

**“ASHTANGA IMMERSION” PORTUGAL RETREAT - TUESDAY 22ND OCTOBER - MONDAY 28TH OCTOBER 2024**



**ASHTANGA IMMERSION PORTUGAL  
RETREAT - OCTOBER 2024**

With Calum Thomson

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Ashtanga  
Cheshire



# “ASHTANGA IMMERSION” PORTUGAL RETREAT - TUESDAY 22ND OCTOBER - MONDAY 28TH OCTOBER 2024

## When & Where?

October 22nd - October 28th 2024

## Terra Quinta

Rua dos Zambujeiros, Santo Estevao,  
Benavente, Santarem, 2130-130 Portugal

*“Terra Quinta” is located only 30 minutes away from  
Lisbon airport*

*(flights from Manchester - Lisbon are around £150.00 return for the  
immersion dates and we send one transfer for the flights closest to  
the Immersion arrival time and we arrange one transfer for the day  
of departure)*







*Indoor and outdoor studio spaces for classes and workshops throughout your Immersion retreat*

*Terra Quinta is made of five hectares of land.  
A space designed and shaped creating a unique sanctuary for the  
body and mind. The space includes a fire pit arena, indoor/outdoor  
Yoga studio, boho rooms and an outdoor swimming pool.*

*We have hired the entire property for your Autumn 2024 Ashtanga  
Yoga Immersion retreat in a beautifully warm Portuguese sanctuary!*

*A space to delve into your Ashtanga practice. A space surrounded by  
nature, beauty and inspired by art.*

*Searching for a perfect warm Autumn getaway our path led us to  
this magical space in the heart of the Ribatejo plains, just 40km  
from Lisbon for this October Immersion.*











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## **Your Ashtanga Teacher**

Calum Thomson

@\_Ashtanga\_cheshire\_

[www.ashtangacheshire.co.uk](http://www.ashtangacheshire.co.uk)



## **500hr Ashtanga Vinyasa Teacher - Calum Thomson (Ashtanga Cheshire)**

I found the practice of yoga in its postural form in 2008 at a point in my life when it was necessary to make some serious lifestyle changes and at first yoga became the tool to achieve this, it worked and the practice had a profound effect upon me early on so it didn't take long to become a dedicated practitioner. After a couple of years I found Ashtanga Vinyasa System as created by Pattabhi Jois. Having practiced the Primary Series and an introduction to the intermediate series for a few years I travelled to Mysore India in 2014 to practice under Sharath Jois at the KPJAYI, the birthplace and spiritual home of this practice, later travelling north to the Himalayas to gain my 200hr Yoga Alliance teaching accreditation in Ashtanga Vinyasa under the tutelage of Vijay Amar.

I started to teach the practice in 2016 in a few local studios, gyms and health clubs and over the next two years had gained more than 700 hours of face to face teaching experience, my students and myself progressed through our practices far enough that in 2018 it was apparent that returning to India in order to complete my 500hr Ashtanga Vinyasa Yoga Alliance teaching accreditation was necessary, this gave me the confidence to teach the Intermediate series to my students and for myself to delve into the Advanced A series. This once again was under the tutelage of Vijay Amar. In addition in the summer of 2023 I furthered my studies with Progressive Ashtanga Teacher David Kyle in the style of "Rocket" Yoga completing my 50 hour training in Lisbon. Rocket is a complimentary practice of the Ashtanga Method.

Since then, I've surpassed 5000 hours of face to face teaching by continuing to teach at Yoga Studios, gyms and health clubs, I have also set up a Mysore room which is held 1 week each month in the summer months. I hold workshops at Yoga Studios and teach Privately one to one, small groups and at small private retreats.

Other courses I've taken to compliment my teachings include Reiki and the Emmett technique which is a muscle release therapy, both of these have been useful tools in assisting yoga students with the development of their practice.

As well as continuing to practice the physical aspect of Yoga, meditation and energy work have taken a more prominent part in my practices.

As a teacher it is my hope that the students who come to me reach their potentials, exceed their own limitations and to see how what they learn on their mats can be transferred to all aspects of their lives.









