



OCT 13-20, 2024

ASHTANGA YOGA RETREAT

MONTE VELHO ECO RETREAT CENTER, PORTUGAL

CHRISTINE HOAR &
ASHTANGA MONTAUK

SARAH DURNEY HATCHER
LITTLE BIRD, DUBLIN

OUR RETREAT INCLUDES:

• 7 NIGHTS ACCOMMODATIONS:

All rooms have private baths, a terrace with a daybed and hammocks to relax. Room options range from single to 4-bed share rooms.

• 2 YOGA CLASSES DAILY:

Meditation and pranayama, followed by a traditional Mysore class in the morning. Exploratory and restorative yoga sessions and dharma talks in the afternoon.

• 2 ORGANIC MEALS DAILY:

Delicious vegetarian/vegan food with farm ingredients

• PRICING:

Single room: \$1950
Double room: \$1650
Triple/Quad: \$1550

• REGISTRATION:

Please fill out our registration form and send a non-refundable deposit of \$600 to secure your spot. Final balance due Aug 15, 2024.

• BOOKING:

Contact Christine at christine.hoar@gmail.com
www.ashtangamontauk.com

• TRAVEL:

Fly to Lisbon, Portugal and rent a car. The drive south to Monte Velho is very beautiful and takes approx. 3.5 hrs. Alternatively, you can book a flight to Faro, and rent a car there. That is 1.5 hours away. We recommend exploring Lisbon for a few days, an amazingly beautiful town, full of great architecture, history, and food.

(Airfare and transfer not included)

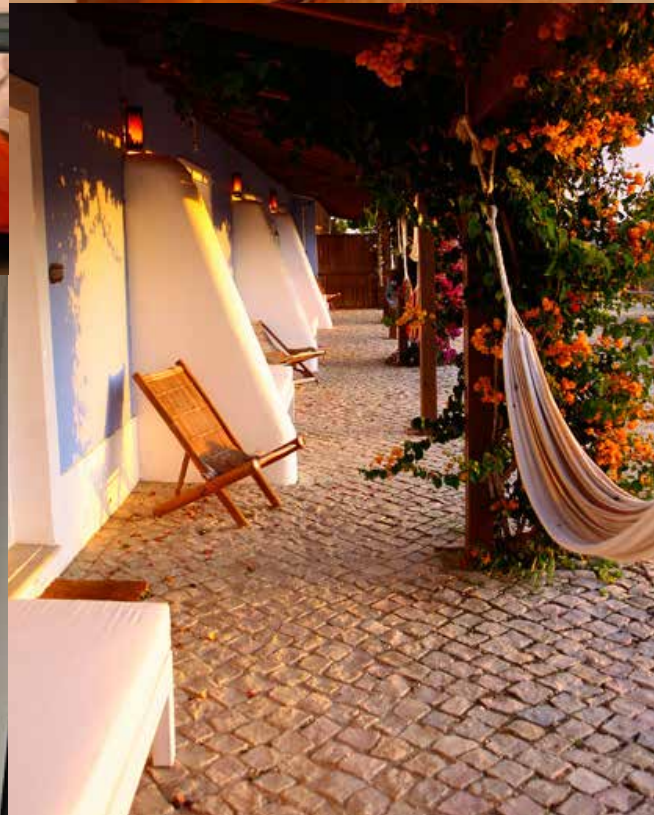
Monte Velho Eco Retreat Center

Located in the Algarve in the southern region of Portugal overlooking a rolling landscape of hills and trees, Monte Velho is a magical place embedded in the Nature Reserve of the Vicentina Coast. The reserve boasts an abundance of wild nature along the stunning Atlantic coast with high cliffs, sandy beaches and secluded bays. The retreat center has plenty of walking trails and places to relax and enjoy the outdoors. The small village of Carrapateira with cafés and restaurants and beaches is about 2.5 miles away.



Monte Velho Accommodations

The beautiful and elegant rooms are very spacious, each has a private bathroom and terrace or deck, with a daybed and hammock. Rooms can be booked as single, double, triple or quad, depending on your budget and preference.



