



A GUIDE INTO

THE EARTHENING RETREAT

PORTUGAL
20-22 SEPTEMBER

WITH LOVE BY LUNA WENGOROVIVUS

ABOUT LUNA



A law graduate, art and poetry lover, ocean rider, nature admirer, reality shaker, and the creator of an intimate yoga business and community.

Born and Italy and raised between the ocean in Portugal and the mountains of Parma, nature became my sacred space, my first lover, the place where I can always find myself billions of times again

Through a conscious and kind approach, my goal is to gather humans around the yogic rituals and practices in a way that supports and uplifts them in the long term not only individually but mostly collectively, reflecting on the various ways we can become more in synchronicity with our natural surroundings as we all are, indeed, an integral part of Nature. My teachings and offerings are the pivotal results of various studies I've been lucky to gather from extraordinary teachers from India, America, Portugal, Spain, Germany, and Bali.

A path of remembering that yoga is more about a way of being than a way of doing. Come as you are and know that all of you is welcome here because in the end, just like nature, we are made of infinite cycles of change, seasons, growth, deaths, and creative rebirths.

WHERE THE CREATIVE ANGELS RETREAT

*A poetic invitation to retreat into comm-UNITY.
A unique fusion of yoga, poetry, art, meditation,
music, trees, sunny days, and delicious vegetarian
food. A call to turn inward, to listen deeper, to speak
less and receive more, to slow down and find soft
nourishment by simply being.*

Immerse in 2 nights and 3 days of blissful rituals to connect with your intuition, yoga practice, enhance your creativity, grounding through meditation, relax by the pool, walk barefoot on the land, learn how to identify flowers and how to use them as natural medicine, let the September sun embrace you and create the vision of the reality you want to embody.

Everything we do can become a work of art, a reflection of how intentionally and fully you give yourself to the gift of the present moment – that it's called the present because it's indeed a blessing, a gift we receive, the ability to feel the moment as it is and as We are, the chance to remember we are Alive. May this Yoga Retreat help you remember that, the truth that has always been inside us just waiting to be ignited.

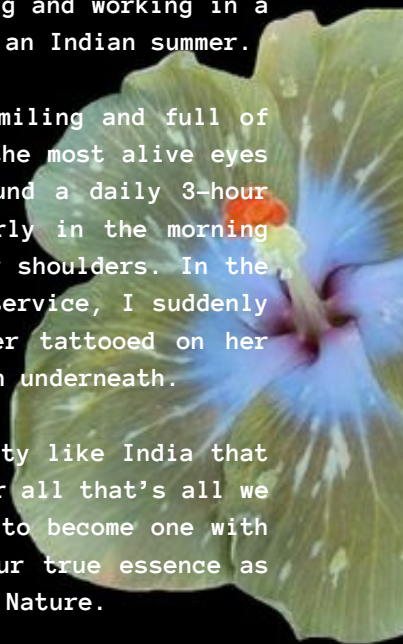
THE REAL STORY BEHIND THE DREAM

Earthening as a word arrived to me unexpectedly while I was cleaning kilos of cow's poop under a 6 am burning sun in India.

Yes, I know, sounds weird. But the fact is that I was taking care of rescued cows under the guidance of Reva, my coordinator at Sadhana Forest, a volunteering project located in India dedicated to reforestation, saving water, vegan and zero waste living, rescuing cows, and living in harmony with cycles and resources of the earth. And there I was living and working in a forest during the hottest months of an Indian summer.

Reva was this golden soul always smiling and full of energy, with super short hair and the most alive eyes I've ever seen. She guided me around a daily 3-hour seva on an empty stomach super early in the morning with the sunrise expanding upon our shoulders. In the middle of such intensive physical service, I suddenly realized she had a wonderful flower tattooed on her arm with the word Earthening written underneath.

Amid such a chaotic wonderful reality like India that word resonated with me deeply. After all that's all we were doing there: creating a place to become one with the Earth- a reconciliation with our true essence as we are, indeed, an integral part of Nature.



