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Still Mind *Wild Heart*

*The Spiritual Feminist Retreat
7-11 September 2022
The Shanti Space, Portugal*

You are invited to five days of relaxation, inspiration and sisterhood!

Just imagine taking a deep breath whilst feeling the warming sun on your face and a cool breeze through your hair.

You have arrived.

Arrived at the Still Mind, Wild Heart retreat.
Arrived in your body, your soul, your Being.

Welcome!

For five days and four nights, you are immersing yourself in inspiring workshops on feminine flow and empowerment, spiritual rituals and practices, gentle yoga and meditation and relaxing downtime.

You will enjoy the best vegetarian and vegan food in the Portuguese sunshine, in the most serene and comforting surroundings.

You will meet a warm and inviting sisterhood, making connections for a lifetime.



Still Mind, Wild Heart is here for you to enjoy a break from the daily demands of life and to connect deeply with yourself again. It will give you space to breathe and be. It guides you back to your feminine flow, self love and a gentle listening to your intuition.

In order for the wildness of our hearts to come out, we need to still our mind. In our culture, this isn't an easy task. Our day-to-day requires us to operate from the neck up, prioritising rationality and reason over feeling and emotion.

Are you at a crossroads in your life, feeling like the only way forward is listening to your intuition - but you're not quite sure how?

Are you seeking a space to explore your spirituality and femininity on a deeper level?

Do you crave deep connection within and with-out?

***Still Mind, Wild Heart* is here to hold space for you!**

This retreat is designed for you to slow down, look around and look within.

During the retreat, you will be given tools and guidance to hear your inner wisdom loud & clear, and you will be invited to lean into a deep connection with nature and the sisterhood around you.

There are daily workshops, gentle meditation and yoga sessions, journaling moments and plenty of time and space to read your book, take a walk, get to know the others and have some alone time.

You will be deeply held and cared for during the whole five days.

*Pack your favourite journal, a pair of leggings and perhaps a floaty dress
- the rest is taken care of!*



This retreat focuses on honouring all aspects of our body, mind and soul.

Letting ourselves be untamed, leaning into our wildest dreams, expressing ourselves to our fullest: it's all part of the journey of coming home to yourself as a woman.



Still Mind, Wild Heart provides a safe space for you to explore your inner world, feel inspired by spiritual tools and be supported by a warm group of women.

Location

The retreat will be held at the beautiful Shanti Space, a retreat sanctuary located 30 minutes from Lisbon (and its airport) in Portugal.

The retreat center is a stunning traditional Quinta set in a forest. With the Iberian Wolf Sanctuary as its neighbours, and wild animals residing in the bordering Tapada de Mafra National Park, your wild heart & soul will for sure feel at home here!

The owners, Jessica and Jack Weaver, are down to earth yogis and healing artists, who, together with their team, pour their heart and soul into this sacred space. Together with their loving furry companions Leo & Lila (German Shepherds) and Bodhi (cat), they have created the most welcoming and inspiring space.

The Shanti Space has a comforting Garden Shala as well as an incredible outdoor Forest Yoga Deck, both of which are exclusive to us to use and enjoy. Just imagine your morning meditation out on the deck, and a calming yoga nidra in a converted green house with underfloor heating (the shala)...!

The private and shared bedrooms and dorm are comfortable, spacious and well-maintained. More information about your room options can be found below.



Food

All meals, including snacks, are included in your stay and provided by the Shanti Space.

They have a plant-based approach providing nutrient dense dishes; organic, from local farms and their garden!

Their food is eclectic and colourful, packed full with flavour, superfoods and antioxidants that cleanse and enrich the body, mind and soul.

Recipes are designed with the seasons and environment in mind and made to taste good!

Please notify the host in case of any allergies or intolerances.



Rooms

There are three room options for you to choose from, catering to individual preference and budget. Please see below what is included per room type and within the retreat as a whole.

Private Double Room

This spacious private room gives you all the space for yourself with a comfi double bed.

This option is great for you if you're looking for privacy and more alone time to wind down. You will still be sharing the rest of the house with your fellow retreat sisters, so no worries about feeling left out!

Shared Double Room

This spacious double room has two single beds and a shared bathroom.

You'll be sharing your room with 1 other female participant.

This option is great for you if you're looking for privacy but not too much privacy...;) It gives you social opportunities well as the space to be alone when you crave it.

Single Bed in Dormitory

The dormitory is spacious, with a shared bathroom.

You'll only be sharing the dormitory with other women of the same retreat.

This option is great for you if you're feeling social (although there'll be plenty of time and space to be by yourself as well!) and when you're looking for a bit more of a budget option to come to this retreat.



What's included

The following is included for all bookings:

- Accommodation for four nights, from 7 to 11 September 2022
(type of accommodation depending on preference and availability)
- All meals (4x brunch, 4x binner, snacks & drinks), vegetarian and vegan friendly
- Daily meditation, yoga & journaling sessions
- Immersive workshops, hosted by your host or a guest host
- Goodies and surprises...!

