

Escape the Ordinary

YOGA AND WELLNESS RETREAT

14th Sept - 19th Sept 2026
Quinta Marugo, Alentejo, Portugal



YOGA &
WELLNESS
WITH MARLENI

*“Those who contemplate the beauty of the earth find
reserves of strength that will endure as long as life lasts.”*

Rachel Carson



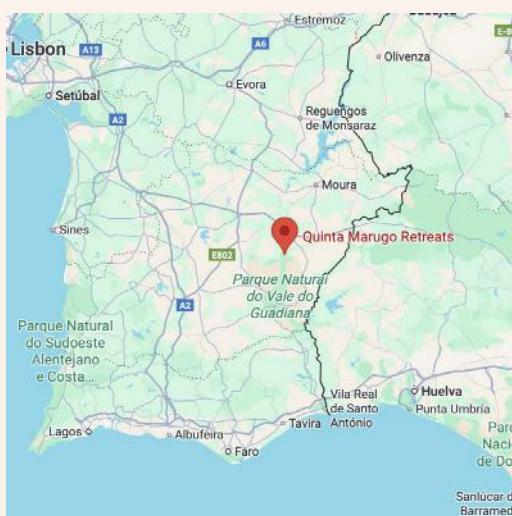
Quinta Marugo

Located within the stunning natural park of Guadiana, extending over 30 hectares of secluded beauty, Quinta Marugo is an inspiring sanctuary designed for relaxation and rejuvenation.

Imagine a peaceful and quiet place completely surrounded by unspoilt nature where you can reconnect with your purpose, values and inner compass while revitalising your mind and body - this is the perfect space to connect with yourself and others.

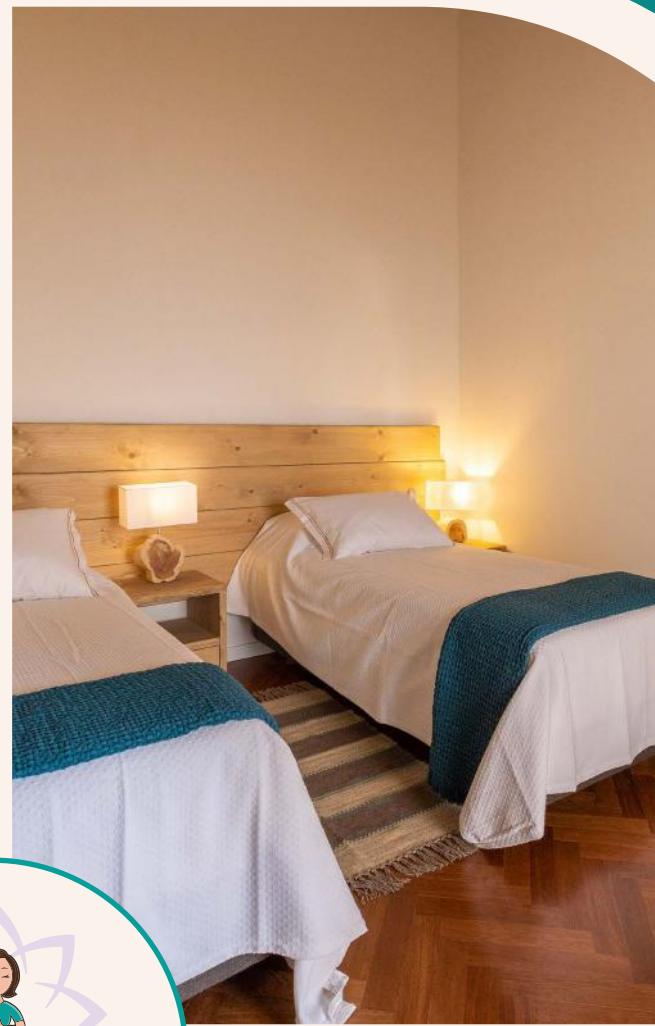
Quinta Marugo is a fully sustainable retreat center with a mission to make a positive impact on the environment through organic farm-to-table meals, regenerative and organic farming practices, self-sustainability in energy and water, circular water usage, and a goal towards a zero-waste impact.

