

2026

Early Bird Offer:
10% off for
bookings before
31/01/2026

Positive Aging Retreats

Casas da Achada, Ericeira, Portugal

1 WEEK

- 5 - 12 May
 - 7-14 June
 - 24 September-1 October
- Single: 2320€ / Double: 1760€ per person

2 WEEKS

- 20 October-2 November
- Single: 4060€ / Double: 3080€ per person



Included

- 4★ accommodation
- all meals
- daily movement sessions (yoga, tai chi, dance, strengthening)
- creative workshops
- cooking and gardening sessions
- forest bathing session
- cultural visit(s)
- Sleep & Health + Nutrition talks
- time to rest and explore

Not included

- flights
- airport transfers
- insurance
- museum entries



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