

DATES 4-8 TH MARCH 2026

# Yoga & Pilates Wellness Retreat

NOURISHING YOUR MIND,  
BODY, AND SOUL

Discover the Art of Self -Care

# WHAT TO EXPECT

In March 2026, Saprana Yoga and Glow with Issy will collaborate for our first international retreat at Monte Velho Eco Retreat Centre - an organic, sustainable sanctuary set high above the Atlantic Ocean in southern Portugal.

Monte Velho is surrounded by pine forest, cliffs, and open skies. It is a place that breathes in rhythm with nature; honest, elemental, and deeply restorative. Everything here has been created in harmony with the land. From the shala, winding paths lead through the forest down to the Atlantic, where we'll walk, reflect, and, for those who wish, swim in the open sea.

Together, we will guide a journey of yoga and pilates, rest and reconnection. Expect movement and stillness, laughter and quiet, ritual and renewal. We will weave breathwork, meditation, and restorative practices through each day, inviting you to soften, to listen, and to trust.

March is a potent time of transition and renewal: a perfect season to awaken energy and restore balance through practice.

This retreat is not about adding more. It's about remembering what is already there.

# Retreat Overview

Dates: Wednesday 4th – Sunday 8th March 2026

Location: Monte Velho Eco Retreat Centre, Algarve,  
Portugal

Arrival – from 3 pm on Wednesday 4th March

Full retreat days – Thursday 5th to Saturday 7th March

Departure – Sunday 8th March after breakfast

We highly recommend visiting before your retreat to experience the space firsthand.

Check out our latest VIDEO:

<https://www.youtube.com/watch?v=qlBu7FshmvQ&feature=youtu.be>

for a glimpse of our venue.

# Meet Our Instructors

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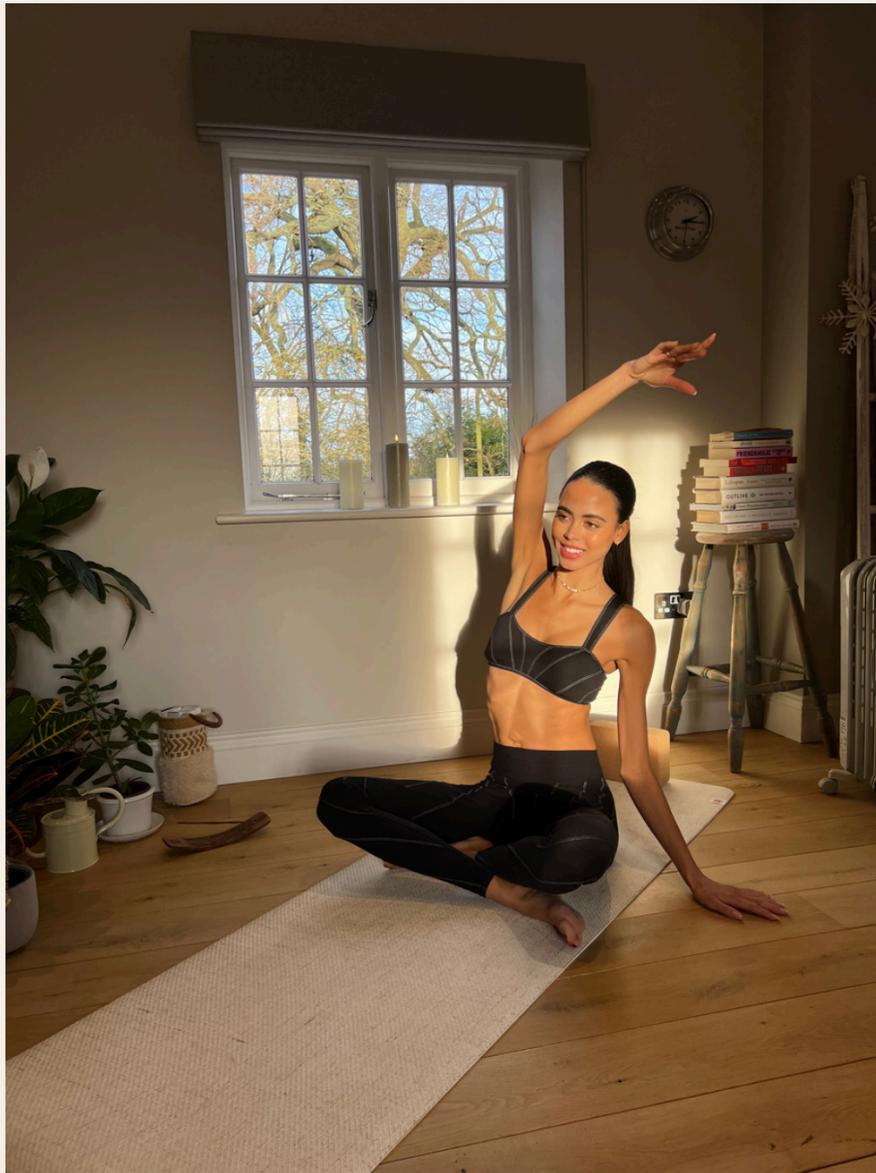


