

# Vale de Moses

YOGA RETREATS  
IN PORTUGAL

## Yoga, Massage and Nourishing Food in the Portuguese Mountains

### Welcome

Before we have the pleasure of welcoming you in person to our home in the forest, this pack will help you prepare for your retreat with more information on how to find us, what to bring, the food you'll be eating, the massage and healing treatments available, your daily schedule, what there is to explore in the surrounding forests, and on the last page our contact and bank details for your payment. Do also connect with us on FB and Insta @valedemoses. Feel free to call us on

00351 272 634006 or email [andrew@valedemoses.com](mailto:andrew@valedemoses.com)

# Come and Go

**Arrive:** Fly into Lisbon or Porto in time to take the Sunday afternoon coach from Lisbon (1.30pm) or Porto (4.30pm), to our local town of Oleiros, where we will pick everyone up by car on arrival. Fly in early if you can and enjoy a night or 2 in either of those charming cities before heading up to see us on Sunday. Coach timetable, prices and tickets on the [Rede Expressos](#) website or their MYRNE app. We'll email all guests the week before arrival so if you'd like, you can contact each other to meet in Lisbon or Porto before travelling up to the forest together. The trip from Porto has 1 change in Coimbra and we pick you up in Sertã at 7.45pm. The coach from Lisbon has one short loo break half way at Tomar.

**Depart:** Return coach is the 8am to both Lisbon and Porto the following Saturday. Again, stay another night in Portugal if you can before flying home Sunday. You can buy your coach tickets in advance online.

**Driving: Check in from 5pm Sunday afternoon.**

From Lisbon – A1 north to A23 turn off. A23 to Abrantes, Villa de Rei turnoff. N2 to Sertã. Sertã to Oleiros. Oleiros to village of Amieira. From Porto – A1 south to Coimbra, A13 to Tomar, IC8 to Sertã, Sertã to Oleiros to Amieira. Good signposting throughout, but best to use Google maps. The drive from both Lisbon and Porto with breaks is about 2.5 hours.

