



'CLOSER TO YOU' - YOGA RETREAT PORTUGAL

WITH NICOLE BONGARTZ & FRANK SCHULER
16-23 SEPTEMBER 2017

Deepen your yoga practice with the senior yoga teachers and founders of Lord Vishnus Couch, Cologne.



Lord Vishnus Couch

THE RETREAT

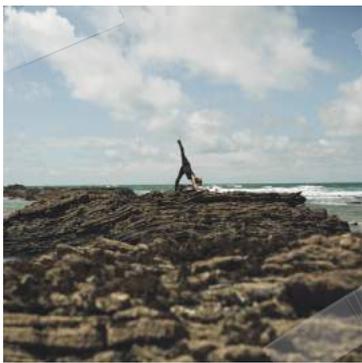
Nicole and Frank will guide you through intense yoga practices based on their experience after teaching and lecturing almost daily for the past decade. The emphasis will be on an efficient and mindful practice, during the challenging moments in the physical practice as well as during the meditation and pranayama exercises.

This week will guide you towards, and increase, your strength, energy and joy. But also offer you relaxation, serenity and a deeper sense of self: it will bring you 'Closer to You'.

There will be plenty of free time for you to take time for yourself, get to know each other and just chill. September is the best month of the year to visit Portugal and enjoy the beautiful weather.

Each day starts with a powerful, workshop-like session of at least 2 hours in which we will dive deep into different parts of the Asana practice. During the often nice and cool afternoons you will enjoy an advanced meditation and pranayama class., exploring different techniques.

Bring your Family! You're not alone, and don't like to leave your loved ones at home in the rain? Reguengo is like a little paradise for children and family. If your partner does not take part in the retreat program, you can still enjoy your holiday here with them, spending your free time together. Childcare can be arranged.



WHO IS THIS RETREAT FOR?

For everybody who has been practicing yoga regularly for at least two years, with a curious and open mind. You are willing to experience and deepen your yoga practice on a physical, mental and emotional level.

This retreat will be taught in German.

RETREAT HIGHLIGHTS

- Practice with two senior teachers
- Deepen your practice on all levels
- Relax deeply enjoying the sun, trees and beach
- Delicious vegetarian meals
- Family friendly

ACCOMMODATION

We will be staying at the beautiful cottage style Reguengo retreat, located in the green, wooded hills of Monchique, close to the ocean and surrounded by silence. It is family friendly with the option for families to book a bungalow with two or three rooms. But you can also join us by yourself or as a couple.

All rooms and bungalows offer a beautiful view of the green countryside. In your free time you can relax on the lounge furniture outside, read a book, or take a walk on the beach, which is only a 20 ride by car.

We will enjoy delicious buffet style breakfasts and dinner, freshly prepared by Reguengo's cook who specialises in colourful, vegetarian cooking.

THE TEACHERS

NICOLE BONGARTZ

As founder and owner of Vishnu's Couch, organiser of the Yoga Conference Germany, trainer of Vishnu's Couch Yoga School, author for various magazines and passionate teacher of many close students, and last but not least life-long students, Nicole is certainly one of the most colourful and prolific figures in the German yoga scene.

Staying grounded, enjoying life with all her senses, dancing and never losing contact with the students. she follows the voice of her heart and follows her own yoga path with courage. discipline. and last but not least, a lot of joy.

Her classes and workshops can not be categorised in one specific yoga style. And why should we want to? It's all yoga!



FRANK SCHULER

Frank Schuler has been practicing and teaching Yoga for over 14 years and is still excited to discover and let in more calmness, brightness and inner strength.

He is fascinated and touched daily by the awareness and mindfulness of all 'human affairs'—the body, emotions and the human mind. He is happy to be a student of Tsakpo Rinpoche on the path of Tibetan Karmapa Buddhism.

Frank runs the Lord Vishnus Couch Studios in Cologne, Germany, and the Yoga Conference Germany. He teaches classes and workshops.