Your stay at Quinta Marugo will leave you feeling refreshed and ready to revisit the world with a renewed sense of energy, calm, and focus.



Monte Pórtela Nova
Rua de São Brás s/n
7830-324 Serpa, Portugal

Quinta Marugo is in Baixo Alentejo, a couple of hours from Lisbon, Faro and Sevilla airports.





Sleep & Rest

● Rooms

The Quinta offers sustainable, elegant and comfortable en-suite accommodation with panoramic breathtaking views of the Alentejo landscape of rolling hills and idyllic countryside.

● Lounge Spaces

Enjoy elegant and comfortable living areas, giving yourself the pleasure of spending time relaxing or chatting with your fellow retreat participants. You are invited to leave your shoes outside and practice barefoot comfort and luxury inside.

● Sustainability

Because of the Quinta's environmental philosophy, they don't have any single use items that are in plastic, their soaps and bath gel are in powdered form, just add water and it is activated - reducing supply chain carbon footprint and avoiding plastic disposal.

- *The Quinta does not have WiFi in the rooms; an opportunity to truly disconnect from the outside world. You will have WiFi in the common areas if needed.*





Nourish & Glow

● Meals

Expect mouth watering and nutritious vegetarian meals and home-baked good and deserts. All vegetarian meals and snacks are provided during your retreat.

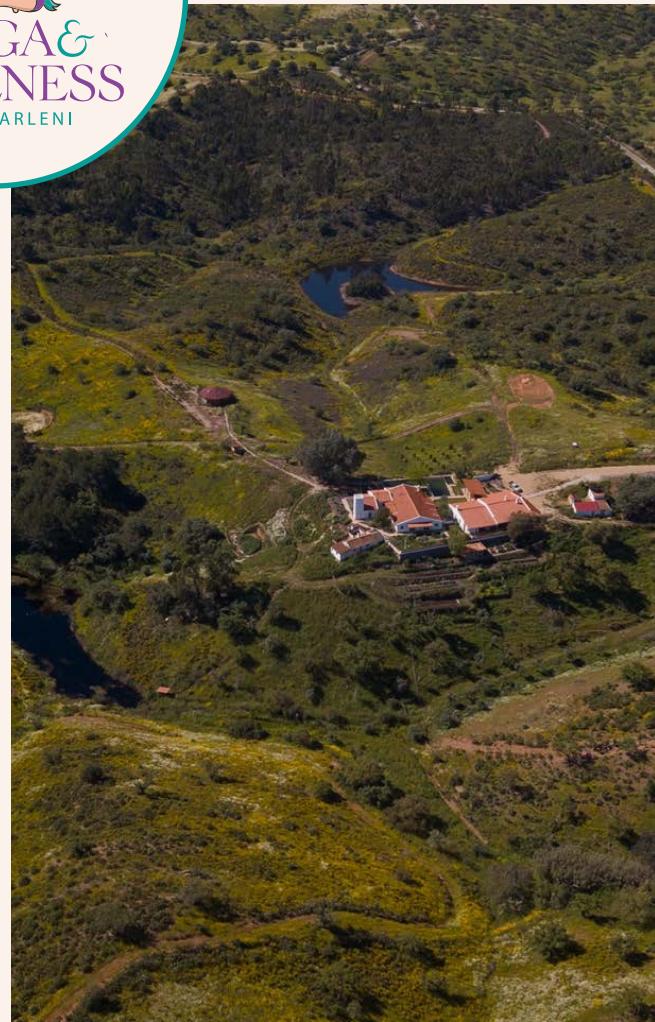
We invite you to embrace a healthy vegetarian diet during your retreat, cleanse and detox your body, gain energy and vitality: glow within.

