



Additional Information PORTUAGL

PACKING:

Please note that laundry service is available for an additional fee.

Clothing:

- Comfortable and functional yoga clothing (whatever that means to you)
- Plan to bring at LEAST 3 pairs of leggings as we will be quite active
- Sports bras and/or yoga tops
- Light, breathable clothing for day-to-day wear
- Bathing suits
- Sleepwear of your choice
- Sweater for the evenings (it gets quite cool)
- Warm trousers (sweats or jeans) for the evenings
- Clothing that's easy to layer (the temperature changes drastically from morning, to day, to evening)
- Sarong (useful as a scarf, shawl, blanket, etc)
- Hat that keeps the sun off completely
- Sandals
- Closed toed shoes only if you plan to hike/run/go for long walks.

Miscellaneous Items:

- Yoga mats are provided, but please bring your own if you prefer your mat.
- Blocks and straps are provided, but please bring your own props if you'd prefer.
- Reusable water bottle.
- *Let's do our best to reduce single use plastic!*
- Bug repellent
- Sunscreen (strong!)
- Toiletries of your choice (shampoo, conditioner, soap, razor, lotion, etc)
- Camera
- Adapter for charging/outlets
- Any medications or medical needs
- Travel pillow

FOOD:

-All meals provided (vegan only), but you can feel free to keep non-vegan snacks in the refrigerators provided.

- Breakfast will be self-serve and available both before and after our morning sessions depending on your preference for eating.
- Lunch is self-serve and available from 1 pm onward. If you plan on going out for lunch, please let the kitchen staff know so they can plan portions accordingly.
- Dinners are group meals.
- Please note that only DINNER is provided on the first day, and only BREAKFAST is provided on the last day.
- Make sure to let us know of any food allergies or intolerances BEFORE the retreat.
- Cost does NOT include soft drinks or alcohol, but they are available to purchase.
- Coffee and tea is available throughout the day at a self-serve station.

Travel:

- Book international flight in/out of Lisbon, Portugal.
- Sintra is about 30 – 45 minutes from Lisbon, and easily accessible by Uber (about 30 Euro/one way).
- Sintra is also available via bus or train (about 10 Euro/one way).
- We will start a group chat prior to the retreat if you want to link up and travel together.

Transport:

- Airport transport is not included.
- The easiest and relatively most affordable way to get around is through Uber.
- We will provide free shuttles to the local beaches daily.
- If you want to explore a different part of the island, we can help to arrange transport for you at an additional fee.
- If you know that you like to explore a lot, then we highly suggest **renting a car**, as taxis can add up.

Additional Info:

- July will be the middle of summer in Portugal, which means it will likely be quite hot in the daytime. Please make sure to hydrate throughout the day, wear your hat, and apply sunscreen liberally.
- Although it's warm in the daytime, the temperatures drop in the early morning and evening. Pack accordingly.
- Weather is unpredictable. Our last Portugal retreat in mid-July was unexpectedly cold and rainy. Please check the weather prior to your arrival so that you can pack accordingly.
- Mosquitos can get quite bad in the summer for some people, so make sure to plan accordingly if you know your prone to bites.

-The tap water is safe to drink in Portugal. We'd like to do our best to reduce single use plastic. **PLEASE BRING A WATER BOTTLE** to refill.

-Please note that we are located about 5 – 7 minute drive from several beaches. We will provide shuttles whenever you want. If you plan on walking to the beach (30 – 45 minutes), please plan accordingly due to high temperatures.

-Ask your doctor or medical advisor about vaccines and/or suggested medication.