RETREAT SCHEDULE

SATURDAY | 16 September

Arrival Day

Check in from 4 pm

6 pm | Welcome ceremony

7 pm | Dinner

SUNDAY - MONDAY | 17-18 September

8 am | Fresh fruit & tea

9 - 11 am | Morning yoga

11:30 am | Brunch

Free time for hiking, swimming and relaxing.

5 - 6:30 pm | Afternoon yoga

7:00 pm | Dinner

TUESDAY | 19 September

8 am | Fresh fruit & tea

9 - 11 am | Morning yoga

11:30 am | Pick nick on the beach

Free rest of the day.

WEDNESDAY - FRIDAY | 20-22 September

8 am | Fresh fruit & tea

9 - 11 am | Morning yoga

11:30 am | Brunch

Free time for hiking, swimming and relaxing.

5 - 6:30 pm | Afternoon yoga

7:00 pm | Dinner

SATURDAY | 23 September

8 am | Fresh fruit & tea

9 - 11 am | Morning yoga

12 pm | Check out and departure

VALUE

The early bird rate is only available for the first 8 registrations that are paid in full before 1 February 2017

EARLY BIRD RATES

Triple Room: €949

Double Room: €1029

Single Room: €1299

REGULAR RATES

Triple Room: €1049

Double Room: €1129

Single Room: €1399

THE PACKAGE INCLUDES

- * 7 Nights accommodation
- * Daily brunch
- * 6 Dinners (dinner on Tuesday night is not included, you have a free evening to go to the village.)
- * Water, tea & fresh fruit
- * 6 Workshop Style Asana classes
- * 6 Slow Flow yoga classes with meditation and pranayama practices
- * Daycare for the children during the classes

BOOKINGS FOR CHILDREN & CHILDCARE

Your children can join you on the retreat. The accommodation rate for your child is:

3-7 year old children: €250

8-13 year old children: € 340

If you like to book daycare for your child during the yoga classes, you can do so directly with Reguengo when you arrive and pay in cash. The costs are €8,50 per hour.

BOOKING PROCEDURE & CANCELLATION POLICY

The early bird rate is only available for the first 8 registrations that are paid in full before 1 June 2017.

To secure your booking at the regular rate we require a €600 deposit and a balance payment by 1 July 2017.

Bookings made after 1 July 2017 need to be paid in full to secure your booking. You can cancel your booking at any time and notification must be given to Suze (suze@globalflow.org) in writing.

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- Notification received more than 60 days before the start of the retreat: 30% of the full fee + €25 administration fee
- Notification received 31-60 days before the start of the retreat: 50% of the full fee + €25 administration fee.
- Notification received less than 30 days before the start of the retreat: 100% of the full fee

Global Flow Retreats reserves the right to cancel the retreat if less than 8 participants have signed up by 1 July. In this case registration monies will be reimbursed right away. Travel costs are not reimbursed.

TRAVEL INFORMATION

We are staying at Reguengo Retreat center:

Apartado 62

P-7631-908 S.Téotónio

Portugal

Tel: +351-282-911901

You can book a flight to Lisboa or Faro. From there you have the option to rent a car (approx. €210 per week) or book an airport pick up.

If you like to come with your own transportation, please visit this [link](#) for the route descriptions from Lisboa and Faros to the Reguengo.

If you like to book an airport pick up, please send your flight details to Suze (suze@globalflow.org). We will combine all participants with similar travel times to share a pick up car. The costs are €120 per car, each car can hold a maximum of 4 people.

WHAT TO BRING

Portugal has a beautiful climate and in September the Summer is just coming to an end, bringing the temperatures to a comfortable average between 22C and 26C. During the evening it cools off to around 17C.

We recommend you to bring:

- * Yoga mat
- * Water bottle to refill
- * Cool clothes for the warm days and warmer clothes for the mornings and evenings
- * Sunscreen and a hat, swimming clothes
- * A scarf or a large shawl (nice to have for meditation and savasana)
- * Notebook and a pen
- * Camera
- * Slippers and good walking shoes (sport shoes)
- * Beach towel