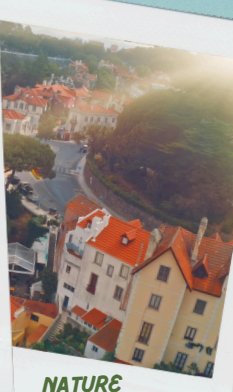


Let's Journey
Together

SOUL JOURNEY PORTUGAL

June 16 – June 21



A Journey for the Soul

Atlantic Soul Retreat is a unique experience designed for women who wish to reconnect with their bodies, nature and the freedom of the ocean.

For six days we will explore the beautiful Portuguese coast, combining **daily yoga, surf, nature, meaningful conversations and unforgettable moments with a small group of women.**

We will move, breathe, explore charming coastal villages, enjoy breathtaking landscapes and create space for rest, inspiration and connection.

This retreat offers the perfect balance between **movement, adventure and inner calm.**

Retreat Experiences

During the retreat we will enjoy:

- Daily **yoga sessions**
- **2 surf lessons with instructor**
- **Cacao Opening ceremony**
- **Art therapy in botanic garden**
- Sunset **Horse riding**
- **1 Spa Experience**
- Exploration of the Portuguese coast
- Women's circles and meaningful conversations
- Time for rest, ocean walks and connection

Our Story



Katherine Aveiga

Aleksa Demydchenko

Hello beautiful women,

We are **Aleksa and Kathe**, two women from different cultures and roots who one day crossed paths on the journey of life.

Aleksa, from Ukraine, with a Scandinavian soul and the quiet strength of northern lands.
Kathe, from Ecuador, with roots on the Pacific coast of South America and traces of Asian heritage in her story.

Two different worlds that somehow were meant to meet.

We met at a moment in our lives when we were both listening to the same inner call: **the desire to live with more presence, to listen to the body and to inhabit life with deeper awareness.**

From that encounter, **Soul Journey** was born.

A project born from passion, creativity and the deep desire to reconnect with our essence.

Because in the rhythm of everyday life, we sometimes forget to pause, breathe and ask ourselves:

*Where am I really?
How do I want to live my life?
Am I truly listening to what my body is trying to tell me?*

Our own personal journeys, with their lessons, challenges and discoveries, have brought us here.

We deeply believe that when women come together and share presence, the path becomes lighter, more conscious and far more beautiful to walk.

That is why this journey was created.

A space to return to the body.
To breathe more deeply.
To remember who we are when we stop rushing.

This retreat is not only a journey to a new place.

It is also an invitation to **rediscover yourself.**

To reconnect with your essence, your energy and the part of you that sometimes becomes quiet beneath the noise and responsibilities of everyday life.

The ocean, movement, nature and shared presence will guide us along this path.

Because we believe that when we give ourselves permission to pause, listen and share, something within us begins to transform.

If you feel the desire to reconnect with yourself, to breathe more deeply and to share this journey with other women, perhaps this path is also waiting for you.

We are truly happy to open this space and share this experience with you.

To listen.
To expand.
To discover new parts of ourselves.

And to walk together, even if only for a moment, in this great adventure we call life.

The ocean reminds us that life is movement, depth and endless possibility.

Our Home During the Retreat



Our retreat home is located in **Baleal**, one of the most beautiful surf areas on the Portuguese coast.



The apartment offers a peaceful space with **ocean views and easy access to the beach**, creating the perfect environment for rest, connection and inspiration.

Accommodation includes:

- 3 shared bedrooms
- 2 bathrooms
- comfortable shared living spaces
- beautiful ocean surroundings

This will be our **home base**, from where we will explore the surrounding coastal villages and landscapes.

Retreat Schedule

Tuesday · June 16	Wednesday · June 17	Thursday · June 18
Arrival <ul style="list-style-type: none">● Arrival at the retreat house Check-in and time to settle in● Opening circle	Yoga & Surf <p>08:00 Morning Yoga</p> <p>9:30 - 10:30 Breakfast</p> <p>First Surf Lesson</p> <p><i>In the afternoon: hike along the ocean + dinner in the restaurant</i></p>	Cultural Exploration <p>08:00 Morning Yoga</p> <p>9:30- 10:30 Breakfast</p> <p>Excursion to: Sintra Botanical Garden & Monserrat Palace. Art Therapy + Herbal Infusion</p> <p>Cabo de Roca (most western part of Europe)</p> <p>Pizza night with a movie</p>
Friday · June 19	Saturday · June 20	Sunday · June 21
Surf & Coastal Exploration <p>08:00 Morning Yoga</p> <p>9:30- 10:30 Breakfast</p> <p><i>After breakfast</i></p> Second Surf Lesson <p><i>After surfing</i></p> <p>Visit to Ericeira - surfing paradise in Portugal</p> <p>From 17:00 live music cafe + food</p> <p>Free time to explore the town/shopping</p>	Nature & Closing <p>08:00 Morning wellness program</p> <p>09:30 a 10:30 Breakfast</p> <p>Tour to Nazaré (place with biggest waves in the world)</p> Exclusive program to finish the retreat: Horse Riding at Sunset. <p>Closing circle near the ocean</p> <p>Celebration dinner</p>	Departure <p>08:00 Morning meditation</p> <p>09:30 Light Breakfast</p> <p>11:00 <i>Departure</i></p>

Places

During the retreat we will visit some of the most beautiful places on the Portuguese coast.



Places We Will Explore

Cabo da Roca

The westernmost point of continental Europe, where dramatic cliffs meet the vast Atlantic Ocean.



Montserrat Palace

Located in the magical town of Sintra, surrounded by forests, history and romantic palaces.



Ericeira

A charming coastal surf village known for its relaxed atmosphere, ocean views and authentic Portuguese character.



Nazaré

A spectacular coastal town famous for its powerful Atlantic waves and breathtaking ocean landscapes.

Retreat Price

Early Bird 850 € per person

From May 1st the price will be 950€

Small and intimate retreat.

Maximum **8 women**.

Included

- Accommodation (5 nights)
- Daily yoga sessions
- Cacao Opening Ceremony
- 2 surf lessons with instructor
- 1 Spa Experience
- Horse riding experience
- Art therapy session
- Transportation during the retreat
- Guided excursions
- Facilitation and support throughout the retreat

Not Included

- Flights
- Restaurant meals
- Museum or attraction entrance tickets
- Personal expenses

Life is happening now.

This body is the home of your experience.

Care for it, listen to it, and live fully within it.

With love Ale and Kathe

Soul Journey Retreat

A week to move, breathe, explore and reconnect with the ocean and yourself.

Portugal awaits.