Sarah Horner

Based in Warwick, UK, Sarah Horner is the founder of Saprana Yoga, a practice devoted to presence, breath, and the quiet art of returning home to oneself.

With roots in acting and a deep understanding of the human experience, Sarah teaches with sincerity, depth, and warmth. Her classes interweave āsana, prāṇāyāma, meditation, and energy work, inviting stillness, reflection, and renewal.

Through her teaching, she holds space for strength and softness alike, creating an environment where students can reconnect with peace, vitality, and the wisdom of their own being.



Issy Cain

Issy Cain loves to challenge her students, offering modifications to accommodate all abilities. She leads a spicy and fun Pilates class that delivers both energy and results.

With a lifelong background in athletics, Issy has cultivated a profound knowledge of physical fitness. Her primary focus is on Pilates, which aims to enhance both core strength and flexibility, offering a holistic approach to wellness and performance improvement.

Issy's innovative techniques and dedication to excellence motivate individuals seeking to elevate their physical well being.

She has refined her expertise while working at esteemed establishments like The Dorchester and The Peninsula London.

# Our Philosophy

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Empowering You to Prioritise  
Wellness & Inner Peace

**This retreat is an invitation to return to yourself, to nature, and to the untamed rhythm of the Atlantic. High on the cliffs, where the wind breathes freedom and the sea roars below, we invite you to strip back the layers of daily life and remember what it feels like to be fully alive.**

**Through the union of Yoga and Pilates, we share one vision: to restore balance, awaken vitality, and nurture deep connection to body, breath, and being. Our practices are designed to reawaken the senses, replenish energy, and reignite inspiration, guiding you home to your most authentic self.**

**True rejuvenation asks for honesty. It may stir what lies beneath the surface, but, through movement, breath, and reflection, we will guide you through it with steadiness and care.**

**This is not about escaping life but meeting it fully: raw, renewed, radiant and ready.**

**Here, between ocean and sky, you are invited to return to your essence: the beauty, the strength, and the stillness within the wild.**

# ERETREAT SAMPLE TEMPLATE

Each day unfolds in harmony with nature and the rhythm of the season, held by the quiet strength of the land and the nearby sea.

## **Morning**

07:00

Morning Yoga and Pilates

Mindful movement guided by Sarah and Issy.  
Awakening body, breath, and clarity for the day ahead.

08:30

Breakfast

Wholesome, seasonal nourishment.  
Slow, gentle, and unhurried.

11:00

Pilates Fusion, Breathwork and Facial Massage

Strength, alignment, and spacious breath.  
Soothing facial massage to soften tension and brighten the senses.

12:30

Lunch

Fresh, colourful dishes prepared with care from local produce.

## **Afternoon**

Leisure and Nature Time

Walk the land.

Visit the sea.

Sauna, massage, journalling, rest, or peaceful solitude in nature.

16:30

Yin, Hatha or Restorative Practice

A softening practice to release, restore, and settle the nervous system.

18:30

Dinner

Seasonal, organic food shared in warm community.

20:30

Evening Practice

Yoga Nidra, Pranayama, or Meditation.

A quiet closing ritual for deep rest and nourishing sleep.

Each day breathes in its own way, shaped by nature, community, and the gentle beauty of being present.

