

The JoyFind Base Camp Retreat

20-26 September 2017, Costa Vincentina, South-West Portugal



An adventure in the depths of a magical country, an experience that will become close to your heart, that you'll never forget.

A way forward you could have never imagined, a special place where you found what you were looking for.

You came as a blank canvas, open, aware but wanting more. You left filled with inspiration, hope and desire, ready for the next chapter.

You came nervous and shy. You left a lion, roaring your tune.

You came wanting to know. You left, knowing all you need to, for now.

You came wondering what more life could hold for you. You left, hopeful, embraced, renewed and invigorated for more of life.

Included within the Base Camp Retreat:

- All Transformational Life Coaching Workshops
- All Adventure Activities: Algarve Autodromo Racetrack driving experience, Tandem Skydiving, Wild Dolphin/Orca/Whale/Turtle Expedition, Kayaking & Secret Waterfall Experience, Wine Tasting

- Surya Lodge Portugal Accommodation, in the Costa Vicentina Natural Park on the Atlantic Ocean: spacious double room with private bathroom for 5 nights and 6 days – see own double room or sharing double room options
<http://www.wideoceanretreat.com/album/gallery/>
- Meals: local, nourishing, organic breakfast, lunch and 3 course dinner, except any you elect to eat in the town (your meal will be available at the hotel anyway)
Snacks, water, teas and nibbles always available at the Lodge between meals (unlimited)
Fresh local mountain spring water (yes, fresh from the spring!) or bottled mineral water if you prefer (unlimited from hotel)
- Yoga classes scheduled within our program at the Lodge
(additional yoga classes available €15/class @ 08:00 or 18:30 daily)
- Pool access (unlimited), sun loungers, towels
- Transport to and from activities
- Transport to and from airport
- Service from all hotel staff at request

Retreat Schedule Notes

Times: All times are same as BST/GMT – the area we are visiting is on the same time zone as the UK. Portugal uses Daylight Saving Time (GMT + 1).

Weather: Typical temperatures in the mountain and beach area we are staying in, are typically 25-27 degrees daytime/17-19 degrees evening at this time of year, with gentle mountain breezes and rare rains (95% certainty). Our September stay extends your summer.

Transformational Workshop Note

Each workshop contains 'anchors' – ways to remind you of the feelings, experiences and motivation you had on this retreat. Use these anchors each time you need to when you are home to recall what you experienced and have what you need to take your next moves in life, however scary they may seem.



Retreat Schedule

Day 1 – Wednesday 20th September

THEME: Settling Into Base Camp

14:00 All retreat attendees to arrive to either Faro or Lisbon airport

Flights to be arranged independently by participants. From UK and many other European cities, flights take approx.. 3 hours to either airport. Low cost flight operators are available to Faro and to Lisbon, prices currently around 55-97 GBP return - early booking highly recommended.

14:45 Group airport transfer

By 9-person air conditioned vehicle from either Faro or Lisbon airport, through stunning Portuguese countryside – 2 hour ride from either airport.

*An opportunity to get to know your fellow Base Campers and enjoy cool drinks and nourishing nibbles on the sunshine-drenched, feast-for-the-senses ride. You have **arrived**.*

17:00 Arrival to the magnificent Surya Lodge, nestled between the mountains and the beach of western Portugal, in the Costa Vicentina natural park.

Settle into spacious, naturally decorated rooms, take a dip in the pool before the sun goes down, nibble on homemade ayurvedic cookies, take all-inclusive cool drinks, rehydrate with nearby natural mountain spring water that feeds into the cleanest river in Europe, the Mira, or bottled mineral water.

18:30 Welcome to Retreat Workshop

On the outdoor yoga deck

Setting ourselves up mentally, spiritually, emotionally and logistically for the next 5 days. Beginning to bond with the Earth, each other and our intentions

20:00 Connecting Dinner

Nutrient-powered, vegetarian/seafood meal and healthy dessert, giving us the opportunity to

connect with one another with the fruit of the earth, and nourish us. Examples of the absolutely delicious and unique food available to view at <http://www.wideoceanretreat.com/food/>

Optional 21:30 Pre-bedtime 40 minute Hatha Yoga/Meditation space

Very gentle Hatha yoga to help you digest, unwind your muscles and connective tissue from your journey and still the mind before a restorative sleep. Taking a lighter portion of the evening meal is recommended



