

Come Home to the Wisdom of Your Body

Portugal Retreat

16 - 21 Oct '26

This retreat invites you to
reconnect with yourself in
a gentle, embodied and
deeply transformative
way.



You feel the call to...

slow down

soften

step away from the noise

return to something deeper

MORE INFO?
REACH OUT FOR A CALL.




NUMINOUS
BY MICHELLE DINGEMANSE

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Come Home to the Wisdom of Your Body

Portugal Retreat
16 - 21 Oct '26

You don't need to push anymore.
You don't need to figure
everything out.
You just need space to come
back.

If stress and overthinking have
disconnected you from your
body's wisdom, this retreat offers
a gentle reset through deeply
nourishing food, gut-mind
healing, nature immersion and
embodied practices that restore
your sacred inner flow.



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reconnect with yourself in
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way.



WHAT TO EXPECT?

- Intuitive dance
- Kundalini meditations
- Cacao ceremonies
- Nature-based rituals
- Creative expression
- Space for softness,
- play and depth

PRACTICAL INFO

Location
Barril de Alva, Portugal
Language
English & Dutch
For whom
Women 20 - 55 years

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Michelle Dingemanse

Nutritionist, Space holder &
Reiki healer

'The retreat offers a safe, nurturing
space to explore your inner landscape
and welcome the wisdom of your body
and nature.'



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