The house chef not only uses the Quinta's own harvest but also finds locally sourced sustainable ingredients within the Iberian Peninsula.

- *If you have a special dietary requirement please be assured that you will be taken care of. Your needs during your retreat is our priority.*

● Dining Spaces

- A cozy, comfortable indoor dining area.
- An al-fresco area under a wooden pergola overlooking the natural swimming pond.
- Both calm and peaceful settings.





Facilities

● The Pagoda

Our sacred place for practice; a fully equipped indoor yoga space with stunning panoramic views. A space that will give you a profound feeling of peace, clarity and connection to what matters.

● Biological Pool

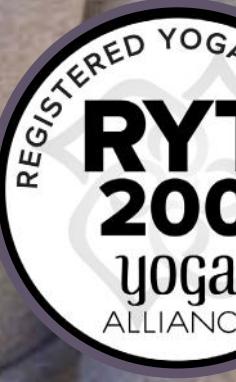
Here is your opportunity to experience a daily wild swimming bliss. Swimming in the chemical-free and living water of the pond, not only feels like silk but also has proven health and wellness benefits.

● Vegetable Gardens

You are invited to explore and connect with the five bountiful organic vegetable gardens. Walk around and see where your food is planted and grows, help to sow and harvest.

● Landmarks

Quinta Marugo's 74 acres offer a multitude of quiet corners to help you retreat, pause and experience a renewed connection with yourself and nature, all within walking distance from your room. *including:* Sunset Point, Turtle Lake, Carp Lake, Mimosa Island, Full Moon Clearing and Alto dos Sobreiros.



Marleni Hill



● About me

I fell in love with Yoga in 2001, it was an instant kind of love. In 2015 I became a certified Yoga Alliance teacher, ever since I love, live and share yoga. It's who I am.

I have trained in difference styles of yoga and teach groups of all abilities; from complete beginners to the more advanced yogi.

My love for healthy food, sports and the beautiful outdoors made me venture into becoming a Health and Lifestyle Trainer and a Holistic Sports Nutrition Practitioner.

