

E S 2 E

DAVID BOOT & SOFIA HOMEM RIBEIRO

11 | 12 | 13 OCT

RETREAT

DIGITAL  
DETOX

2ND EDITION

M 0 0 0

CAMINHA, VIANA DO CASTELO, PORTUGAL

**E S 2 3**

**AFTER LAST ONE SOLD OUT TOO QUICK,  
WE'RE NOW CREATED VERSION 2.**

**THIS IS YOUR TIME RELAX & RECHARGE.**

**TO HEAL, MOVE AND GROW.**

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

**M 0 0 0**



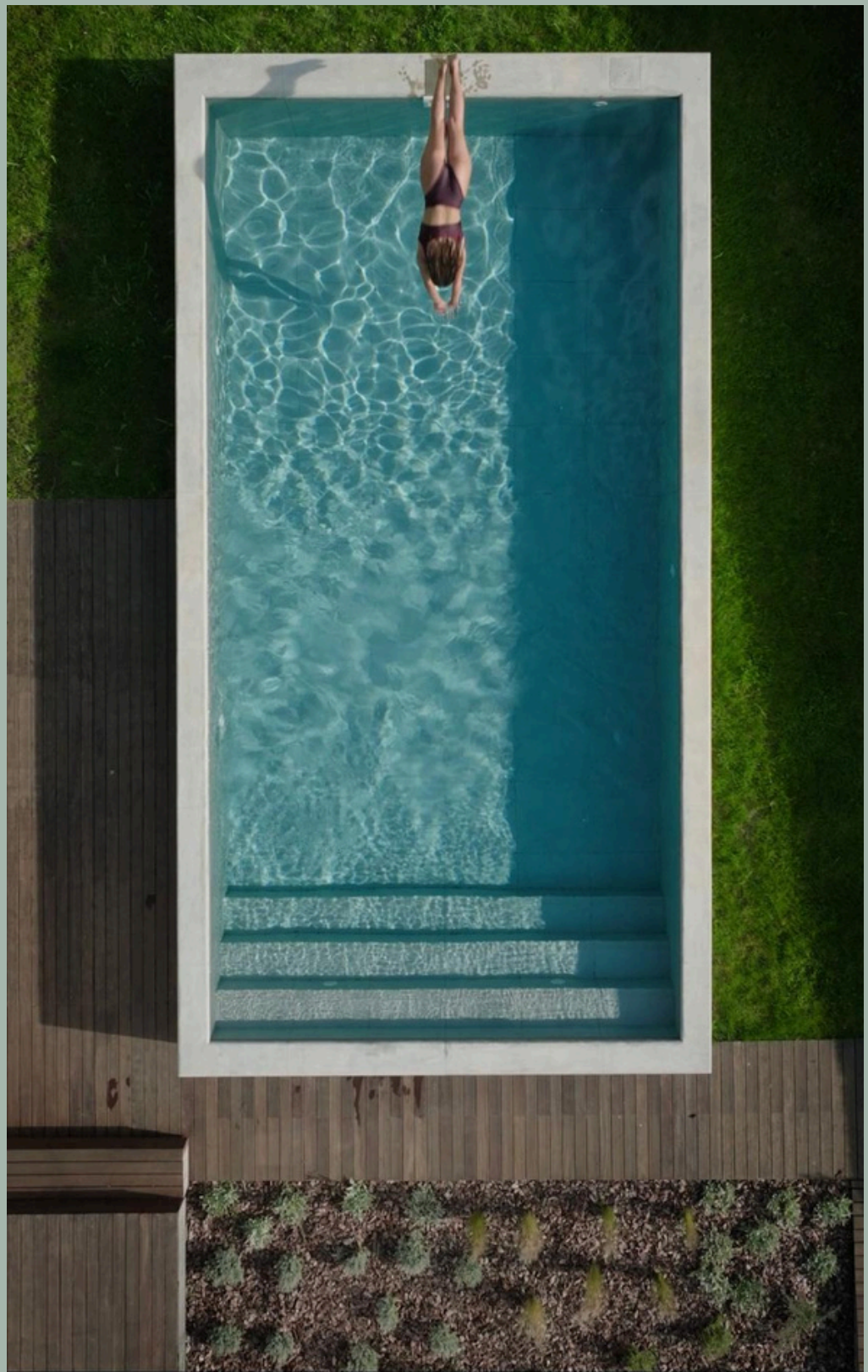
# LOCATION

WOOD MOOD | Cristelo, Viana do Castelo, Portugal



WOOD MOOD lodges is a **brand new** magical place. With **9 wood made suspended lodges** and another main one, with two social rooms, a **swimming pool**.

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



# PROGRAM

## FRIDAY

Check in  
Free time  
Dinner

**Welcoming session**

## SATURDAY

**Yoga w/ Sofia**  
**Icebath workshop w/ David**  
Brunch  
**Self-knowledge activity**  
Sunset at **viewpoint**  
Dinner

## SUNDAY

**Yoga w/ Sofia**  
**Breathing w/ David**  
Brunch  
**Closing activity**  
Free time  
Check out

**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 & COGNITIVE PERFORMANCE

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

With a diploma in **Integrative Health & Nutrition** from the IIN of New York, Yoga and Pilates training, Sofia shares her knowledge adapted the modern world by blending contemporary science with timeless practices. Aiming to help you **find your best version, by boosting your physical and cognitive performance**.







# PRICING

ACCOMMODATION

ALL MEALS

PROGRAM ACTIVITIES

## SHARED LODGE (UP TO 4 PEOPLE)

2 Double beds  
Private bathroom  
kitchenette  
Private balcony  
Garden view

~~450€/pp~~  
395€/pp

## SHARED LODGE (2 PEOPLE)

Double/Twin bed  
Private bathroom  
kitchenette  
Private balcony  
Garden view

~~500€/pp~~  
450€/pp

## PRIVATE LODGE (1 PERSON)

Double bed  
Private bathroom  
kitchenette  
Private balcony  
Garden view

~~650€/pp~~  
550€/pp

JOIN NOW



**EARLY BIRD CONDITIONS**

**LIMITED SPOTS**

**JOIN NOW**