## The Daily Yoga Practice

Each day begins with Yoga, guided by breath, rooted in strength, and attuned to energy. Mornings awaken through flowing, integrated practice; evenings soften into Yin, Restorative, or Yoga Nidra, grounding body and mind in balance and calm.

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## The Daily Pilates Practice

Pilates refines the physical form intelligent, precise, and purposeful. These sessions strengthen, stabilise, and align, building resilience and clarity from the inside out.

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## Together

Distinct yet complementary, Yoga and Pilates meet in rhythm one cultivating awareness, the other structure. Where strength meets stillness, balance becomes being.



Rejuvenate and Reinvigorate from Head to Toe

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# Spa and Body Treatments

Our team of experienced therapists will be available throughout the retreat, offering personalised treatments designed to rejuvenate and restore. From hot-stone massage and reflexology to Ayurvedic therapies and deep tissue release, each session is tailored to your needs.

If you have any specific preferences, please let us know before arrival so we can ensure your ideal therapist and timings are arranged. You're welcome to enjoy as many treatments as you wish, each one a gentle reminder that healing can be soft, replenishing, and deeply human.

Rest. Receive. Restore.





# Flavours of wellness

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To eat is to connect to the land, the season, and the quiet rhythm of life.

At this retreat, food is an expression of mindfulness; a celebration of simplicity, crafted to nourish body and soul without heaviness.

Our chefs, with over twenty five years of experience, prepare every meal with love and precision. Working with organic, unprocessed ingredients from the Portuguese land that surrounds us, they bring the essence of nature directly to the table. Herbs and vegetables are gathered from the retreat's gardens and neighbouring farms, ensuring each plate is rooted in freshness and authenticity.

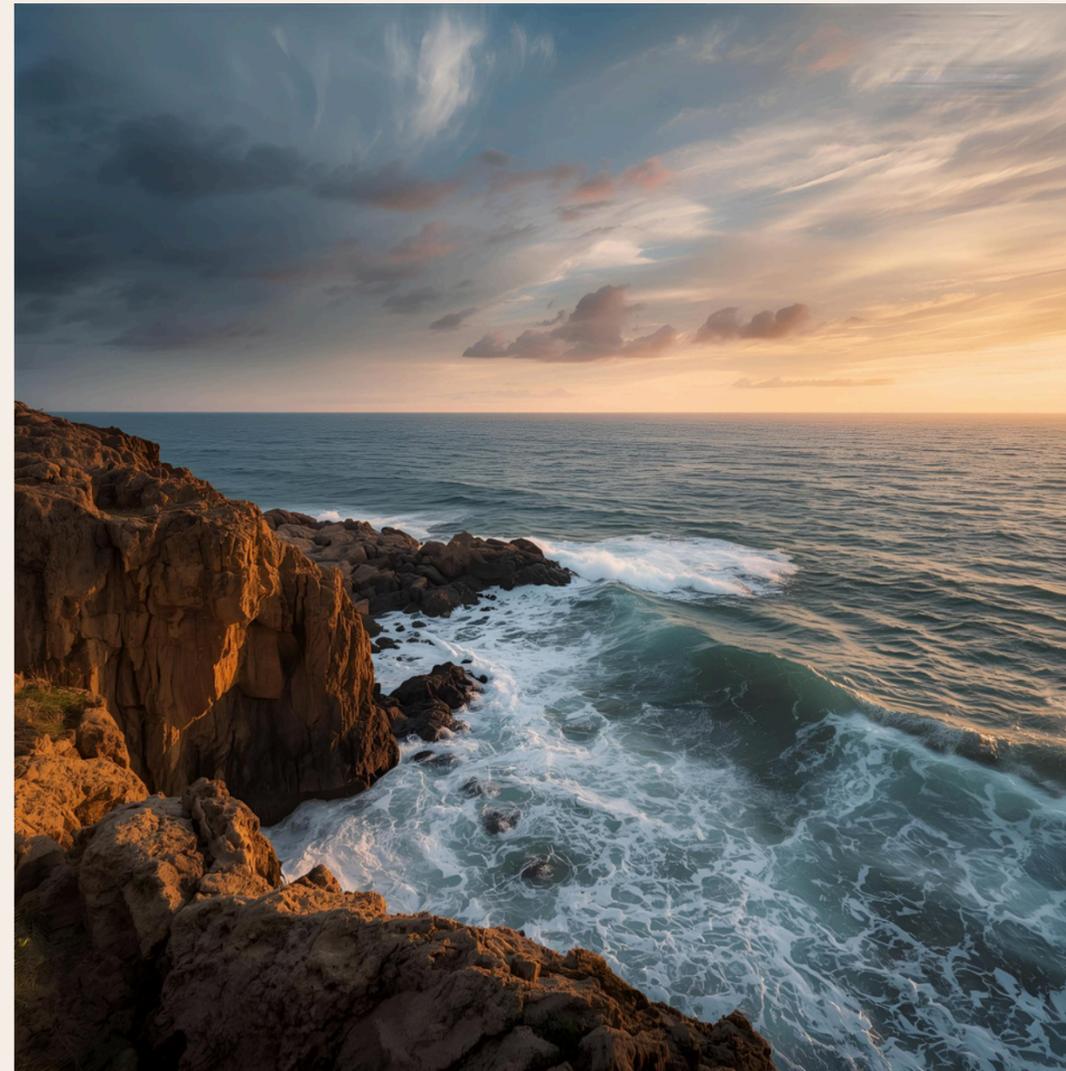
Three light, balanced meals are served each day - vibrant in colour, alive in flavour, and designed to sustain energy for practice while leaving space for clarity and rest. This is not indulgence; it is nourishment in its truest form - honest, wholesome, and deeply restorative.