The following is **not** included:

- Transport to / from Lisbon, Portugal
- (Airport) Transfer to The Shanti Space **(option to book this with your host)**
- Travel and (international) health insurance (mandatory)
- Additional healing services or trips provided upon request by your host or The Shanti Space

What to look forward to...

Please note that not every day will carry the same schedule, but plenty of time will be given for rest and relaxation, as well as inspiring workshops and gentle yoga.

Programme Example Day

8:30AM Morning Practice

10:30AM Brunch

12:00PM Free Time

4:00PM Workshop

6:30PM Dinner

8PM Evening Yoga

You will be provided with the full schedule upon arrival.



What to look forward to...

The majority of the immersive practices will be hosted by Leneth, your host. Think: gentle yoga, empowerment sessions, intuitive energy healing and so much more. Additionally, there a couple of guest workshops to look forward to!

Guest Workshop by Dr. Sarah Coxon

Sarah is a women's mentor with a passion for regenerative living and sustainable empowerment.

She will guide you through an immersive workshop focused on bringing about change from the inside out and calling in your most empowered Self.



Gong & Sound Bath by Jack & Jessica Weaver

The founders of our beautiful location, the Shanti Space, will facilitate an immersive gong & sound bath.

The frequencies and vibrations of various singing bowls and other instruments soothe your nervous system and have deep healing properties.



This retreat is carefully curated and hosted by me, Leneth - the founder of online platform 'The Spiritual Feminist'. My mission in life is to bring women together in empowering spaces and inspire them to live more connected, consciously and cyclically.

Still Mind, Wild Heart is the culmination of everything I have had the privilege of learning on my journey so far on this Earth, both as a human being in a female body as well as a spaceholder and mentor for women of many nationalities, backgrounds and ages.



Your Spaceholder

From a young age, I was always labelled the 'sensitive' one, as if it were a bad thing! It took me many years (and still challenges me today) to embrace my sensitivity as my superpower. I truly believe all of us have been done a massive disservice by the patriarchal culture we grow up in, making us believe we are not enough just the way we are. Can you relate?

When I'm not speaking into a microphone, teaching a yoga class or providing an energy healing (amongst so many other things!), you can find me with a cup of tea, writing, reading a book - or breathing in the fresh air out on a walk.

My intention for this retreat is to create a magical, inspiring environment for your heart to come alive. I hope you will join me!

You're invited!



Want to lean into a still mind and a wild heart?

Come and join the 2022 Portugal retreat, hosted by the Spiritual Feminist!

Check out all the details and availability through the website:



Make sure to read through the full terms & conditions (see below) before securing your spot.

A 20% non refundable deposit is required upon booking.

Bespoke payment plans are available upon request.

Got a Question?

Feeling like you'd love to join, but there is something holding you back?
Perhaps it's the travel, the physical or emotional aspects of the retreat or the financial investment?

No question is strange or stupid - so hit me up!
I'm more than happy to hear your thoughts and see if this retreat is what you're looking for.

You can send me an email or an Instagram DM:

hello@thespiritualfeminist.com

[@thespiritualfem](https://www.instagram.com/thespiritualfem)

When you do, give me some info about yourself along with your questions, so I can help you to the best of my abilities!

Terms & Conditions

These terms and conditions apply to the Still Mind, Wild Heart retreat hosted by the Spiritual Feminist at the Shanti Space in Portugal from 7 to 11 September 2022.

1. Booking

1.1 By paying the required 20% non refundable deposit through thespiritualfeminist.com, the participant agrees to the following conditions.

2. Participation

2.1 Registration is only final after receipt of the deposit. Participation is on a voluntary basis and participants are free to opt out of the offered retreat. Canceling the retreat does not entitle you to a refund of the deposit, nor to a replacement lesson or activity.

2.2 Participation in the retreat is only possible after having paid the full 100% of the cost. The participant will receive a request for the remaining 80% of the cost 9 weeks before commencement of the retreat, unless the participant chooses to pay the full amount upon booking.

3. Behaviour

3.1 The organisation expects the participants to behave respectfully towards each other and the organisation.

4. Damage

4.1 Any damage will be the full responsible of the participant who caused it.

5. Liability

5.1 The organisation will do its utmost to ensure a safe and orderly environment. However, in the event of accidents or other unforeseen circumstances, the organisation is not liable for any damage and/or injuries.

6. Medical Disclaimers

6.1 The yoga sessions and activities as offered are intended as a leisure activity and not as a replacement for medically necessary treatments or therapy. Always discuss physical and/or psychological complaints with a qualified doctor.

6.2 Always report to the teacher whether you have any physical complaints before a yoga class or other activity. The program may be adapted accordingly. Participation is always at your own risk.

6.3 You hereby declare that you waive any claims against the organisation and the staff for any injury and whatever damage you may incur that may be associated with participation in the retreat.

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7. Own risk and liability

7.1 Participation in the program is at your own risk. The organisation is not responsible for damage and/or loss of property of the participant, or for any form of physical injury before, during or after a Yoga class or activity.

