



A retreat for stiff Men at Casa Rosa Private Villa in Olhao – Portugal. Yoga & functional training to help improve your flexibility and mobility

Follow us on Instagram [casarosaolhao](#) visit our web site at www.casarosavillaolhao.com

The property has been fully refurbished to create a boutique villa with 9 guest bedrooms, 3 large terraces, a plunge swimming pool (5 metres by 3 metres), outside eating area, indoors lounge and eating area, plus kitchen.

Join David Guyot <https://www.facebook.com/davidguyotyogaclasses/> in Portugal for a 6-night yoga retreat for men with the aim of improving your body capacity with retreats from **Monday 2 May 2022 and Monday 03 October 2022. Arrive on a Monday and depart on a Sunday afternoon.**

David has been working in the field of sports and activities for over 15 years. Originally from France he worked as a swimming instructor teaching from beginners to competitive level. In 2015 he began his teacher training in yoga and calisthenics activities and since then has grown his skills and experience working in France, the UK and the Caribbean. David now lives in Portugal and is looking forward to welcoming you on one of his retreats.

The goal of the week will be to improve and develop your fitness and flexibility during these practises and activities

- Yoga - functionality with hatha yoga for stiff or hyperflex bodies
- Function and calisthenic training styles: for improving some positions in yoga (standing position, crow pose, head and hands stand)
- Water-sport: Two trips on a Pirogue (Kayak / Canoe) around Ria Formosa Islands with Aukai Canoe Club <https://www.instagram.com/aukaivaa/>

What is function hatha yoga:

It is a balance between mobility of the body, reinforcement with research of flexibility according to your breathing. With different breathing techniques it will assist your level of relaxing, meditation and yoga postures.

What is Functionality and Calisthenics workouts:

David incorporates some functional and Calisthenics movements into the retreat to help improve and strengthen your movement to have a secure platform for yoga. Many of these exercises only use your own body weight, therefore very little equipment is needed. You can continue to practice what you have learned when you return home after your visit to Olhao.

On three afternoons David will train with you in these areas and activities -

The reinforcement of your legs for standing positions and postures on the Islands beaches, your core body for head stand and crow poses overlooking the harbour front in Olhao and finally your arms and body posture muscles for hand stand postures overlooking the sea in Olhao.

We have included two group adventures on the Pirogue Boat from Olhao around the Ria Formosa. The Pirogue is a style of canoe / kayak and we enjoy a 120-minute trip from Olhao towards the island of Farol and back again. Enabling the group to have some fun and sunshine!

Do I need to have practiced Yoga or functional training to join this retreat?

NO, beginners are welcome on the retreat, however all guests do need to have carried out some form of fitness, gym or sports activity in the last 2 or 3 years.

Your Yoga Retreat for Stiff Men includes:

- A hot drink with a pastry or snack before Yoga every morning
- Yoga every morning at 8 am – for 90 minutes outdoor class
- Breakfast served around the poolside
- One 60 minutes full body massage from Lilac Soul Spa Olhao <https://lilacsoul.pt/>
- Three vegetarian style lunches at Casa Rosa
- Two of 120-minute Pirogue tour around the Islands
- Three early evening functional and Calisthenics training classes
- A group discussion on flexibility and postures
- Four evening meals at Casa Rosa (meat or fish)

Before or after the training everyone have free time for appreciate the beach or local area.

A summary of each day during the retreat is given below:

Arrival Day - Monday

- Check into the villa in the afternoon
- Relax and enjoy the pool and surroundings
- A welcome drink before dinner
- Group dinner for everyone on the retreat at the Villa

Day 2 - Tuesday

- 07.30 - Hot drink and pastry before Yoga
- 08.00 - Your 90-minute Yoga class on the terraces
- 09.45 to 10.00 - Breakfast is served
- 10.30 to 13.00 - Relax by the pool, go for a walk or chill on the terrace
- 13.00 - Lunch is served
- 15.30 - Boat trip over to one of the nearby Islands to walk and explore
- 17.00 - Function and Calisthenics training on the beach for 60 minutes working on your legs
- 20.00 - Dinner is served at the Villa

Day 3 - Wednesday

- 07.30 - Hot drink and pastry before Yoga
- 08.00 - Your 90-minute Yoga class on the terraces
- 09.45 to 10.00 - Breakfast is served
- 10.30 to 13.00 - Relax by the pool, go for a walk or chill on the terrace
- 13.00 - Lunch is served followed by free time
- 16.00 - Our 120-minute Pirogue canoe trip around the Islands for sunset
- 19.45 - Meet for pre-dinner drinks and enjoy dinner at a local restaurant (not included)

Day 4 - Thursday

- 07.30 - Hot drink and pastry before Yoga
- 08.00 - Your 90-minute Yoga class on the terraces
- 09.45 to 10.00 - Breakfast is served
- 10.30 to 17.00 - Relax by the pool, go for a walk or chill on the terrace
- 17.30 - A 75 minutes Function and Calisthenics training on the seafront in Olhao
- 20.00 - Dinner is served at the Villa

Day 5 - Friday

- 07.30 - Hot drink and pastry before Yoga
- 08.00 - Your 90-minute Yoga class on the terraces
- 09.45 to 10.00 - Breakfast is served
- 10.30 to 17.00 - Relax by the pool, go for a walk or chill on the terrace
- 17.30 - A 75 minutes Function and Calisthenics training on the seafront in Olhao
- 19.45 - Meet for pre-dinner drinks and enjoy dinner at a local restaurant (not included)

Day 6 - Saturday

- 07.30 - Hot drink and pastry before Yoga
- 08.00 - Your 90-minute Yoga class on the terraces
- 09.45 to 10.00 - Breakfast is served
- 10.30 to 13.00 - Relax by the pool, go for a walk or chill on the terrace
- 13.00 - Lunch is served followed by free time
- 16.00 - Our 120-minute Pirogue canoe trip around the Islands for sunset
- 20.00 - Dinner is served at the Villa

Day 7 - Sunday - final morning

- 07.30 - Hot drink and pastry before Yoga
- 08.00 - Your 90-minute Yoga class on the terraces
- 09.45 to 10.00 - Breakfast is served
- 11.00 depart from the Villa for your flight or leave your bags and explore Olhao before an afternoon / evening flight.

One 60 minute included massage can be taken any day you wish, it will be pre booked in advance.

Prices

Your 6-night retreat for stiff men holiday package costs from £995 per person (€1195) in a ground floor standard room, or upgrade to a ground floor suite for £15(€18) / first floor standard £5 (€6) or first floor luxury suite £25 (€30) – All upgrade prices are per room per night.

Price based on

Accommodation in a double or twin-bedded room for sole use.
Half board meals per week - 6 breakfast, 3 lunches and 4 dinners per person
6 days of yoga tuition.
Water sports activities and functional training classes as detailed.
One 60-minute full body massage

Not included

Airport transfers - can be added for £20 each way
Travel insurance - recommended people arrange when booking
Return flights to Faro airport.

Deposit to book - £150 / €200 per person at time of booking, balance due 4 weeks before arrival

Book by emailing info@casarosavillaolhao.com or contacting David via his Facebook page <https://www.facebook.com/davidguyotyogaclasses/>



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