[Google map](#) coordinates 39.98336, -7.917524

**Check out 8am the following Saturday**

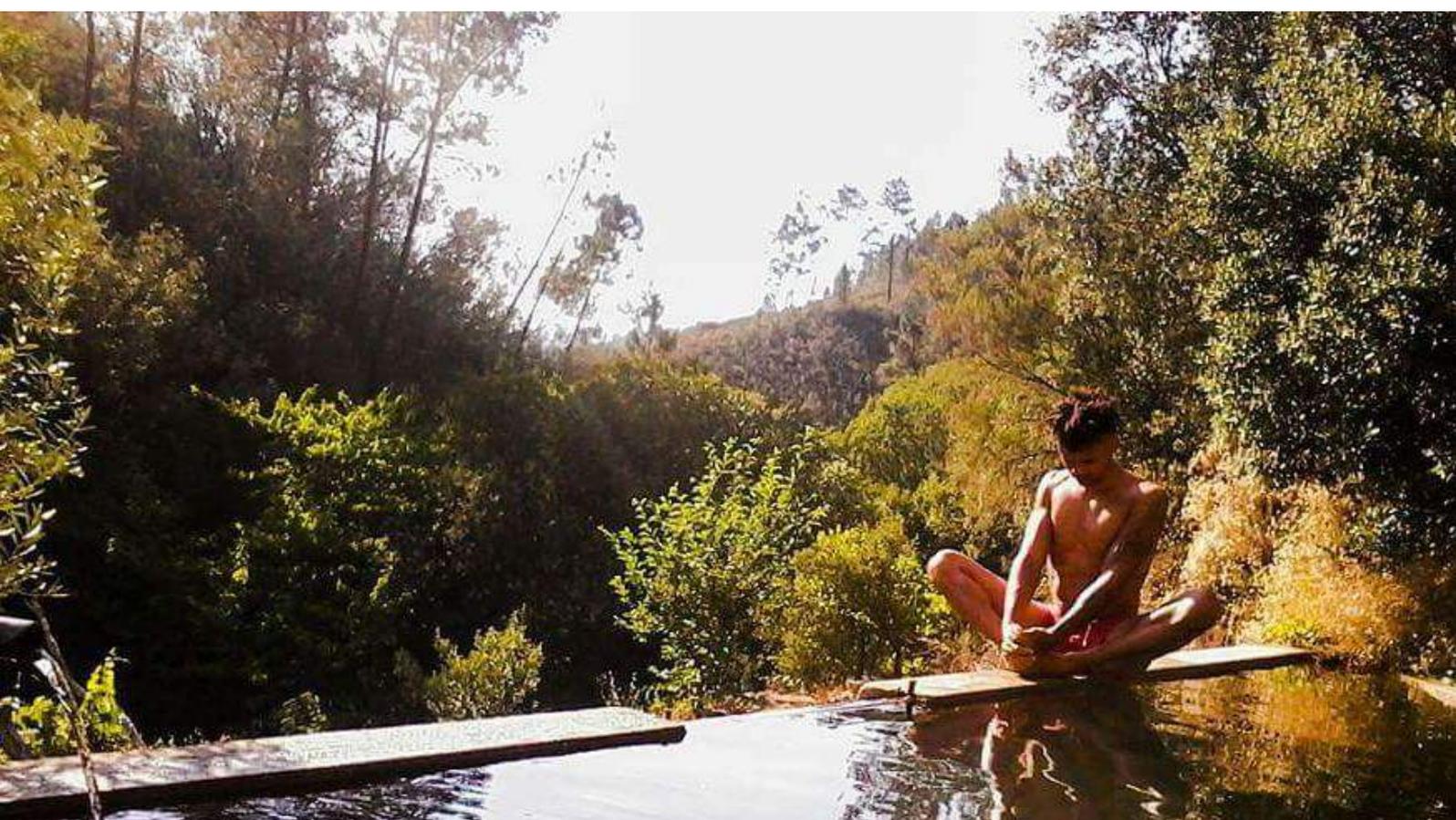


# What to bring

To make the most of your stay here, take daily walks, hikes or runs in the forest accompanied by our dogs and then cool off from the heat of the afternoons in our natural river pools. Bring a good pair of **walking shoes or trainers**, **swimming costume** and **water bottle** to rehydrate regularly, a warm **jumper** as the temperature drops in the mountains significantly at night and to cover up after your morning yoga class, a **raincoat** in October to April, and a good **torch** or your phone, as the paths at night, unless moonlit, are dark!

For your yoga practice comfortable, **soft stretchy clothing** is all you need. We provide yoga mats, towels, and bath robes. In summer **sun tan lotion**, and mosquito repellent in the Autumn. Please use the simplest, most natural version you can find of these and other washing products. You'll be in and out of the rivers, and the water from your showers goes directly to irrigate orchard trees and shrubs. We have a range of natural soaps, shampoos and toothpaste to buy.

**Pack Light.** Remember that whatever you bring down the mountainside to Vale de Moses, you'll have to take up again at the end of your stay. We live on the side of a very steep, deep and pretty valley.





## Retreat Food

You won't be hungry. (Just wanted to get that out the way as it's surprising how many people think they'll only be eating salad on a yoga retreat!) Quite the contrary. The food we prepare is plentiful, tasty, nutritious and nourishing for our bodies. Made with fresh vegetables and fruit seasonally available from our own or our neighbours' gardens and supplemented by the local greengrocer in Oleiros. Pulses and grains, flavoured with an abundance of herbs growing just outside the kitchen door. Honey from local wild bees is preferred over sugar.

Inspired by Ayurveda, and with tastes from all over the world, our daily menus are always colourful, easy to digest and soul satisfying.

We have a retreat recipe e-cookbook that you can buy before or after your stay with us. More info on "**Nourish: Healing Meals from Vale de Moses**" by Katherine Smith is on our website:

[valedemoses.com/en/us/nourish](http://valedemoses.com/en/us/nourish)

Please let us know of any special dietary needs in advance, and also speak to the chef on your arrival.



# Massage and Healing Treatments

Alongside a daily yoga practice, bodywork massage and energy healing have a powerful recuperative effect on the health and vitality of your body, even within the space of just a week. That's why we include in the price of most of our retreats a 30 minute health consultation to examine your overall wellbeing, followed by an hour's massage and/or acupuncture. Treat yourself to a few more 90 minute sessions from any of our highly reviewed and recommended therapists. **90€ per treatment** payable with cash, card or transfer at check out.

Thai Massage

TCM Acupuncture and Tui Na Massage

Indonesian Oil Massage

Ayurvedic Oil Massage

Shiatsu

Reconnective Healing

Herbal Remedies

# Yoga

A variety of styles of yoga are taught at Vale de Moses through the year by some delightful and inspiring [teachers](#) who will take care of you on your mat. You will be safely and physically challenged. Please do not worry about being “good” enough. Or flexible or thin enough. Or whatever enough.

We prefer to think you are perfect just as you are.

