

# 17 | 18 | 19 MAY DIGITAL DETOX

RETREAT

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

# E S 2 3

### 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**.

# PROGRAM

#### FRIDAY

Check in Welcoming session Yoga pratice w/ Sofia Free time Group activity Dinner

#### SUNDAY

Yoga w/ Sofia Self-knowledge activity Final brunch Final activity Free time Check out

#### SATURDAY

Yoga w/ Sofia Icebath workshop w/ David Brunch Creative workshop Sunset at Viewpoint Dinner

### JOIN NOW

# 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

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#### SHARED LODGE (UP TO 4 PEOPLE)

- 2 rooms
- Private bathroom
- kitchenette
- Private balcony
- Garden view
  - <mark>320</mark>€

#### SHARED LODGE (UP TO 2 PEOPLE)

- 1 room
- Private bathroom
- kitchenette
- Private balcony
- Garden view
  - 340€

#### INCLUDES

ACCOMMODATION ALL MEALS PROGRAM ACTIVITIES

#### PRIVATE LODGE

- 1 room
- Private bathroom
- kitchenette
- Private balcony
- Garden view

380€

### JOIN NOW

## THIS ARE EARLY BIRD CONDITIONS

## LIMITED SPOTS

## JOIN US

914 900 223

info@essemood.com



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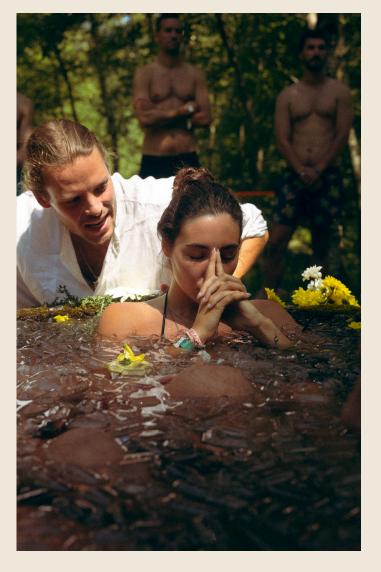










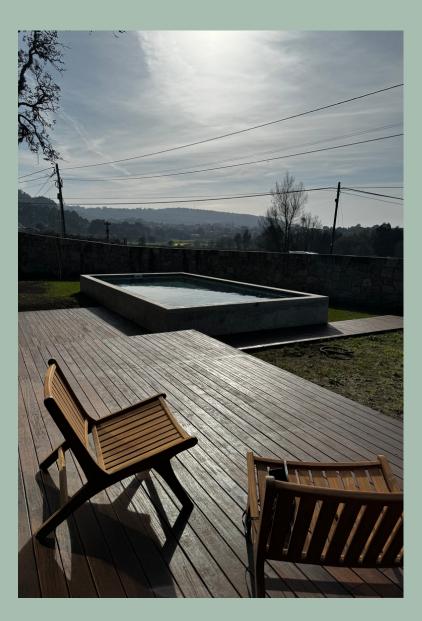












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## IT WILL BE TRANSFORMATIVE

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## JOIN US

## CHOOSE YOURSELF TODAY

info@essemood.com

914 900 223



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