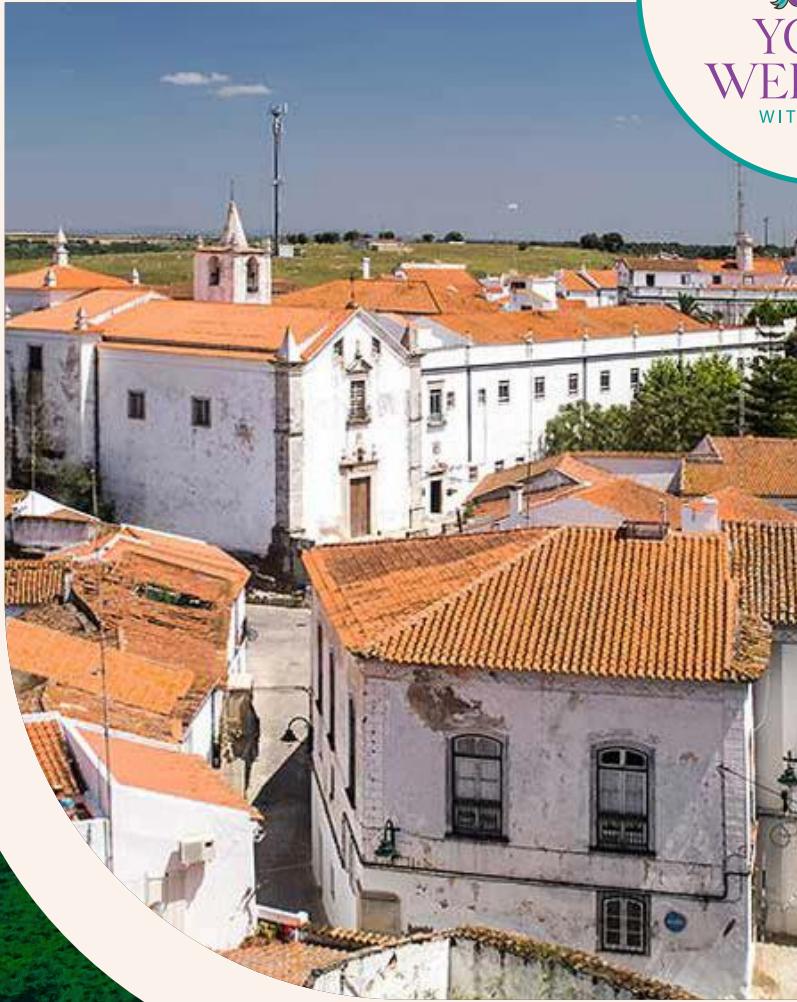
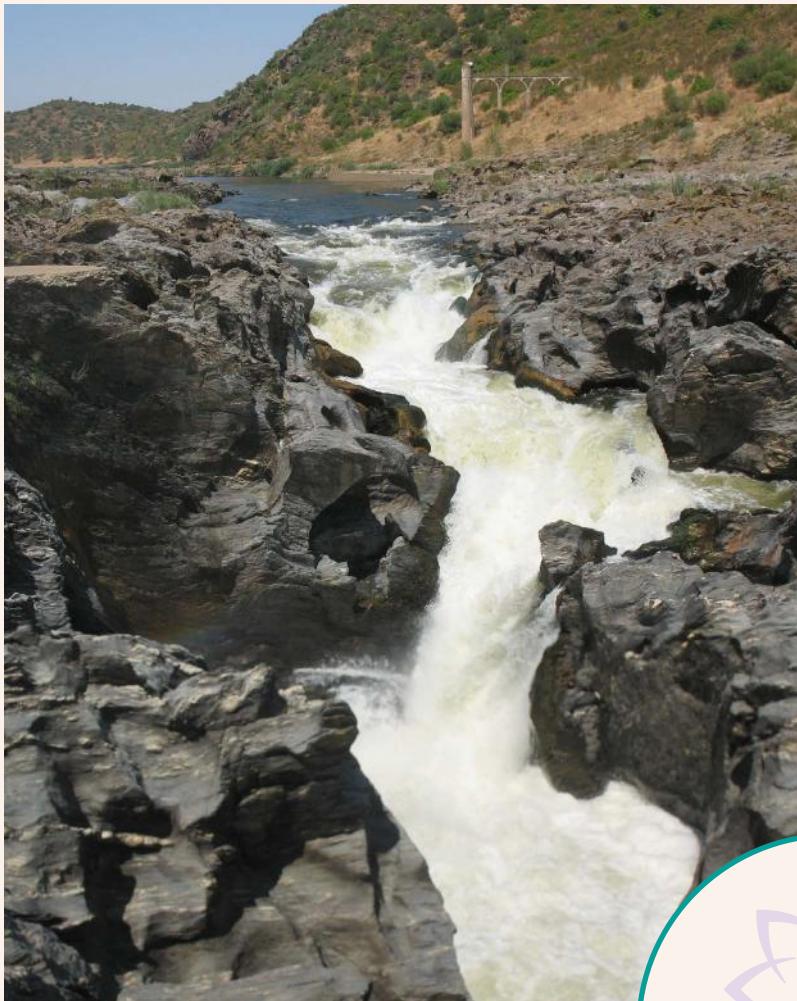
● My Promise to You

"This retreat will be a life-shifting experience, a change that will last long after this retreat ends".

This is a special invitation to join me and other like-minded women, to **Escaping The Ordinary** Yoga and Wellness Retreat; let's connect and experience a journey like no other.

Here is your chance to embrace the possibility of creating great memorable yoga adventures.

It has been so exciting to create this wholesome itinerary for you, curated with my love and passion for nature, the beautiful outdoors and yoga. I cannot wait to see you evolve and transform.