Whatever your capability or experience may be, you are truly welcome. It might be your first yoga retreat, perhaps your first yoga class, or maybe you’ve been practicing regularly for decades. The combination of good food and sleep, clean mountain air and water, therapeutic massage, hill walking and river swimming, all create a highly restorative context in which to begin, or to deepen, your yoga practice.

Though the format and language of yoga styles taught by our teachers may differ (Dynamic, Ashtanga, Vinyasa Flow and more), they are in essence, just one. The very meaning of the word Yoga, is union. A daily invitation to explore the possibility of what our bodies can do and what they can show us, about ourselves and the world we perceive around us.

A wonderful journey of self enquiry and discovery.



# Daily Schedule

Retreats may differ slightly from each other, but generally you will follow a schedule similar to this, with a full orientation to meet the team on Monday morning after yoga class and breakfast.

8.00am	Guided silent meditation walk	Forest
8.30-10.30am	Yoga Class	Yoga Shala
10.45am	Big Breakfast	Farmhouse
11am-2pm	Massages or free time	Treatment rooms
2-3pm	Hearty Lunch	Farmhouse
3-4.30pm	Massages or free time	Treatment rooms
5-6.30pm	Yoga Class / Workshop	Yoga Shala
7-9pm	Light Dinner	Farmhouse
10pm	After star gazing, begin full restorative sleep.	



# Explore

Vale de Moses is in the heart of the forested foothills of the Serra de Estrela. Life in these valleys 40 years ago was full of hard working Portuguese small holders who cultivated with their families every available piece of land by creating stone terraces on the hillsides. Small stone houses, adegas (wine making sheds), corals and water mills pepper the riversides and the valleys for miles around. Hence the name Moses, meaning a place of many millstones. These days, like so many rural communities across southern Europe, those small holdings have been deserted by younger generations of the families that built them, needing to emigrate to the cities or abroad to find work.

Exploring the surrounding areas by foot, by bike or by car, you enter a by gone age, and marvel at both the views and the stonework of the river and terrace walls that seem to go on forever in all directions. An old forest farming life that thankfully is still being lived here by a handful of our neighbours, so we still can learn how to do it before those old ways are lost forever.

Within a half an hour walk you can discover the abandoned villages of Eira de Miguel and Felgueiras, with houses built in the 17<sup>th</sup> century and some stunning views over the Rio Zêzere. Families still return through the year to look after their grapes and olives and harvest their pine and eucalyptus trees, but no one lives there.

A 10 minute steep hike up the hill is our picturesque village of Amieira with great views north and an old church and a café that opens only when you bang on the doors. The 2 families whose fathers built all the houses at Moses a century ago still live in Amieira, and if your Portuguese is up to it, will share a story or two with you.

By car within half hour you can visit Álvaro, Oleiros, Orvalho, Cambas, Estreito all of which have cafés and restaurants, shops and more of the rich traditional Portuguese rural culture to experience. There'll be plenty of time, when you're not on the massage table, to cool off and swim in the natural river pools cascading through the valley. One afternoon we all go off road to the Rio Zêzere for a mud bath in isolated paradise. It's an ancient therapy as well as an incredible skin cleanse. On the way back, we stop in to the cafés of Abitureira to meet some of our lovely neighbours. One of the highlights of the week for many of our guests.



## Retreat Payment

After securing your place with a **150€ deposit**, please send your balance at least 2 weeks before the start of your retreat, either to our UK or Portuguese accounts below. You can also pay by PayPal using the “Friends & Family” option to cover transfer fees, to [andrew@valedemoses.com](mailto:andrew@valedemoses.com)

UK: First Direct	Portugal: Caixa Geral de Depositos	Balances after 150€/300€ Deposit
Vonetta Winter	Vale de Moses	Farmhouse Single/Couple: 1150€/1700€
Account #: <b>71730576</b>	003505520001024453078	Shared Stone Cottage: 850€
Sort Code: <b>404780</b>	<b>PT50003505520001024453078</b>	Soulpad Single/Double: 750/950€
	BIC/SWIFT: <b>CGDIPTPL</b>	Soulpad Twin or Couple: 1500€

For transfers in £sterling, please use [xe.com](http://xe.com) to calculate latest Euro rate and **round up** to the nearest £10. Any additional massages or gifts from the shop are paid by cash, bank transfer or card when you check out at the end of your retreat. If you cancel for any reason, we'll refund any balance paid and your deposit will be transferable to any other retreat this year or next.

Vale de Moses, Amieira, Oleiros, 6160-052, Portugal

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