

# Seeds

## HOLISTIC HEALTH RETREAT

By Wize Collective

Nutrition

Meditation

Breathwork

Energetic Alignment

Body Expression

Sacred Femininity

Complementary Medicines

Homeopathy

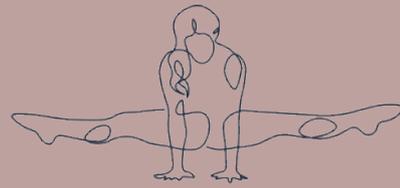
Connection with Nature

### BOOKINGS & INFOS

reservations@grandhousealgarve.com

info@wizecollective.pt

www.wizecollective.pt



12 - 17 January 2023

We invite you to join us over 6 days/ 5 nights,  
where our "seeders" will give you seeds  
to rediscover yourself,  
optimizing your body and mind for a better living, for a better health,  
honouring your body as your personal temple.

### DETOX, RE-BALANCE & ENERGIZE

## Program includes

6 days / 5 nights accommodation

Bio-well test (a revolutionary device that analyses the mental  
and physical health)

Nourishing & organic wholesome meals

10+ sessions of holistic therapies with our experienced therapists

Personalized Floral essences (Vibrational remedies)

Sound Healing

Breathwork

Talks & Workshops

Daily Journaling Practices

Daily Meditation Sessions

Water, tisanas & boost juices

Pre & Post retreat support

### OPTIONAL EXTRAS

One to one sessions with our therapists

# Seeds

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## Prices

TOTAL PACKAGE PRICE  
**EARLY BIRD BOOKING**  
until 12th of December

	SINGLE	DOUBLE USE
SMALL ROOM	€ 2.151	€ 3.495
SMALL PLUS ROOM	€ 2.223	€ 3.567
MEDIUM ROOM	€ 2.299	€ 3.643
MEDIUM PLUS ROOM	€ 2.371	€ 3.715
MEDIUM RIVER ROOM	€ 2.519	€ 3.863
GRAND FAMILY SUITE	€ 2.811	€ 4.155
GRAND RIVER SUITE	€ 2.959	€ 4.303
GRAND DELUXE JR. SUITE	€ 3.179	€ 4.523
GRAND HOUSE SUITE	€ 3.327	€ 4.671

TOTAL PACKAGE PRICE  
Bookings made after 12th of December 2022

	SINGLE	DOUBLE USE
SMALL ROOM	€ 2.252	€ 3.596
SMALL PLUS ROOM	€ 2.333	€ 3.677
MEDIUM ROOM	€ 2.419	€ 3.762
MEDIUM PLUS ROOM	€ 2.500	€ 3.843
MEDIUM RIVER ROOM	€ 2.666	€ 4.010
GRAND FAMILY SUITE	€ 2.995	€ 4.338
GRAND RIVER SUITE	€ 3.161	€ 4.505
GRAND DELUXE JR. SUITE	€ 3.409	€ 4.752
GRAND HOUSE SUITE	€ 3.575	€ 4.919

**COURSES ARE HELD  
EXCLUSIVELY IN ENGLISH**

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# Seeds

## HOLISTIC HEALTH RETREAT

By Wize Collective

SPECIFICALLY DESIGNED TO IMPROVE YOUR HEALTH.

AT A SLOW PACE, NOURISHING MIND & BODY,  
YOU WILL GAIN TOOLS AND ROUTINES TO USE IN YOUR DAILY LIFE,  
ENHANCING A BETTER CONNECTION TO YOURSELF  
AND TO THE EARTH.



## You will learn

To have a better sleep

To decrease stress

To have a better mood

Breathing techniques that will assist you in your daily life

To make healthy food choices

To understand what you should add and take from your meals

To calm your mind through meditation

To connect to your body movement

The influence of the planets and the moon in women's lives

To strengthen your relationship with mother nature,  
connecting deeply with what she offers us

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# The Seeders

LEHUA PERRONE  
Holistic Nutrition



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Lehua is a certified holistic health coach. She is a passionate advocate for re-defining health through the mind-body connection. Her purpose is to help people attune to their intuition, empowering them to take lifestyle choices that will bring them vibrant well-being and long-lasting health.