Full Itinerary

Day 1 Arrival and grounding

- 15:00 Arrival, check-in, and settling in.
- 15:30 Meet and Greet at the Lounge.
- 18:00 Early evening dinner.
- 19:00 Nature walk to Sunset Point.
- 20:00 Intention-setting circle followed by a short gentle grounding yoga and sound bath relaxation.

Day 2 Flowing into Love

- 08:00 Morning flow yoga and breathwork.
- 09:30 Breakfast.
- 10:30 Guided nature walk and group activity by the bio-pool.
- 12:30 Lunch.
- 13:30 Free time
- 17:00 Deep power yoga practice.
- 19:00 Dinner.
- 20:30 Restorative Yoga and Sound Bath Guided Meditation.

Day 3 Adventurous Yogis

- 06:30 Sunrise guided meditation and nature walk to Turtle Lake.
- 08:30 Traditional Hatha yoga.
- 09:30 Breakfast.
- 10:30 *Trip to Pulo de Lobo and Serpa village.
- 15:30 Return to Quinta and free time.
- 18:00 Hatha yoga practice.
- 19:00 Dinner.
- 20:00 Yoga Nidra and Sound Meditation

Day 4 Journey to Strength

- 08:00 Morning flow yoga and breathwork.
- 09:30 Breakfast.
- 10:30 Free time.
- 12:30 Lunch.
- 13:30 Free time.
- 17:00 Power yoga practice.
- 19:00 Dinner.
- 20:00 Under the Sky Meditation

Day 5 Together we Connect

- 08:00 Traditional Hatha yoga and sound meditation.
- 09:30 Breakfast.
- 11:00 *Stand Up Paddle/Kayak trip in Alqueva Lake and picnic lunch.
- 15:00 Return to Quinta and free time.
- 18:00 Restorative yoga practice.
- 19:00 Dinner
- 20:00 Under the sky reflections/sharing circle.

Day 6 Abundance and Open Heart

- 06:30 Sunrise meditation and nature walk to Mimosa Island.
- 07:30 Hatha yoga and partner yoga practice.
- 09:00 Breakfast.
- 10:00 Closing ceremony.
- 11:00 Free time.
- 13:00 Lunch and good-bye hugs.
- 15:00 Check out - Midday

During free times I will offer you one to one sessions, whether you want to dive deep into a particular element of your yoga practice or life itself.

**Itinerary might change slightly, but it will always be kept within the daily theme.*

Please note:
all activities, are optional, even yoga! this is your time to be as you are and do as you want. This is a place to be free! Enjoy the journey.



PRICING

- Single Occupancy £1515
- Double Occupancy £1085

WHAT IS INCLUDED:

