

Portugal Yoga Retreat May 11–17, 2026

Buddha Retreats, Columbeira, Portugal

Led by Catarina Portugal and Lucia Ticha



Join us for a joyful and nourishing 6-night yoga retreat on Portugal's stunning Silver Coast. Set in the tranquil hills of Columbeira, just 45 minutes from Lisbon and close to the ocean, Buddha Retreats offers the perfect space to unwind and reconnect with yourself through movement, stillness, and nature.

Through twice-daily yoga, delicious meals, and unstructured time to explore or simply rest, this retreat invites a gentle rhythm of discovery—of your practice, the local landscape, and your own natural pace. Whether you're looking to rekindle your yoga journey or simply rest and restore, this retreat offers a space to return to yourself with gentleness and curiosity.

Optional activities include a visit to the medieval town of Óbidos, an afternoon in Lisbon, walks through the lush countryside, wine tasting, or a relaxing time at the beach.

Buddha Retreats offers a lovingly restored Portuguese quinta with individually styled rooms. You can choose from shared or private accommodation, some with ensuite bathrooms and private terraces. The grounds include a swimming pool, gardens, yoga practice spaces (indoor and outdoor), and hillside walking paths for peaceful exploration.



Yoga Practice

We teach a physically engaging form of yoga focused on alignment, awareness, and detail. Morning sessions are more dynamic, technique focused, theme-based—exploring standing poses, backbends, balances, and more—to cultivate clarity and vitality in body and mind. You'll be guided with precision and care, with individualized support for all levels of experience.

Afternoon sessions will be restorative yoga. These may include use of the extensive range of props on site, including a rope wall. These quieter sessions allow you to deeply unwind and explore your practice further.

Our schedule is designed to balance practice with space for reflection, rest, and enjoyment of the surroundings.

Daily Schedule

From 08:00 – Breakfast / quiet time / walks

10:00 – Morning Yoga

From 12:30 – Lunch

Afternoon – Free time (relax by the pool, read, enjoy a massage, or explore the area)

17:30 – Evening Yoga (restorative)

From 19:30 – Dinner

Option to take time off for a visit to the medieval town of Óbidos or Lisbon, followed by an optional dinner out.

Note: Schedule may vary slightly depending on group energy and planned activities.



Travel

Arrival: May 11 from 14:00

Departure: May 17 by 11:00

Fly to Lisbon Airport (LIS). The retreat is a 45-minute drive from the airport. Transport options include:

- Uber/Bolt (~£50–60 each way)
- Group transfer (~£78 return)
- Public transport via Bombarral

We're happy to help you plan your journey and match travel with fellow guests if possible.

Pricing

Early Bird (until Jan 31, 2026):

- Shared Room: from £775
- Private Room: from £995

Regular (from Feb 1, 2026):

- Shared Room: from £875
- Private Room: from £1,095

Rooms are assigned based on preference and availability. A few upgraded private rooms (ensuite and with terrace) are available at a slightly higher rate.

What's Included

Retreat fee includes: accommodation, breakfast, lunch, and dinner included, optional glass of wine at dinner, coffee/ tea/biscuits/fruit available all day, and all yoga sessions including full use of extensive studio props.

Special dietary needs can be accommodated (vegan, gluten-free, dairy-free).

Travel insurance, flights, transfer, massages and excursions are not included and are an additional cost.

Booking

To secure your place, a non-refundable deposit of £350 is required. Final balance due by April 1, 2026.

To register or ask questions, contact us directly:

- Catarina: catarinateachesyoga@gmail.com
- Lucia: lucia.ticha@gmail.com

Spaces are limited. Early booking is recommended.

Terms & Conditions

Insurance:

To attend this retreat you must be covered by insurance, which should include adequate cover for medical expenses and the cost of repatriation should you become ill. It is up to each individual to ensure that their travel insurance is adequate for this retreat.

Cancellation policy:

If you cancel your booking 30 days or less (or fail to join the retreat), there will be no refund given. Deposits are non-refundable.