Yoga Shala - Casa das Pinhas - House of the Pines

The Yoga Shala is a beautiful round stone house, with a wooden roof and heated cork floor. The room has amazing accoustics and sunrise lights up the room for morning yoga. A stunning place to do your daily practice!



Communal Spaces

The main house has a harmoniously decorated living room, an interior dining room, an exterior breakfast veranda overlooking the hills and valleys. The resort has its own lake for bathing and relaxation.



Our Food

Monte Velho is dedicated to sustainable living and eco-energy. There is a permaculture garden which supplies the kitchen with delicious fresh food all year round. Two delicious plant-based meals will be prepared daily for our guests, all inspired by the Ayurvedic kitchen.



Activities

The retreat features its own spa with a massage room, a sauna and steam bath.

Surf at Praia do Amado, one of the best beaches in Portugal, hike the Rota Vicentinas' fisherman trail, visit nearby villages, watch dolphins, or simply relax and unwind with a book in your hammock. Explore the beautiful coves and swimming beaches around Sagres, and visit the old town of Lagos.



Getting there

Fly to Lisbon, Portugal and rent a car. Rental cars are very inexpensive in Portugal and will give you latitude to explore the countryside. The drive to Monte Velho Retreat Center takes about 3.5 hours. Alternatively, you can fly to Faro, and rent a car there. That is 1.5 hours away. TAP is the Portuguese airline that has many direct daily flights between the USA and Portugal.

Location: Monte Velho, Carrapateira 8670-230, Aljezur
<https://www.montevelhoecoretreats.com>

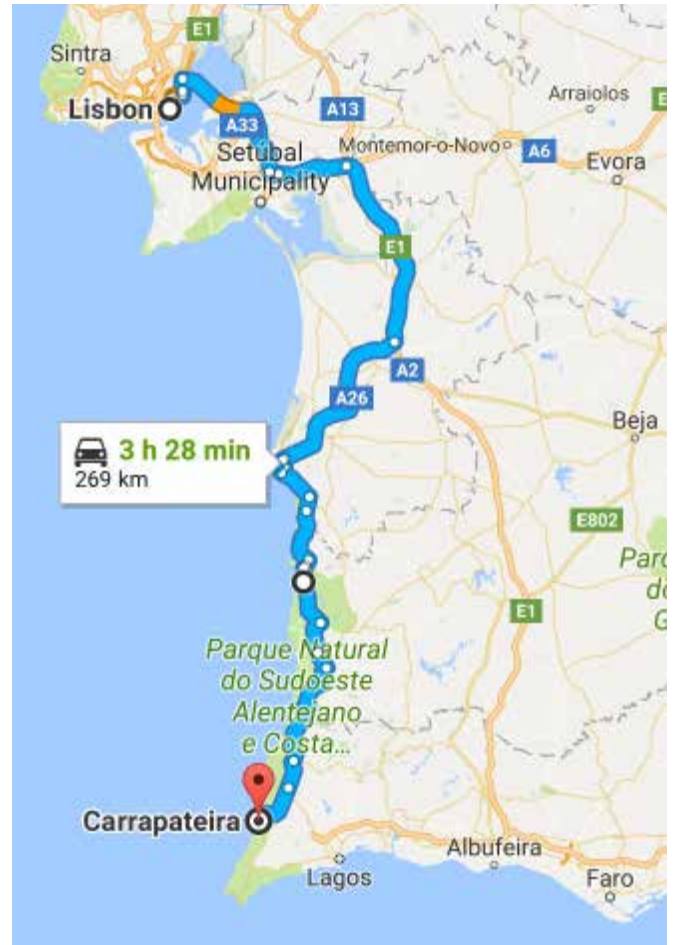
Check-in: Sunday, October 13, 2024 after 4pm

