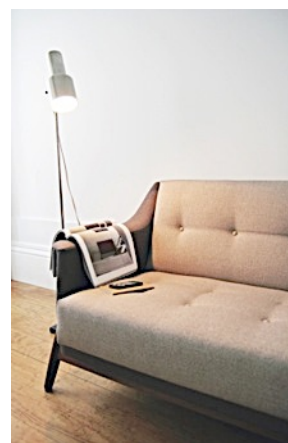


# ROSA ET AL TOWNHOUSE

## KNITTING MINDFULNESS

### CROCHET, TRICOT, EMBROIDERY, YOGA & MEDITATION RETREAT

At ROSA ET AL Townhouse, our aim is to help rebalance your body, mind and spirit by nurturing you with Mindfulness techniques, Yoga Classes and Active Meditation while knitting together. Enjoy being away from the pressures of work, family, and social media while making your own private knitted collection with Portuguese yarns and threads. Although aimed at beginner knitters, all levels should benefit hugely from this practice unraveling the neuroscience behind the bilateral, rhythmic, automatic movements and the complex combination of physiological, psychological, behavioral, social and creative benefits experienced. Taking time for yourself can reset your future day-to-day life empowered with new mindfulness skills.



#### typical day programme

Breakfast (Friday, Saturday and Sunday)  
Three-hour Crochet & Tricot Workshop (material not included)  
Lunch (Friday, Saturday and Sunday)  
Two-hour Meditation and Yoga class  
Tea Ritual (Thursday, Friday and Saturday)  
Two-hour Embroidery Workshop (material not included)  
Dinner (Thursday and Saturday)

#### dates

check website agenda for specific dates

#### participants

12 participants maximum - 6 participants minimum

#### price

from 700,00€ per person including a 3-night stay (shared double suites) at the exclusive ROSA ET AL Townhouse, a 2-day hands-on workshops and classes, healthy local meals prepared with freshly picked ingredients (cost does not include travel costs or transportation to and from the airport)

#### early bird registration

10% discount of total price (when pre-booked 3 months in advance of actual event)

#### cancelation policy

If cancelled up to 15 days before date of arrival, no fee will be charged.  
If cancelled later or in case of no-show, 100 percent of total price will be charged.

RETREATS at ROSA ET AL Townhouse have very limited availability.  
Please book in advance to avoid disappointment.