



3-10  
MAY  
2025



# YOGA RETREAT PORTUGAL

Join us for a week of deepening yoga, yummy organic food and lots of space for relaxation - all in a stunning location amongst the healing mountains of the Algarve.

With Lahma Muris & Margriet Verhagen

# The Teachers

## LAHMA MURIS

Lahma teaches Yoga and Meditation trainings, workshops, individual sessions, retreats and lessons all over the world in the field of yoga, meditation and body / mind balancing. Her teachings are a result of decades of teaching experience in yoga and meditation and working with people. She combines her yoga knowledge-in depth, philosophy and her intuition to guide people into a safe, fun and sometimes challenging yoga practice, depending on and connected with what an individual needs. She has a warm, sweet and powerful personality.



## MARGRIET VERHAGEN

Margriet is a cheerful and energetic teacher who shares her passion for personal growth, mantras and yoga in an enthusiastic, optimistic and humorous way. She founded Yoga Spot in Amsterdam in 2015 as she wanted to create a community with other like-minded teachers. She teaches weekly classes in Hatha, Yin & Reiki and Restorative, next to teacher trainings, workshops, a burn-out program and the organisation of retreats. Margriet links sharp insights with spirituality and has a magical hands-on touch in adjustments.







In this intense relaxing Yoga Retreat we will explore various aspects of yoga. The focus is unwinding and letting go of the busyness of daily life, being at ease with who you are.

At sunrise - that special moment when the world briefly stands still - we start the day with a movement-, centering- or heart meditation.

A delightful Hatha or Vinyasa yoga practice is served after a light breakfast ending with a pranayama and mantras.

After a delicious lunch of local products, there is plenty of time for lazing around, relaxing at the pool, exploring the area, hiking the mountains, making a trip to the sea. Or perhaps booking a private session with one of the teachers.

In the early evening, we teach a soothing Yin or Restorative yoga class, with hands-on adjustments to move deeper into the experience.

After a home-made dinner, we'll end the day feeling fulfilled and relaxed.



When: 3 - 10 May, 2025

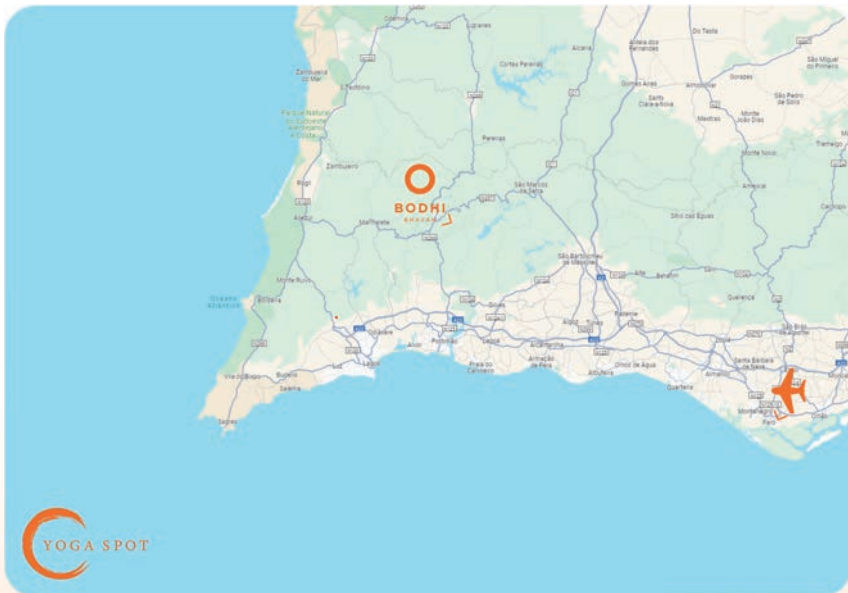
Where: Bodhi Bhavan, Algarve, Portugal

Price: €1.395,- including 8 days of accommodation (based on a double room), organic food, drinks, natural bites and yoga.

Book your own flight to Faro. If needed we can arrange your transport to Bodhi Bhavan (± €40,- pp). For more flexibility during the free afternoons, rent your own car.

Booking or more information: [www.yogaspot.nl/retreat-portugal](http://www.yogaspot.nl/retreat-portugal)

# Information & Booking



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