THE REAL STORY BEHIND THE DREAM

We are all delicately interconnected: and it's from this flow of thought that this Retreat is birthed from. And, ironically, it's exactly when we lose ourselves in the service of others & the world that we find our true selves again. There is something regenerative, uplifting, and immensely fulfilling in opening inner spaces to simply be surrounded by Nature. And sadhana means exactly that: to invest in one's spiritual growth, journey & path in a compassionate and dedicated way. But how to do it? How can become the peace? embody it first.

This Yoga Retreat emerges as an opportunity to become closer to the earth, to nature, to each other, and ultimately, to ourselves. It's the much-needed call to go back to Nature, to your mat, to be guided throughout the tides of life anchored by your breath, to feel your body awakening & expanding its energy, to feel progress and relaxation, joy and integration.

A Retreat created from my heart to yours, crafted intentionally to the ground and reset you by diving into the wisdom of the ancient practice of Yoga



THE PACKAGE

WHAT'S INCLUDED

- 2 nights
- full accommodation
- 5 yoga classes (gravitating between vinyasa, yin, nidra)
- 1 kirtan
- 1 special workshop
- breakfast, lunch, snacks, and dinner
- daily journaling and applied creativity
- 1 surprise
- 1 welcome gift bag with goodies

*The program might suffer minor changes

check-in: Friday from 15h

check out: Sunday from 17h

WHAT'S NOT INCLUDED

- travel
- transportation
- lunch on the 20th (but we can recommend delicious restaurants & beaches to pass by on your way to the retreat)

THE LOCATION

Monte das Casolas - also known as heaven on earth

Wonderful venue immersed in the abundant beauty of the Alentejo region, just a 1.30h drive down south from Lisbon and surrounded by some of the best beaches in Portugal. Expect peaceful quietude, listening to the sound of birds singing in the morning, the wind blowing softly through your hair in the afternoon, and the infinite night sky of stars above.

We have 5 houses (Casolas) with 3 en-suite bedrooms, a private kitchen, a living room, and a terrace in each one of them. All meals are prepared by an amazing chef and vegetarian, shared in our main house with an incredible view over the hills and a swimming pool. You can choose between a shared twin bedroom or a private bedroom.

All the property will be fully dedicated to the retreat to provide maximum tranquility & privacy. You can enjoy refreshing swims, regenerative walks in nature, or just chill time at the beaches nearby. See more of our unique venue here: <https://www.casolas.pt/>



THE PRICES

Choose what your heart needs

Twin shared bedroom: 366€ (after early bird 500€)

Private bedroom: 488€ (after early bird 600€)

Early bird ends on 31st of May

50% deposit non-refundable

Payment plans are available, just reach out to yogalunaw@gmail.com and I'll be glad to support you.

Payment options accepted:

- Credit Card
- Mbway
- Revolut
- Paypal



TERMS & CONDITIONS

PLEASE READ OUR TERMS AND CONDITIONS BEFORE BOOKING YOUR SPOT. IT'S IMPORTANT FOR US THAT WE ARE ALL ON THE SAME PAGE.

- The retreat is an inclusive and kind safe environment for every human to show up as they are. We expect everyone to be treated with compassion, love, and respect, cherishing everyone's uniqueness and individuality.
- 50% of the value of the retreat is nonrefundable- it's a way to ensure maximum equilibrium for all parties and respect the work invested with previous planning and fees. We accept cancellations until 4 weeks before the retreat, after that date, it's 100% nonrefundable.
- We might have a photographer during the retreat to capture all the special moments. Any of that content can and will be used for the promotion of future offerings and retreats. If you don't feel comfortable, please let Luna know and your choice will be respected.
- If you have any allergies or intolerances we please ask you to inform us as soon as possible so that we can craft the menu around your needs.
- If you have any injuries, or chronic pain or have been recently on surgeries let us know to support you in the best way possible throughout the classes.
- We will be immersed in a wonderful place in total harmony with Nature. We kindly ask you to be aware of your surroundings and respect nature as a collective home we are all so blessed to live in.

*Be more
involved
with life
& less
attached
to it*

