

Restorative Retreats In Portugal

Take a pause in your life, a time to rest, renew and reset. Our 5 night/4 day pauses are for anyone who needs some space to reflect on the significant issues of their life and value being with a small group of people to explore, commune and grow. **There are four themes during the year to choose from.**



Your Guide

Meet **Alicia M. Rodriguez, Writer, Storyteller and Catalyst for Personal Growth.** With over twenty years of leadership coaching experience, author of three books, having lived in several countries, Alicia's life and career experience are unique and available to support and guide you.

Pauses are for you if you:

- Value the organic process of growth, with no agendas and strict timelines to follow
- Are comfortable being WITH yourself to reflect and with others for deeper conversations
- Understand that healing happens in Nature surrounded by beauty and new perspectives come from being in other cultures
- Feel confident in making your own choices and plans
- Are open to receiving guidance from someone who is grounded in spirituality, has a treasure trove of life, business and career experience, who has made significant life transitions, and is qualified to help you gain clarity and make choices to move forward

Take A Pause



Discover Your Purpose on Your Journey Through Life Transitions

February 17-22, 2024 and
October 12-17, 2024



5 Days to Ignite Purpose, Passion and Prosperity

March 9-14, 2024 and
November 9-14, 2024



The Ultimate Restorative Retreat for Creatives

April 20-25, 2024 and
June 8-13, 2024

For reservation & questions email alicia@aliciamrodriguez.com
Details at www.aliciamrodriguez.com/mini-retreats

Take A Pause



Finding Flow and Harmony By the Ocean

May 15-23, 2024 and
December 7-12, 2024

Creating Balance & Cultivating Mindset

- **Cultivate Time and Space:** Shift from a hectic, overbooked lifestyle to create ample time for personal fulfillment and inner joy.
- **Boundaries and Priorities:** Set clear, healthy boundaries, learn to say no, and overcome the need to please everyone while prioritizing your well-being.
- **Organize and Manage:** Implement practical strategies to organize your life, manage time effectively, and prioritize health for a balanced existence.
- **Mind-Body-Spirit Wellness:** Explore personalized mind-body tools and self-care practices to reduce stress, improve sleep, and enhance overall vitality.
- **Empowered Mindset:** Shift to an empowering mindset of growth and abundance, placing you in the driver's seat towards your vision, excited about future possibilities.

[For reservation & questions email alicia@aliciamrodriguez.com](mailto:alicia@aliciamrodriguez.com)
[Details at www.aliciamrodriguez.com/mini-retreats](http://www.aliciamrodriguez.com/mini-retreats)

Pauses

Include

- Private Intention Session in Advance
- Group Meet/Greet Zoom Call in Advance
- Group Flow Sessions with Alicia
- Wellness Workshop
- Final Dinner Together
- **Option** to add VIP Session with Alicia for additional fee

On Your Own

- Lodging – Choices include shared villa, Airbnb, hotel in Ferragudo area
- Airfare
- Transportation
- Meals
- Service charges, taxes, tips
- Travel Insurance
- Excursions
- Healing/Wellness/Yoga/Massage Sessions

Format

The Week Format is as follows, subject to change if there are special events or opportunities that help the flow of the week.

Saturday

Arrivals

Sunday, Monday, Tuesday, Wednesday

Meet for Breakfast and Flow Sessions in the morning

Afternoons are free to reflect, explore, wellness sessions

Thursday

Depart or Schedule your VIP Session or Stay the weekend to enjoy Portugal

A Unique Offer

Pauses offers you the opportunity to relax and reap **the benefits of a vacation** while also **providing guidance** around key themes that are important to you.

To make this accessible to more people, the pricing structure is dependent on the number of guests that participate and deposits are staggered.

The maximum group size is 5 individuals. The minimum is 1 person.

Pricing (\$USD) (PP>per person)

Total Fee PP:	Non-Refund Deposit:	90 days PP	30 days PP
1 person: \$5,700	Each person: \$500	1 person: \$3,200	1 person: \$2,000
2 persons: \$5,200	2 persons PP: \$500	2 persons: \$3,200	2 persons: \$1,500
3 persons: \$4,700	3 persons PP: \$500	3 persons: \$3,200	3 persons: \$1,000
4 persons: \$4,200	4 persons PP: \$500	4 persons: \$3,200	4 persons: \$500
5 persons: \$3,700	5 persons PP: \$500	5 persons: \$3,200	5 persons: \$00

Cancellation Policy: (Travel Insurance is required).

A non-refundable deposit is due at time of reservation.

90 days in advance a second deposit is due. If you cancel between 90 days and 30 days, you lose payments made but will not be charged the balance. A final balance **based on attendance** is due 30 days in advance. If you cancel within 30 days you will not receive a refund.

Take A Pause



Sophie and Alicia welcome you to the Algarve of Portugal where the sun shines almost every day and the ocean breezes will blow away your worries.



My mind and body shifted within a single week! My retreat has given me a huge sense of clarity, confidence, energy & motivation for the next step in my journey.

My week with Alicia was remarkable and transformative. I came to see her during a time of life transition, in which she has particular wisdom. She brings unique wisdom and experience to this work.

