



Grand House Vila Real de St António
Algarve

<https://grandhousealgarve.com>

Functional Nutrition
Meditation
Breath-work
Energetic Alignment
Body Movement
Connection with Nature
Life Coaching

Contact

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SEEDS

Holistic Health Retreat

OCTOBER 2023
20 to 24

We invite you to join us over 6 days in a beautiful location in Portugal to

DETOX, RE-BALANCE & ENERGIZE

Fall Detox

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 detoxing from Summer.

Program includes:

- 5 days / 4 nights accommodation
- Bio-well test (a revolutionary device that analyses the chakras and physical health)
- Nourishing & organic wholesome meals
- Several sessions of holistic therapies with our experienced therapists
- Sound Healing and 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
- Personalized Floral essences (Vibrational remedies)
- Personalized Nutrition plan

Prices:

- Single room from €1.750€
- Sharing room from 1.450€





SEEDS

Holistic Health Retreat

20 - 24 October 2023

They will be with you



Xana Nunes, our founder, will be holding the space curating the 6 days, connecting the seeders and sharing her method to stay healthy, mind and body. She believes that to a perfect health we should use science together with our natural healing capacities.



Thais Champalimaud is a nutritionist and functional medicine practitioner with a degree in Nutritional Therapy. Having a solid focus on disease prevention and health optimization, Thais envisions 'well-aging' rather than 'anti-aging'.



Lehua is a certified holistic health coach. She is a passionate advocate for re-defining health through the mind-body connection. She uses nutrition as a gateway exploration for emotional, physical and mental wellbeing.



Vanessa Nauman studied Sound Therapy, Breathwork and Meditation. The two first tools are so important for her, that she made these tools accessible to everyone. Listening and breathing are important skills to see ourselves and the world more clearly.



Joana Machado is a professional singer, she connects the voice with deep feeling and realize by offering to feel and be aroused. She believes that singing heals you and help you to heal.



Inês Veiga de Macedo has worked in many fields from science to theater, but it was as a producer that she found joy in being helpful. With Wize she will run the Fire Ceremony and she also can read the Aura and do energetic healings.



José Soutelinho is the leader of Despertator. With him we can ground and feel substance to prosperous fulfillment, clarity of purpose, increased peace and authenticity.



Maria do Carmo Stilwell is a certified Forest Therapy Guide based in Portugal. Forest Therapy is known and proven to restore both balance and health, and provide an outlet for the stresses of modern day life.



Marlene Azevedo is a Floral therapist and Bio-Well camera technician. She analyses the energy fields from the Bio-well camera, and she will bless all with a personalized floral to maintain balance, focus, joy, connection and protection.



Seeds

Private Sessions available at the Retreat

Self Healing Meditation & Detailed Bio-Field Reading

by Marlene Azevedo

Intuitive spiritual cleansing followed by a personalized guided meditation. Includes the meditation record to repeat and enhance the healing performed.

We will start the session with a Bio-well health report in detailed assess with Bio-Well Camara (Kirlian effect).

Duration: 1.5h

75€

Birth Chart

by Marta Gato

The birth Chart is the chart of the moment one is born.

From this chart, we can analyse personality, in which we can find out qualities – both positive and negative, conscious and unconscious, mental and emotional – and how they interact, therefore helping to understand this dynamic.

We can also find paths, trends, skills, talents and predispositions to live and fulfill our mission on earth.

Duration: 1h

120€

Meditation and Yoga Therapy

Meditation and Yoga Therapy aims to train the individual, through Meditation and Yoga techniques and through the knowledge of the Self, so that he can manage his own life in an integral way, conquering a state of greater fullness and realization.

Duration: 1.15h

60€

Aura Reading

by Inês Veiga Macedo

Aura Reading is an energetic reading, through which information about the emotional and sometimes physical state of the person being read is revealed.

Duration: 1h
60€

Transformation Coaching

by Vanessa Naumman

In this session Vanessa will navigate through clients challenges and connect to their unique qualities and strengths, using sound, breath, conversation and touch.

Duration: 1h or 1.5h
100€/ 140€

Gut Health Therapy (online session)

by Carolina Norton

In this session Carolina will do a gut health assessment based on clients symptoms, lifestyle choices and family/childhood history. Gut symptoms = inflammation in the body and mind and the goal of this session is to have a long term full food plan to follow (not a diet). You will get a food plan specifically designed for your body and gut needs along with natural supplementation and lifestyle changes that can have a very positive impact in your life.

Duration: 1h – Online
60€

Coaching (online session)

by José Soutelinho

"In this session, I will put at your disposal an immense experience of human transformation, and our shared time will be based on maps, distinctions and perspectives that bring you emerging possibilities with a view to solving disturbing questions"

Duration: 1h – Online
60€

Embodiment tools for self regulation of stress

by Maria do Carmo Stilwell

In this session you will discover and explore simple embodiment tools to support you in your day to day life to self-regulate your nervous system in stressful situations. You will learn how to remain present and respond rather than react to whatever might come your way.

Each session is adapted to your unique needs.

Duration: 1h or 1.5h
60€/ 90€

Nutritional plan

by Thais Champalimaud

You can blood test analyses and have a private session. Blood analyses extra on this price

Duration: 1.5h
150€