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17 | 18 | 19 MAY

DIGITAL DETOX

RETREAT

Get ready to achieve your **best
version and performance!**

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THIS IS YOUR OPPORTUNITY TO **RELAX**, GET
YOUR **BODY MOVING**, ENGAGE IN **CREATIVE**,
CHALLENGING AND **SELF-DEVELOPING**
ACTIVITIES.

IT'S YOUR TIME **RECHARGE**, **HEAL** AND
RECONNECT.

READY TO ACHIEVE YOUR **BEST VERSION**
AND **PERFORMANCE**?

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LOCATION

WOOD MOOD | Cristelo, Caminha, Viana do Castelo



WOOD MOOD lodges is a **brand new** magical place that will open for us. With **9 wood suspended lodges** and another social one, a **swimming pool**, immersed by **nature** and birds.

Located 5min away for the **beach**, the **river** and the **mountain** it's the perfect location for you to surrender to nature and **get back to yourself**.

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PROGRAM

FRIDAY

Check in

Welcoming session

Yoga pratice w/ Sofia

Free time

Group **activity**

Dinner

SATURDAY

Yoga w/ Sofia

Icebath workshop w/ David

Brunch

Creative workshop

Sunset at **Viewpoint**

Dinner

SUNDAY

Yoga w/ Sofia

Self-knowledge activity

Final brunch

Final activity

Free time

Check out

JOIN NOW

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FACILITATORS



DAVID BOOT

COLD WATER THERAPY & BREATHWORK

David is a recognized facilitator of **breathwork and cold water therapy**. His connection with nature, particularly water in all forms, is the foundation of his approach. Training under Bart Biermans of "Below Zero" and Michael Bijker of the "Life Awareness Project" has refined his expertise.

In 2021, he **founded Icebreath**, hosting sessions **around the globe**. His focus is on **bodily wellness**, providing tools for **self-healing** and the fostering of an **intimate connection with our life's vehicle**.

SOFIA HOMEM RIBEIRO

MOVEMENT, MINDSET & HEALTHY HABITS

After studying **Medicine**, taking a double degree in **Law and Management** and working in consulting and startups, Sofia **found "ESSE MOOD."**

Having 400 hours of certified **Yoga** training and a diploma in **Integrative Health & Nutrition** Coach from the IIN of New York, she seeks to share her knowledge adapted to the modern world through blending contemporary science with timeless practices, Sofia invites you to challenge yourself to **find your best version and live your dream life**.



PRICING

INCLUDES

ACCOMMODATION
ALL MEALS
PROGRAM ACTIVITIES

SHARED LODGE (UP TO 4 PEOPLE)

2 rooms
Private bathroom
kitchenette
Private balcony
Garden view

320€

PRIVATE LODGE

1 room
Private bathroom
kitchenette
Private balcony
Garden view

380€

SHARED LODGE (UP TO 2 PEOPLE)

1 room
Private bathroom
kitchenette
Private balcony
Garden view

340€

JOIN NOW

**THIS ARE EARLY
BIRD CONDITIONS**

LIMITED SPOTS

JOIN US

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IT WILL BE
TRANSFORMATIVE

JOIN US

CHOOSE YOURSELF
TODAY

914 900 223

info@essemood.com

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