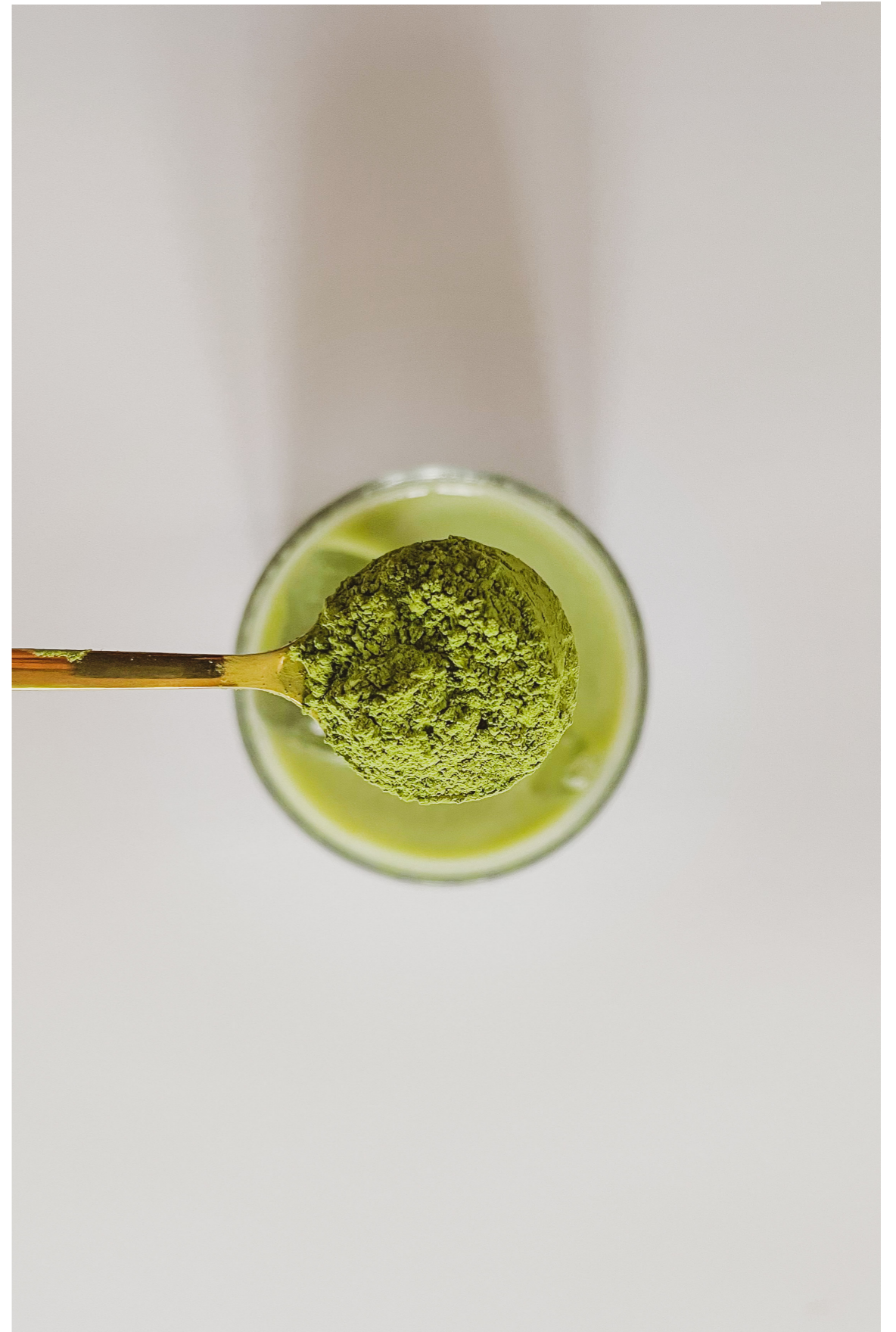


## **The Food**

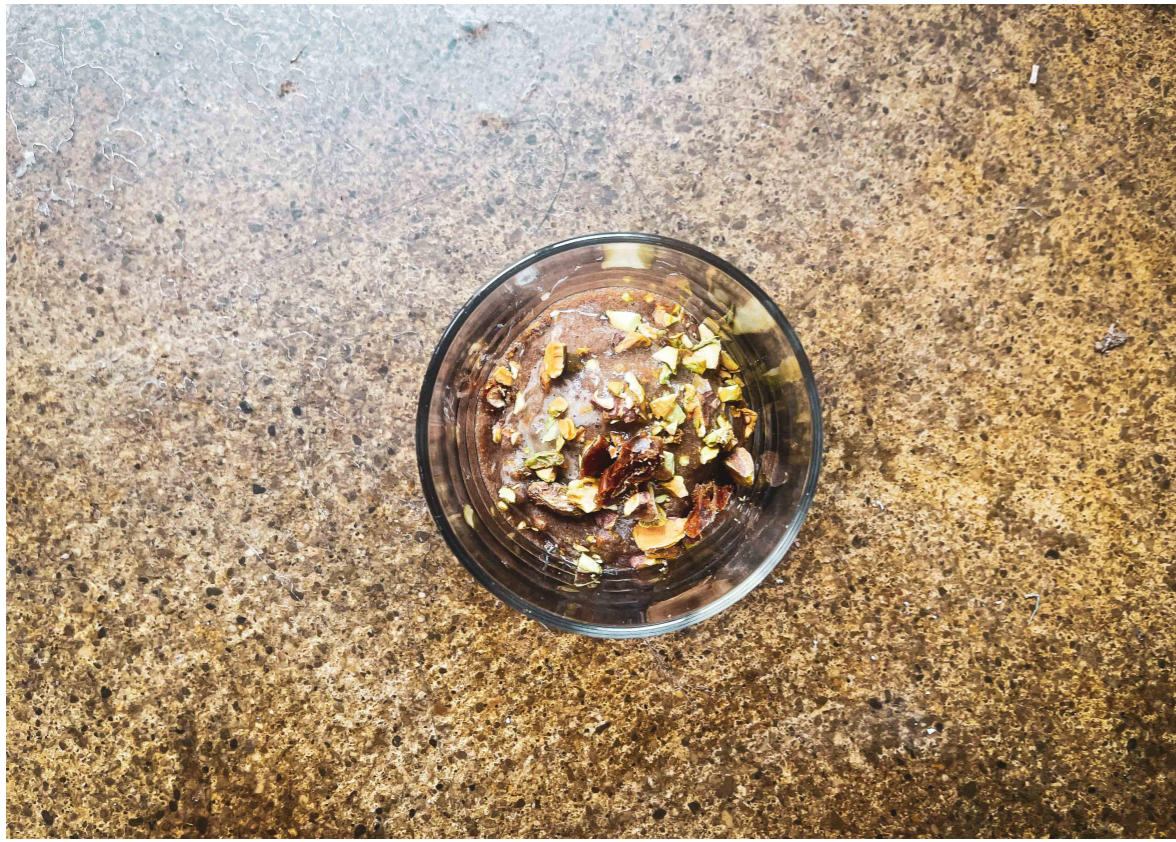
By Kelly Mason

@\_Kelly\_Mason\_

[www.bykellymason.com](http://www.bykellymason.com)









## **Plant based private wellness chef - Kelly Mason (By Kelly Mason)**

Kelly Mason is a Plant based chef, 1190hr Yoga teacher and Artist.

During 2017 she moved to Orange County, southern California and began her training in raw, plant based cuisine and nutrition.

She has since collaborated on a number of 5 star Multi award winning wellness and health retreats both nationally and internationally and is currently working as Personal wellness chef in Notting Hill for private clientele.

She is a conscious recipe developer for a number of transformational superfood and adaptogen brands including Sun potion, LA cold pressed, Mason & Co chocolate, Hempika, Bold bean Co, Hu Kitchen and Supernova living and has features of her cuisine in Cheshire life, Cheshire living and Vegan life magazine.