From earth to table, nourishment becomes renewal.

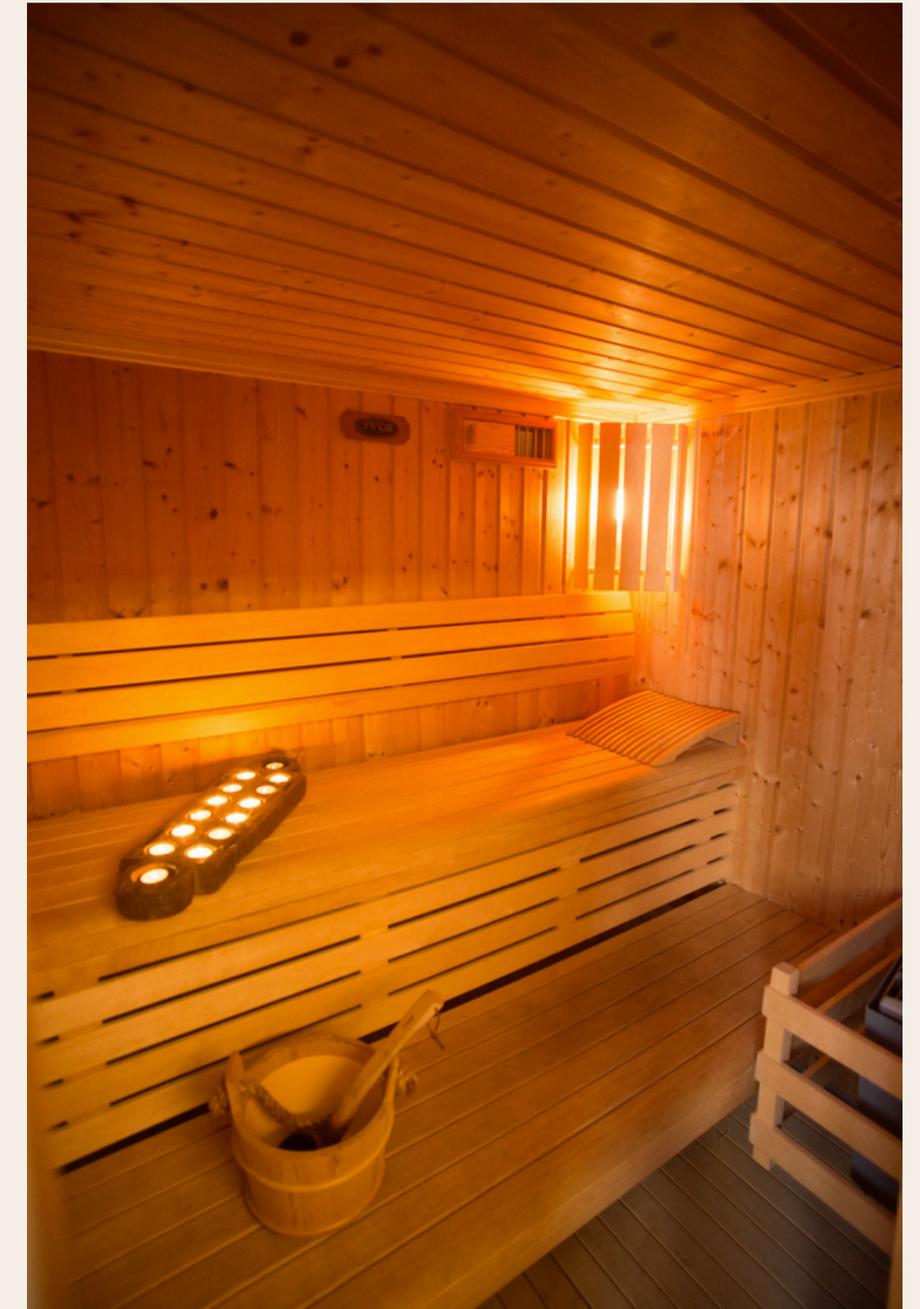
# Extra Activities



Walks in nature



Invigorating swims in the sea



Relax at the Spa

## Accommodation & Retreat Pricing (per person, GBP)

### **Tree Suite Elevated Private Stay – £1,700**

A beautiful stand-alone suite among the trees, with en-suite bathroom.

### **Forest House Private Retreat Suite – £1,650**

Two double bedrooms in a private forest house overlooking the Atlantic, with shared bathroom, living room, and veranda.

### **Private Ensuite Room – £1,350**

Your own tranquil room and bathroom within the main retreat centre.

### **Shared Twin / Double Ensuite – £1,100**

Two guests sharing; ideal for friends or solo travellers happy to be paired.

### **Shared 3–4 Bed Ensuite – £995**

Spacious shared rooms with en-suite bathrooms; comfort and community combined.

### **Dorm Bed (6-bed shared space) – £750**

Simple, grounding accommodation close to the yoga shalas and forest paths.

This retreat welcomes everyone, those seeking simplicity and those choosing luxury. It is a gathering of human beings reconnecting with the natural world and with themselves.

# Bed-Rooms



FOTO: FERNANDO GUERRA

## Booking Details

- To secure your space, a non-refundable deposit of £250 per person for shared rooms and £500 pp for private rooms is required to guarantee your place.
- Balance payments are due within 6 weeks of deposit.
- Payment plans are available if you prefer to spread the cost.
- If you're unable to attend, we'll do our best to help you find a replacement guest, though deposits remain non-refundable due to our venue commitment.