Day 2 – Thursday 21st September

THEME: Transforming Health

As we begin our journey to a new you, we focus first on renewing mind, body and health first

08:30 Pre-Breakfast Pow-Wow

Awaken with nature on the outdoor yoga deck – setting ourselves up mentally for the day

08:50 Breakfast

Around pool/in relaxed shady dining room. Nourishing and energising

09:45 Transformational Workshop 1: Deep Health Renewal

Delving deep into your cells and cell memories, we discover your deepest patterns and beliefs about who you are in your physical representation of yourself, mental and emotional wellbeing, how you relate to health, exercise, diet and self care, and unlock who you can be in your new physical, mental and emotional self, using this retreat to truly kickstart it

11:45 Health Boosting Nibbles and Open Time

Time for reflection and/or enjoying your surroundings; the pool, walking in the vast and stunning surroundings, taking a walk or dip at the beach, horse riding by the hour, surf session. Free to arrange with your new fellow Base Campers

13:45 Energising Lunch

Light enough to move a little after

14:30 Departure to River Mira

Short drive in group vehicle

14:45 Transformational Activity: River Mira Kayaking and Secret Waterfall Experience

Embedding our new awareness around our health, we begin to move a little with partner kayaking on the calm river, the cleanest in Europe, enjoying the serenity and openness of nature, spotting kestrels, kingfishers and river life as we move towards a secret waterfall, for a symbolically and physically cleansing wash in the renewing water under the afternoon sun

17:30 Return to Surya Lodge for Nibbles & Open Time**19:30 Health-Renewing Dinner at Sunset**

Day 3 – Friday 22nd September

THEME: Revealing Your True Self

What we have come for; a new beginning in life

08:00 Optional Yoga Class Available

Dynamic Yoga on the stunning yoga deck in a refreshing morning breeze

08:30 – 09:30 Fuelling Breakfast Available

09:45 Transformational Workshop 2: Your Essence in the World

Find out who at your core and essence are; your uniqueness, the real you, beyond the layers of beliefs, limitations and experiences; the one who can be much greater than you have been so far. Using life coaching, NLP, art and the imagination in partner, solo and group exercises

12:00 Personal Reflection Time & Packed Lunch Aboard Group Vehicle to World Famous Algarve Autodromo Moto Racetrack

Air conditioned group vehicle, stunning scenic drive down to the Algarve area, opportunity to reflect and rest

13:30 Arrival at Autodromo do Algarve, Leg Stretch & Viewing of Cars, Bikes, Go-Karts

14:00 Transformational Activity: Thrilling Go-Kart Drive Experience

*Step into the driving seat of your life – confidence-boosting, stretching, awakening, enlivening (driving licence **not** required)*

16:00 Group Bonding & Drive back to Surya Lodge

Nibbles and laughs available

17:30 Arrival to Surya Lodge

18:00 Dinner

19:30 Open Time



Day 4 – Saturday 23rd September

THEME: Pushing Boundaries

07:00 – 08:00 Energising Breakfast & Brief from Surya Lodge Staff Member on Optional Onsite Activities Available Tomorrow

08:00 Departure to Dolphin Boating Activity

Opportunity to reflect, bond, snooze or take in the scenery

10:00 Transformational Activity: Wild Dolphin Chasing

Begin our day with a wonder-filled experience connecting with the Wild. A trip in a small speed-boat alongside wild dolphins known to frequent this area. Opportunity to see sharks, turtles and whales too! Experience peace, wonder and perspective with the wider world.

11:30 Enjoy the Algarve: Choose to Relax on the Marina, Take a Boat to the Famous Grottos (Caves), Lunch/Walk/Shopping opportunity

Self-funded activities. 1 hr grotto tour available at 12.15-13.15

13:30 Transport to Tandem Skydiving Centre

14:00 Transformational Activity: Tandem Skydive

With a professional partner. Push your boundaries, return a new person. Rise up in the plane, descend over the stunning horizon, land with an unrivalled sense of perspective and achievement. Notice your relationship patterns with this person as you do this exercise!

16:00 - 17:00 Departure for Surya Lodge

Exchange experiences of the amazing skydive or quiet reflective time on the scenic hour's drive back

18:00 Replenishing Dinner

Expect hungry tums post skydiving adrenaline rush!

