle nature walks, a visit to Françoise's inspiring land project, and time around her natural swimming ponds.

## Support & Guidance

Throughout the retreat, individual psychological support will be available with Sophie, offering personalized care whenever needed.

## You will leave with

- Practical tools for gut health and mental health
- A deeper understanding of the gut-brain connection
- A sense of calm, clarity, and connection
- Meaningful relationships and shared experiences

# Just to give you an idea...



*Common areas of our accomodation, privatized for us*



*Bedrooms with private bathrooms*



Outside area



*Outside area*



*View and Françoise's natural swimming pond*



*Surrounding nature and hiking trails*

# Discover the surroundings...

This region of Portugal is rich and full of places to explore.

For those who wish to extend their stay (before or after the retreat, not during), we're happy to share recommendations to help you make the most of your trip. Françoise will gladly guide you with additional ideas.

## Highlights in the Area

### **Melgaço**

A charming town known for its history, local wine, and beautiful landscapes.

### **Peneda-Gerês National Park**

The largest natural park in Portugal, offering breathtaking scenery, hiking trails, and wildlife.

### **Soajo, Arcos de Valdevez, and Castro Laboreiro**

Authentic villages full of character, tradition, and stunning views.

### **Galicia (Spain)**

Just across the border, discover a different culture and enjoy the nearby seaside.

### **Castles & Heritage Sites**

Explore historic castles that tell the story of the region.

### **Thermal Baths in Salvaterra de Miño**

Relax in soothing natural hot springs:

<https://turismo.concellodesalvaterra.org/termas>

### **River Beaches**

Unique freshwater spots perfect for swimming and relaxing in nature.