

An aerial photograph of a rural landscape. In the foreground, a large, terraced vineyard with rows of grapevines stretches across a hillside. A dirt road winds through the vineyard. In the middle ground, a modern, low-rise building with large windows and a flat roof sits on a slight rise, surrounded by a dense forest of tall trees. The background shows a vast, flat landscape under a clear blue sky.

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HERDADE  
MALHADINHA  
NOVA

WEEKEND  
WELLNESS GETAWAY

# M H N

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NOVA

## Weekend Wellness Getaway *3 days, 2 nights*

In a world increasingly dominated by stress, technology and a strong connection with the digital world, we invite you to take a break, and reconnect with what's real: nature, our body, our mind...

In the endless Alentejo landscapes, where the only sound you can hear is the birds singing in distance and the wind reminding us of the passage of time, join us to discover the true meaning of *Slow Living*. Across 3 days, we will provide you with the tools required to relearn how to live in full alignment with nature and how to take those tools into your day-to-day life in order to live in a more balanced way. Because that's what Malhadinha Nova is all about: balance. The natural balance of nature and its ecosystems, balance in health, in wellbeing... in life.

*There are special places on our planet, places of power, healing and renewal, places where the mind-body connection is enhanced and that enable us to get back in touch with our deepest innermost feelings.*

– Frederick Lenz



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## [RE]CONNECTING

### DAY 1

Very often we find ourselves almost prisoners of the world we live in. A world and a society where stress, self-indulgence and rush prevail and where we tend to forget what really matters. This first day in the countryside will be the perfect opportunity to reconnect with nature and with yourself, in this small paradise called Alentejo, where the peace, the silence and harmony and unbeatable.

*Occasionally we must disconnect to reconnect later on.*  
– Dominic Riccitello

**3pm.** Arrival at Herdade da Malhadinha Nova, where you will be welcomed by our team of chefs with some special treats made with seasonal and fully organic fruits and vegetables from our estate, our certificate organic wine.

**4:30pm.** Visit our estate and all the animals that live here, followed by a workshop about organic wine production, where you will be able to learn the main differences between this process and the traditional methods, the biggest trends in wine production and organic and biodynamic wine. We will also share how we transitioned to organic and sustainable production not only in wine production but in all areas of business we operate in. Finish this experience with a wine tasting of some of our new vintages of organic wines. We will provide an overview of the concept and vision behind Malhadinha Nova, the role of sustainability in our project and the desire to become fully self-sustainable.

**8:30pm.** Discover the *Farm to Table* concept at our restaurant, where you will have the chance to taste some of the products that grow in our estate, cooked to maintain all their natural flavours and textures.





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## CONNECTING WITH NATURE DAY 2

Nature is perhaps the space with the biggest potential to make us calm and relaxed. Therefore, we have focused the second day of this program in building a stronger connection with nature and enjoy everything it brings to us.

*Nature is the purest portal to inner-peace.*  
– Angie Weiland Crosby

**8:30am – 11am.** Enjoy our breakfast prepared with organic fruits and vegetables from our estate, with views to our infinity pools above the Alentejo landscapes.

**11:15am.** Learn how to cook in a more healthy, sustainable and balanced way with our chef, who will also give you some tips on how to take these practises into your day-to-day life.

**1pm.** Enjoy a light and healthy lunch, full of flavour and colour, and learn that healthy cuisine can also be delicious, as you will learn during the workshop with our chef.

**4pm.** We invite you to visit our pottery house and use the clay from our estate in this activity that feels almost like a meditation, giving you the opportunity to relax and reflect while also stimulating your creativity

**5:30pm.** In a space where all the products are and natural and from our country, we give you a chance to enjoy our Wellness Centre where you will find a number of treat-ments that will help you relax and find the peace you desire.

**8pm.** On this second day of the experience, we challenged our team of chefs to prepa-re a special dinner using only products from Malhadinha Nova and the Alentejo.



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## CONECTING WITH OUR MIND

### DAY 3

On this last day, take a chance to connect with your mind through a yoga and meditation practise and learn how to take all the learnings of this retreat into your day-to-day life.

*Your mind will always believe everything you tell it.  
Feed it hope. Feed it truth. Feed it with love.*



**7:30am.** Start your last day at Malhadinha with a session of yoga and meditation, while saying goodbye to the Alentejo landscapes in the most relaxing way possible.

**8:30am – 11am.** Enjoy a nutritious brunch with organic fresh fruits and vegetables from our estate, as well as homemade bread and pastries, and regional cheese and charcuterie and enjoy the last moments of calm and peace in this small paradise called Alentejo.

### VALUE OF THE EXPERIENCE

660,00 € [Experience per person in a double room at Monte da Peceguina]

750,00 € [Experience per person in a junior suite at Monte da Peceguina]

840,00 € [Experience per person at Casa do Ancoradouro]

930,00 € [Experience per person at Casa das Pedras]

1 020,00 € [Experience per person at Casa das Artes e Oficinas] - Minimum occupancy of 4 people

1 020,00 € [Experience per person at Casa da Ribeira] - Minimum occupancy of 6 people

0-3 years free / 4-6 years 100€ / 7-12 years 150€. Price per night per child.

[Includes] 2 nights accommodation. All meals mentioned in the program. All activities mentioned in the program.

[Excludes] All drinks inside and outside the meal period, except those mentioned in the program.

[Cancellation Policy] Reservations can be changed or canceled up to 7 days before the arrival date. In case of cancellation after 7 days before check-in, 100% of the reservation amount will be charged. In case of no-show or early departure, 100% of the reservation value will be charged.