19:30 Transformational Workshop 3: Relationship Renewal

Reflecting on the relationships of the day. Lifting the lid on your relationship patterns with romantic partners, family members, friends and the wider world. Crafting new patterns for relationships, right here and now, to use here and to take home

21:30 Open Time



Day 5 – Sunday 24th

THEME: My Purpose and Hidden Beliefs

Revamping all that which we have thought so far

08:00 – 10:30 Nourishing Breakfast Available

10:30 Transformational Workshop 4 Part I: Belief Systems

Discovering our core, fundamental beliefs about ourselves and how they have held us back, deeper and wider than you know until now. Awareness brings change

12:30 Lunch

14:00 Transformational Workshop 4 Part II: Belief Exchange

Using powerful physical and imaginative techniques to break and transform patterns into beliefs you do wish to have. Replace the old with the new, begin again today

16:00 Open Time – Reflection / Activities

Time to reflect, respond, relax.

Should you wish, activities are available: Horse Riding (35€ beginner's 1 hr/50€ experienced 2.5hrs incl. cantering) or Parasailing above the mountains (wind-direction dependent. 35€).

All other possibilities such as Ayurvedic Massage (45€ 90 mins), taxi to quiet time at Beach or the calm town of Vila Nova de Milfontes for shopping, food, architecture (approx. 35€).

Nibbles available before dinner

19:30 Gathering Dinner

Come back to the group refreshed and with perspective



Day 6 – Monday 25th September

THEME: Resource Management

We have more resources to support us than we think. Transforming your perspective

08:00-09:45 Supportive Breakfast

09:45 Transformative Workshop 5, Outdoors: Resource Mindset

Uncovering your wealth and resource mindset, beliefs and behavior patterns you have, how to break them, discovering what is truly available to you and how to access it

11:45 Open Time

13:00 Nourishing Lunch

14:00 Short Drive to Quiet Beach

14:15 Transformative Workshop 6: Brainstorm on the Beach

Beginning to take down ideas of what to do with life next, in every area. Using the expansive surroundings to expand your mindset

16:15 Open Time

18:00 Wine Tasting and Full-On Portuguese dinner

Honouring our hosts' culture by partaking in their local food and understanding the earth's fruits with moderate amounts of health-boosting Portuguese wine, confirming and celebrating our renewed health mindset!

Day 7 – Tuesday 26th September

THEME: Renewal for Home

08:00 – 10:00 Energising Breakfast

10:00 Closing Base Camp Workshop

Gathering and sharing our thoughts and transformations, sharing to fellow Base Campers what your personal journey tweaks will look like on arrival home for accountability and commitment to action. Opportunity to partake in follow-on Group or 1:1 Coaching with Jacqueline, monthly webinars, a Retreat Reunion and more fun, effective support so you're not alone when home.

11:30 Departures to Airport

2 hour group vehicle drive to either Faro or Lisbon, please arrange flights for 15:30 or later

Option available to stay on for one or two further nights for €65/night for double room, access to pool and hiking trails and €11 /meal or €40 full board incl snacks – please enquire immediately, very limited availability.

Optional extras outside of Retreat Schedule you may wish to pay for, though your retreat will be completely covered without these: souvenirs, taxis to the town or beach outside of scheduled trips (10 minute rides), lunch/cave boat trip/shopping on Day 4 in the Algarve, dinner in the town Vila Nova de Milfontes, extra nights' stays (please enquire immediately, very limited availability), alcoholic beverages other than wine at dinner, 1:1 Transformational Coaching Session with Jacqueline.

Extra activities available that you may like, bearing in mind the retreat is action-packed: Ayurvedic massage, horse riding by the hour personalised for all levels, hikes in the beautiful mountain and beach surroundings, surfing session or Stand Up Paddleboarding session at the beach. Enquire at Surya Lodge Reception to independently arrange in Open Time

Accompanying visitors: whilst we would always usually welcome family members and friends to tag some days onto your trip, the idea of this retreat is solo space for you and you only, therefore we encourage you to leave friends and family at home, and make this a space for you to deeply discover, honour, develop and connect with those on a different wavelength to your everyday life. It will truly serve you deeply.

Full Price to be paid by 12th September: 1990 GBP

Payment plans available

Contact Jacqueline and the JoyFind Team on wecare@joyfindcoaching.com to join us or for questions and queries