## To Book

Spaces are limited.

To reserve your place or ask any questions,  
please email [sarah@sapranah.com](mailto:sarah@sapranah.com) or [issycaïn@hotmail.com](mailto:issycaïn@hotmail.com)  
or message us directly via mobiles

We cannot wait to welcome you to Monte Velho - a sanctuary of nature, nourishment, and truth.



RETIRO DE YOGA  
YOGA RETREAT  
IN PROGRESS

### What's Included

- Four nights' accommodation at Monte Velho Eco Retreat Centre
- Three organic vegan / vegetarian meals daily (locally grown, seasonal produce)
  - Daily yoga and pilates sessions with Sarah and Issy
- Access to yoga shalas, forest trails, terraces, and quiet natural spaces
- Walks to the sea and optional wild swimming in the Atlantic Ocean
  - Herbal teas and filtered water throughout the day
  - Closing circle and farewell breakfast

### Not Included

- Flights to Portugal (Faro best option and affordable if booked early)
  - Airport Transfers (each way, per person)  
From Faro Airport: £23–£35 per person (approx. 1 hr 20 )  
We'll coordinate shared taxis and minivans closer to the time so you can travel with other guests if you wish.
- Optional treatments – Massage £60 / Sauna £10 / Hammam £13 per person, per hour
  - Travel insurance

**(All payments on site will be in euros so prices may slightly vary depending on the exchange rate )**

# Connect with Us

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**Your Journey to Wellness Starts Here**

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