**“MY SERVICE OF PLANT BASED CUISINE IS MY LIFES WORK. IT IS MY KARMA.” Kelly Mason**







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## SAMPLE MENU

### BREAKFAST

*Cacao and raspberry adaptogenic rose bircher Fresh fruits  
Turmeric lemon ginger cayenne shots HARA green smoothie*

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### LUNCH

*Chickpea socca. Lemon tahini. Mixed salad greens. Sprouted tricolour quinoa. Green chimmichurri.*

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### DINNER

*Leek and spinach wild mushroom buckwheat risotto. Black pepper truffle pine nut cream.*

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### DESSERT

*Chamomile poached pear. Citrus cashew cream. Gold leaf.*







**The Accommodation**  
**At Terra Quinta**







# Room Options & Retreat pricing

There are varying price packages available, plus an early bird discount of £50 for bookings made before February 1st 2024

5 x DOUBLE ROOMS (SINGLE OR COUPLE OCCUPANCY) - PRIVATE BATHROOM £1350.00pp (COUPLE £2450.00)

1 x TRIPLE ROOMS - 3 x SINGLE BEDS (3 PERSONS) - PRIVATE BATHROOM - £950.00pp

4 x TWIN ROOMS - 2 x SINGLE BEDS (2 PEOPLE PER TWIN) - PRIVATE BATHROOMS - £1150.00pp

**For all enquires, availability and bookings email [ashtangacheshire@yahoo.com](mailto:ashtangacheshire@yahoo.com) . Spaces are limited to 18 guests. If you are interested in joining this retreat please book as soon as possible to secure your space.**

*Note : All prices exclude flights and transfers. Each price includes all food, accommodation, workshops, pool use and classes during your stay.*

## Terms & Conditions

The rooms will be allocated on a first come, first served basis. Payment plan options are available upon individual request. Your place becomes 100% non-refundable if less than **60 days' cancellation notice** is provided prior to the start date of the retreat. If you do provide 60 days or more notice of cancellation then Ashtanga Cheshire will refund your money paid minus a **30% administration fee**.











# RETREAT ITINERARY

## DAY 1 - TUESDAY 22ND OCTOBER

3PM - ONWARDS ARRIVAL - MEET AND GREET      5PM - FULL ASHTANGA LED PRIMARY SERIES      7PM - DINNER

## DAY 2 - WEDNESDAY 23RD OCTOBER + DAY 3 - THURSDAY 24TH OCTOBER

6AM - MYSORE      8AM - ROCKET INSPIRED ASHTANGA      9:30AM - BREAKFAST      11AM - MANTRA / PRANAYAMA CLASS / FREE TIME  
1PM - LUNCH      3PM - 5PM - WORKSHOP / FREE TIME      5:30PM - FULL ASHTANGA LED PRIMARY SERIES  
7:00PM - DINNER

