

An aerial photograph of a wellness retreat. In the foreground, there are rows of green grapevines in a vineyard. A dirt road runs through the vineyard. In the middle ground, a large, white, modern building with a red-tiled roof and a swimming pool is visible. The building is surrounded by a low wall and some trees. In the background, a river flows through a flat, open landscape with scattered trees under a clear blue sky.

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WELLNESS RETREAT

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Wellness Retreat *Experience of 4 days, 3 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 and washing away all our worries, join us to discover the true meaning of *Slow Living*. Across 4 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 and to live in a more balanced way. Because in the end, 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 still today 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, and have a chance to taste our certificate organic wine. You will also receive a personalised Wellness Kit to carry with you throughout your whole stay and that includes:

- A Wellness Journal where you can start your daily journaling practise;
- A glass water bottle so you don't forget to hydrate throughout the day;
- A Malhadinha branded hat that you can use for your walks around the countryside as well as any outdoor activities;
- A small Wellness book to inspire you through this journey and give you some useful tips that you can take into your day-to-day life;
- A copy of this program, printed in recycled paper, with all the activities and timetable for the following 4 days.

4pm – 6pm. 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.

7:30pm. Enjoy a welcome drink at our Terracota House, while enjoying a concert of classical music, that will transport you to other times and give you sensations of joy, happiness and peace that only music is capable of providing.

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

7am. Start the day very early and feel the true power of nature, in a Forest Bathing experience, a Japanese tradition adopted across the world with the objective of reducing stress, reducing blood pressure and heart rate, reinforce the immune system and preserve energy reserves to improve focus, relaxation and sleep.

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. Experience the calm and peaceful nightfall in the Alentejo while stimulating your creativity in a painting workshop where the limit is your imagination.

5:30pm. In a space where all the products are natural and from our country, we give you a chance to enjoy our Wellness Centre where you will find a number of treatments 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 prepare a special dinner using only products from Malhadinha Nova and the Alentejo.



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CONNECTING WITH OUR BODIES DAY 3

It is no news that prioritising and taking care of our body is crucial to our well being but also for longevity. This day will focus on the importance of movement and fitness and will give you a number of ways of approaching in line with your personal preferences and objectives.

The very process of being alive means that we are constantly being inundated with fractious elements which work against our body's integrity. We need a healthy, quiet body to do whatever it is we have come to do. Connecting with the earth is one of the quickest, most effective ways of helping our body restore itself.

– Donna Goddard

7am. Start your day in an active way by joining a sport activity of your choice. We suggest a bike tour or run around Malhadinha Nova, guided or at your own rhythm, or alternatively, a Pilates class at sunrise.

8:30am – 11am. Enjoy once again the delicious Malhadinha Nova breakfast with all the freshness nature has to offer, so you can start your day with all the necessary nutrients.

12pm. Take a chance to test your body in an intense circuits session with a Personal Trainer, that promises to be tough and fun in equal measures!

1:30pm. For lunch, we prepared a wonderful picnic in our vineyards, in full harmony with nature.

3:30pm. 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.

5pm. While movement is crucial and we should prioritise regular physical activity, it is equally important to give our bodies the rest it needs. Neurologist and sleeping specialist Dr. Dulce Neutel will join us to speak about the importance of sleep across all areas of health and wellness, as well as some important tools that can help you improve your sleep.

6pm. On the day focused on taking care of our bodies, we give you once again the possibility to enjoy our Wellness Centre and find the perfect treatment to achieve the results you desire.



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7pm. We will finish the day with a session of Hatha Yoga, a slower and more relaxing yoga practise that is an excellent way to give your body the opportunity to recover energy after an active day.

To the more active members of the group, we have also prepared a fun volleyball game that promises an end of day full of laughter and competition in this group sport.

8:30pm. All senses are importante to help you connect with your body. While you enjoy a dinner of traditional Alentejo cuisine with a twist prepared by our team of chefs, feel the magic of Alentejo's history and traditions through the voice of those who know it best, in a concert of Cante Alentejano (recognised by UNESCO as Intangible Cultural Heritage).



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CONNECTING WITH OUR MIND DAY 4

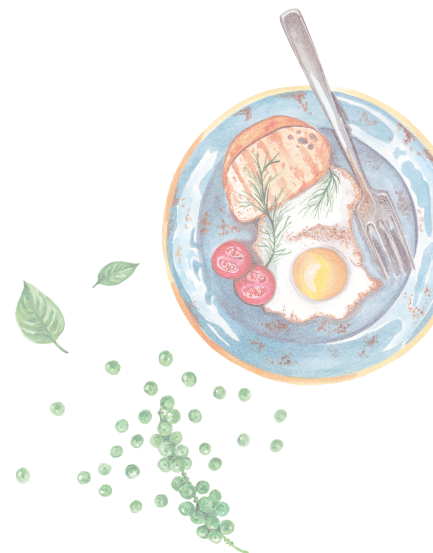
On this last day, take a chance to connect with your mind through a yoga and meditation practise and learn how to take all the learnings of this retreat into your day-to-day life.

*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.

11:30am – 1pm. Finish your retreat with a health and wellness workshop that will provide you with suggestions and tools on how to carry the learnings from this retreat to live a healthier and more balanced life.



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VALUE FOR THE EXPERIENCE

- 1 250,00 € [Experience per person in a double room at Monte da Peceguina]
- 1 380,00 € [Experience per person in a junior suite at Monte da Peceguina]
- 1 520,00 € [Experience per person at Casa do Ancoradouro]
- 1 650,00 € [Experience per person at Casa das Pedras]
- 1 790,00 € [Experience per person at Casa das Artes e Oficinas] - Minimum occupancy of 4 people
- 1 790,00 € [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] 3 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.