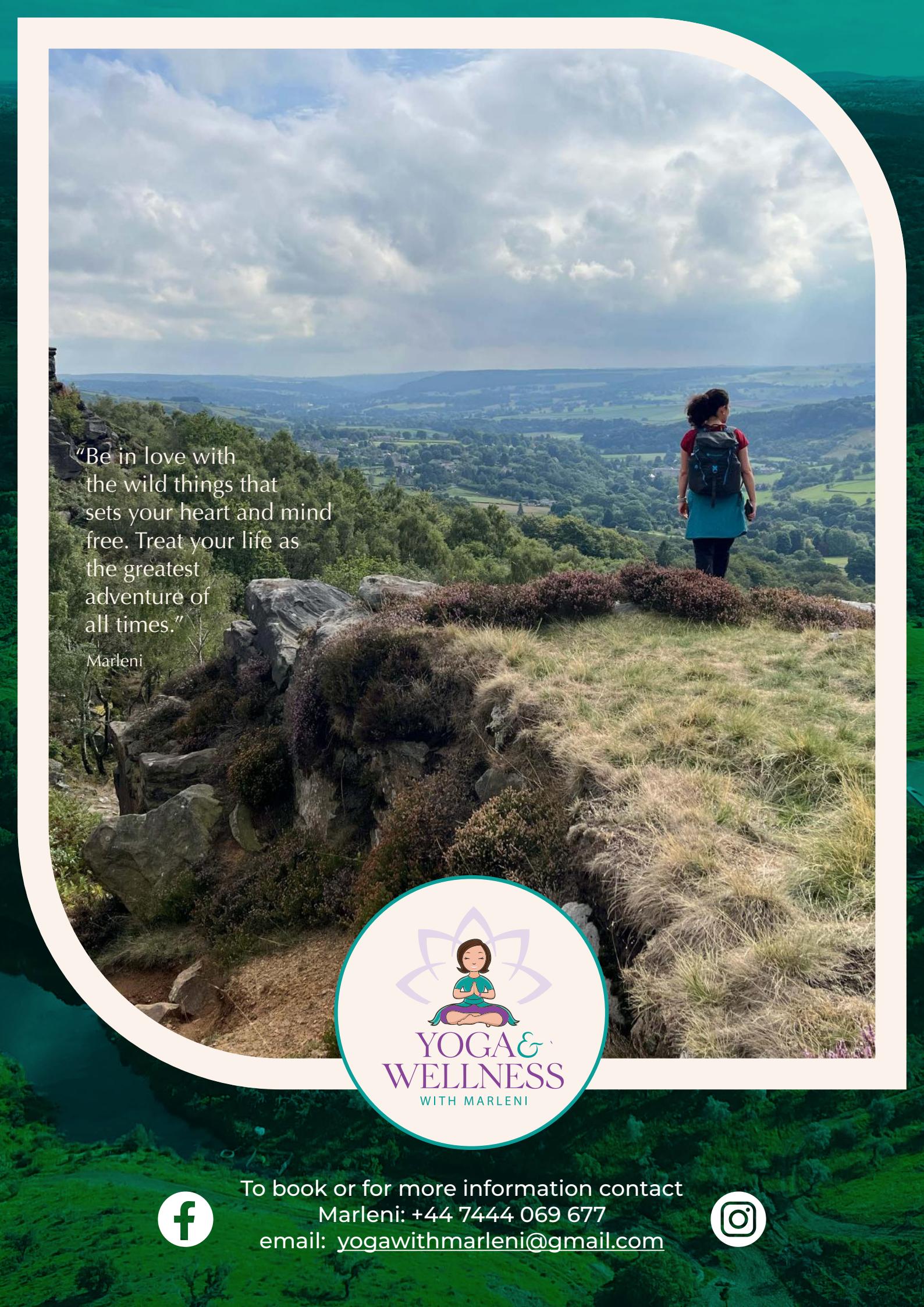
- 5 nights/6 days accommodation.
- Breakfast, lunch and dinner plus drinks and snacks.
- All yoga lessons.
- One to one lessons.

WHAT IS NOT INCLUDED:

- Flights to Portugal.
- Visas.
- Personal travel insurance
- Transfer to Quinta Marugo - (*Can be arranged*)
- Day 3 - Taxi and activities - approx £50 - (*Optional*)
- Day 5 - Taxi and activities - approx £75 - (*Optional*)

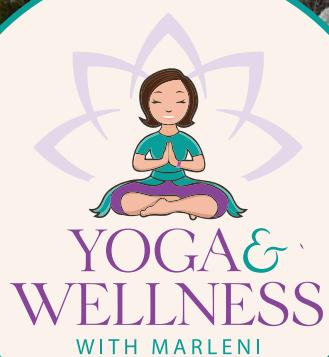
SECURE YOUR SPOT:

- 40% deposit (*non refundable*) by 15th February 2026.
- Balance (60%) by 30th July 2026.
- Please ask for optional payment plans or the remaining 60%.



"Be in love with the wild things that sets your heart and mind free. Treat your life as the greatest adventure of all times."

Marleni



To book or for more information contact
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email: yogawithmarleni@gmail.com