8. Declaration of health

8.1 When booking, the participant is expected to have a good understanding of their own physical and mental health and possible limitations or risks attached to them.

8.2 In case of physical or mental health issues which could be a cause for concern, please notify the host.

9 Other payment terms

9.1 Upon booking, the non refundable deposit of 20% of the total cost must be paid immediately through thespiritualfeminist.com.

9.2 The participant is able to choose between paying the 20% non refundable deposit up front or paying the full 100% of the cost up front.

9.3 In case of paying the 20% non refundable deposit during the booking, the remaining 80% of the cost will be invoiced 9 weeks prior to the retreat.

9.4 Payment plans are available upon request.

9.5 All amounts stated are per person and include VAT.

9.6 The programme is flexible and can be adapted by the organization to the special wishes and needs of the group if necessary.

9.7 The participant is entirely responsible for always being present in time at the pre-specified times for participation in the program. The possible missing or late arrival of the participant is never a reason for a refund.

10. Included

10.1 The prices include participation in the full programme and include accommodation, workshops, yoga classes, meals, drinks and additional activities.

11. Cancellation Policy

11.1 If the participant decides to cancel, the 20% deposit paid upon booking is not refunded.

11.2 In case the participant paid 100% of the cost up front, up to nine weeks before the retreat 80% of the cost will be refunded.

11.3 Nine weeks or less before the retreat, a refund is not possible.

Registration is transferable if discussed with host.

Terms & Conditions

11.4 In the event of insufficient registrations or special circumstances, the organisation reserves the right to cancel the retreat. In this case, all payments made will be refunded.

11.5 Cancellation can only be made in writing or by e-mail, whereby the date of the postmark or date of the e-mail applies as the cancellation date.

11.6 The participant is fully responsible for the correct and timely receipt of the cancellation.

12. Insurance

12.1 Health, accident and travel insurance are mandatory.

12.2 The participant is responsible for taking out cancellation and travel insurance.

13. Transfers

13.1 It is possible to book (airport) transfer to and from the Shanti Space through the organisation.

13.2 The costs for this are fully borne by the participant. For budget and environment purposes, effort will be made to combine transfers based on arrival times.

13.3 Upon booking a transfer through the organisation, the participant agrees with potential short wait times to limit cost and emission.

14. Accommodation Rules

14.1 Smoking is not allowed in the accommodation.

14.2 Room lay-outs are not allowed to be changed.

14.3 Alcohol will not be served during the retreat.

15. Correspondence

15.1 All correspondence between the organisation and the participant takes place through email to the email address provided by the participant when booking.

15.2 The participant is fully responsible for ensuring receipt of e-mail.

15.3 The participant can never invoke e-mail that has not been received if the organisation can demonstrate that it has been sent.

16. Unforeseen Circumstances

16.1 In circumstances not covered in these Terms and Conditions, the organisation will decide and take into account local law and customs, using reasonableness and fairness.

Terms & Conditions

17. General claim for personal data

17.1 The Spiritual Feminist handles your personal data with the utmost care and complies with the laws and regulations in the field of personal data protection, such as the General Data Protection Regulation (GDPR).

17.2 The Spiritual Feminist processes your data to provide you the agreed services, to answer questions and to send invoices.

17.3 The Spiritual Feminist saves your data when this is necessary

for the realisation of the purposes for which we process your data and for no longer than is legally permitted. The ultimate retention period differs per type of personal data. After the retention period, your personal data will be anonymized or deleted.

17.4 The Spiritual Feminist does not provide or sell any data to third parties. The Spiritual Feminist may, however, be required by law or regulation to process your personal data and/or provide it to third parties. For example, when a competent authority such as the tax authorities requests this.

17.5 The GDPR lays down a number of rights of data subjects. Everyone has the right to view, correct or supplement his or her personal data, to have it deleted, to request a limitation of processing, to have it transferred and to object to the processing of his or her personal data.

18. Coronavirus measures

18.1 During the retreat, any current measures relevant to Portugal will be followed and upheld.

18.2 If the retreat is cancelled due to increased Portuguese restrictions, the participant will be offered an alternative date or fully refunded.

18.3 If you are unable to come to the retreat due to restrictions in your own country, a refund cannot be provided. Refer to your cancellation and travel insurance for a (often full) refund.

18.4 If you do not want to go on the retreat because it feels unsafe, you are not entitled to compensation through the organisation. Fear is not a 'valid' reason to cancel the trip free of charge.

18.5 The organisation will take all safety measures necessary to ensure a safe and calm space for all participants and staff. Active involvement of participants to ensure this is required.

In order to participate in the 'Still Mind, Wild Heart Retreat', you must agree to these terms and conditions. By booking and paying the 20% non refundable deposit, you declare that you have taken note of and agree to the general terms and conditions.

Please read the Terms and Conditions thoroughly and carefully check your own information upon booking.

Still Mind Wild Heart

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The Shanti Space, Portugal*