## DAY 4 - FRIDAY 25TH OCTOBER + DAY 5 - SATURDAY 26TH OCTOBER

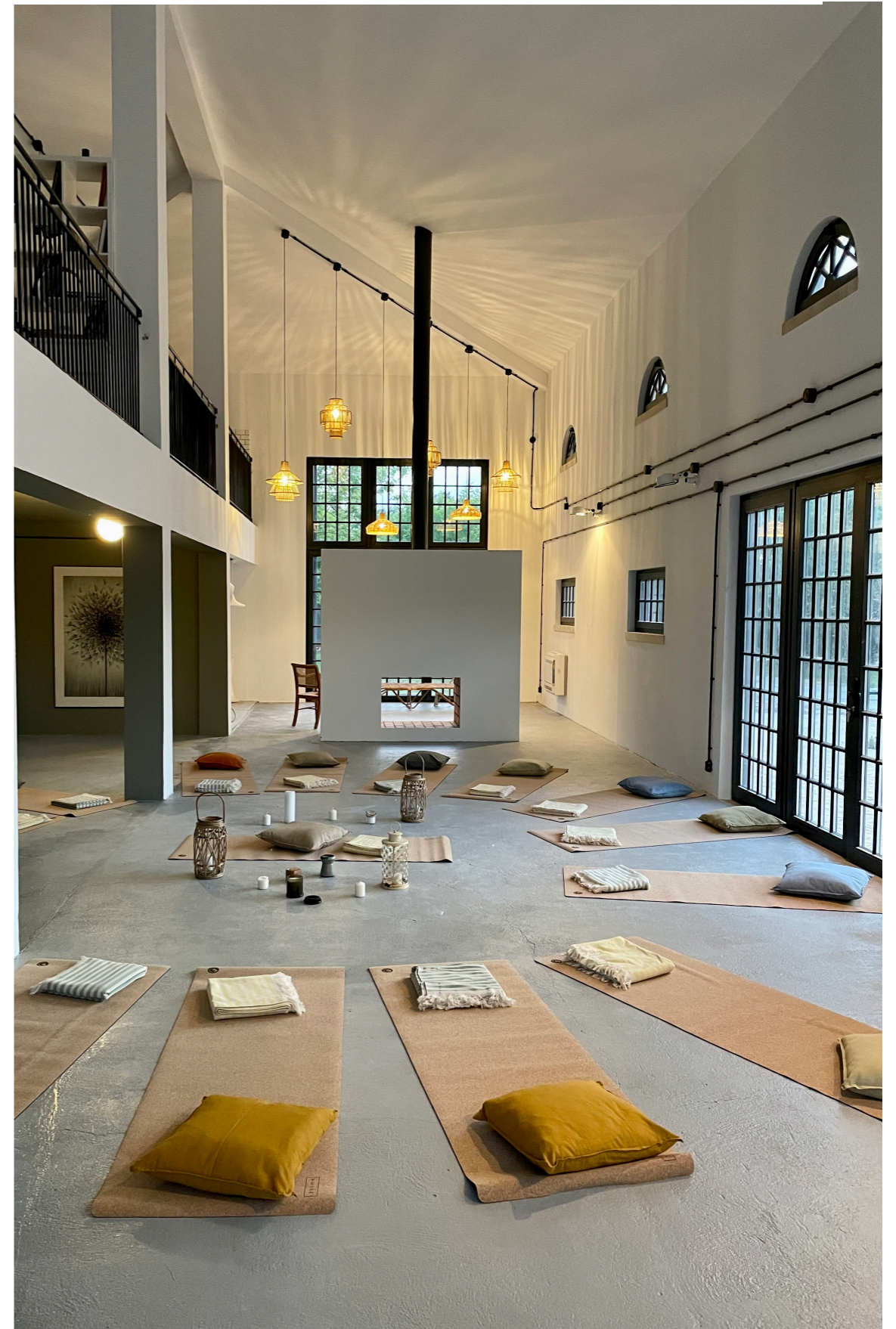
6AM - MYSORE      8AM - ASHTANGA VINYASA (INTERMEDIATE MIX)      9:30AM - BREAKFAST      10AM - 12 NOON - FREE TIME  
12 NOON - LUNCH      1PM - 5PM - FREE TIME / NATURAL RESERVE / LISBON CITY      5:30PM - ROCKET INSPIRED ASHTANGA      7:00PM - DINNER

## DAY 6 - SUNDAY 27TH OCTOBER

6AM - MYSORE      8AM - ASHTANGA VINYASA (INTERMEDIATE MIX)      9:30AM - BREAKFAST      10AM - 12 NOON - FREE TIME  
1PM - LUNCH      3PM - 5PM - FREE TIME / BEACH      5PM - YIN YOGA      7:00PM - DINNER

## DAY 7 - MONDAY 28TH OCTOBER

7AM - ASHTANGA FULL LED PRIMARY      9:30AM - BREAKFAST      10:30AM - DEPARTURE



**The Activities  
At Terra Quinta**

# Onsite & local activities

During your Ashtanga yoga immersion in Portugal you will have some time during the days schedule to enjoy your local surroundings including :

**Outdoor pool** (Available throughout the retreat)

**Lounge areas** (Outdoor terraces and sun beds to relax or take some quiet time during your immersion.)

**Fire pit arena and outdoor library** (For quiet time in the sun and evenings by the fire)

**Lisbon City** (We have the option in our schedule to take an afternoon visit into the beautiful city of Lisbon)

**Beautiful beaches** (Many beautiful beaches to choose from during your stay)

**Massages** (More information coming soon)













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