CAROLINA NORTON  
Psychologist and  
Gut Health



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## ONLINE

Carolina grounds her work on an integrated and holistic approach considering both physical and psychological aspects to treat each patient's condition as a whole. Nowadays, she is seeking to inspire people to be open to alternative healing through nutrition, make a change to their lifestyle, and to invest in a natural healing process that improves life quality and contributes to healthy and joyful living.

PATRÍCIA NEVES  
Raja Yoga Teacher



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Hatha Yoga Teacher, Raja Yoga Teacher, Yoga Therapist, Pilates Teacher and the creator of Be One Academy. Patrícia developed her own method that she will share in the Wise Collective retreat.

MARTA GATO  
Astrologer



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Astrologer for more than 30 years, mythologic tarot expert and reader from a young age, Marta Gato will help us to understand the Moon, the Sun, the planets and their influence in our daily lives.

VANESSA NAUMMAN  
Breathwork



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From Berlin, she spent most of her adult life travelling. Vanessa was an entrepreneur in the tech world, but she discovered and studied Sound Therapy, Breathwork, and Meditation and it changed her life.

# The Seeders

MARIA DO CARMO  
STILWELL

Forest Therapy Guide  
and Mentor



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Maria do Carmo is a certified Forest Therapy Guide. She is also the founder of the company Renature where she creates and facilitates restorative programs that promote wellbeing and health through nature connection practices, clean eating and self-care.

MARLENE AZEVEDO  
Floral Therapy



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Floral Therapy and Bio-well chambre technician

Graduated in business, started her holistic life learning meditation, quantic spirituality, emf, reiki among many other techniques.

INÊS ROQUE DO VALLE  
Mentor and facilitator



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Inês Roque do Valle is a Mentor, facilitator and entrepreneur of the

Sacred Femininity. Her mission lays on activating the Feminine creative multi-powers and soul skills through with her deep knowledge on embodiment & energetics. She has created a Mystery school for women - Sacred Temple of Feminine Arts that has been actively offering programs in-person and online over the past 2 years.

Her signature is a combination of transmissions, deep energetic activations, embodiment practices and powerful multidimensional journeys.

## SPECIAL GUEST

PEDRO NORONHA  
DE PISSARRA

Longevity expert



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ONLINE

Pedro is a Ceo and founder of Chrysea, a synthetic biology company developing healthy-lifespan interventions supported by rigorous clinical research, aimed at optimising natural occurring anti-ageing mechanisms such as autophagy.

# About

## Wize Collective

Xana Nunes  
FOUNDER



WIZE COLLECTIVE IS A WELLNESS COMPANY THAT CREATES  
OFFLINE EVENTS AND RETREATS AND WILL CREATE ONLINE CONTENT.

With a holistic approach, we aim to have a differentiated offer to optimize both physical and mental health. Our approach extends beyond traditional medicine, bringing together science along with complementary tools that touch other dimensions such as emotional and spiritual.

Our 8 core foundations are Nutrition, Meditation, Breathwork, Complementary medicines, Body movement, Coaching and Social and Environmental concerns.

We are building a collective of amazing facilitators and specialists that can offer their seeds to achieve wellness.



Xana Nunes is a creative entrepreneur who worked 20 years in the luxury and fashion world, through her own communication and event company working with brands such as Cartier, Hermès, Prada Group, LVMH, IWC, Sotheby's among many others. She is also the founder of the Lisbon cultural event, LisbonWeek, and was recognized with a Culture Award in 2015.

Almost on the verge of a burnout, she decided to stop the frenetic living and started to learn different techniques to assist her in her recovery. With an Osho mentor, she studied Neo Reiki, in 2006; with Dr. Joe Dispenza she learned Meditation in 2014, and later on in 2018 she decides to change life and dived deeply into holistic practices, studying from sound healing with Peter Hess Academy to nutrition with Eat2care, also exploring other therapies which saved her from her speedy, imbalanced lifestyle. Since then she has applied thousands of hours in courses, lectures, researches and practices that she felt necessary to re-balance herself, her health, and the relationships with the ones that surrounded her.

She launches Wize Collective, a Holistic Health company, following her actual path: share this knowledge with other people improving their quality of life. As a starting point she designed a retreat called Seeds, where several facilitators, our "Seeders", will offer more than 15 differentiated techniques in order to create more health, more energetic alignment with the goal to a more balanced and happy life.