Welcome Dinner at 6pm. C

Check-out: October 20 by 10am

The village of Carrapateira

The retreat center is a 10 minute drive from Carrapateira. The small village sits on a small indented headland of limestone cliffs on the western Vincentine coast of the Algarve. Carrapateira point, was a traditional danger for sailing ships, its high reddish rock formations looking deceptively similar to Cape St. Vincent, the southwest corner of Portugal's coast some eleven miles further south. The extremely fast southbound current and the jutting headland that made it a dangerous lure for shipwrecks in the past also creates the conditions which have made it a popular surfing destination in recent years. To the north of the Carrapateira headland is the vast Praia da Bordeira, regarded as one of the best beaches in Portugal, "noted for its rugged limestone cliffs and extensive sand dunes". To the south is the Praia do Amado, highly popular with surfers.



Activities

All activities can be arranged and paid for in cash once you arrive.

- Beach time, Swimming
- Surfing...(Surf Lessons can be booked locally at Praia Do Amado) <http://www.amadosurfcamp.com>
- Walking on Rota Vicentina's fisherman or historic trail: <http://en.rotavicentina.com/fishermens.html>
- Nature walks
- Dolphin watching
- Spa services: Massages, sauna, and steam bath

What to bring

Pack lightly! Less is always more. Portugal is pretty warm in mid October. Also bring some warm clothes in case of a cold snap and a sweater for the evenings, but also pack your swimsuit and lighter clothes for the sunny days and visiting beaches and nearby villages. A pair of walking shoes would be highly recommended.

Currency - Expenses

Portugal uses Euros. Hotel gratuity is included in your retreat fee, but if you feel that service exceptional, you can certainly tip more. Extra activities at Monte Velho can be paid in cash. They don't have a credit card machine. There is an ATM machine in Carrapateira.

Passport

U.S. citizens may enter Portugal for up to 90 days for tourist or business purposes without a visa within any 180-day period. Your passport should be valid for at least three months beyond the period of stay.



CHRISTINE HOAR has been a practitioner of the Ashtanga Yoga System for 25 years and has been teaching for 22 years. Specializing in the integration of the Ashtanga method with the principles of Ayurveda and the depth of Yogic philosophy, Christine offers students unique insights into the Yogic lifestyle. She has made many trips to Mysore, India to study with her Guru, the late Sri K. Pattabhi Jois, and she is honored to have received his blessing and authorization to teach.

Christine is also a certified Ayurvedic consultant. As a practitioner, she is devoted to creating health and joy by fostering an awareness of the karma associated with our lifestyle choices and our connection to all of nature. As a teacher, she integrates alignment and intuition, strength and fluidity, mindfulness and humor. Christine is passionate about the teachings, and brings a gentle, compassionate, and light-hearted, yet powerful, hands-on approach.



SARAH DURNEY HATCHER grew up in Reno, NV. In 2000, she saw an Ashtanga yoga demonstration while studying at the University of Oregon, and from that point on, began practicing Ashtanga yoga as much as she could and has not stopped since.

She began her studies with Nancy Gilgoff, Christine Hoar and Randa Chehab. Her interest to study more led her to Mysore to study with Sri K Pattabhi Jois and Sharath Jois in 2008 and finally, to her beloved teachers David Garrigues and Dena Kingsberg. She also found a love for Sanskrit and Vedic chanting and began studying with David Miliotis at Ashtanga Yoga Orange County. From 2008-2011 she founded and ran Ashtanga Yoga Boise in Idaho. From 2011 on she lived in Philadelphia to study and assist David Garrigues, assist him with the opening of the Ashtanga Yoga School of Philadelphia, and teaching while he was traveling. In 2012 she moved to Scotland where she began a Mysore programme in Aberdeen at Love Yoga; offered workshops in Glasgow, retreats at Ecoyoga Scotland and later became the Morning Mysore Director at Meadowlark Yoga from 2014-2019. Currently she lives in Dublin, Ireland with her two boys and teaches a Mysore Program at Little Bird Yoga.

To book your retreat spot, contact Christine
e: christine.hoar@gmail.com, t: 802.238.3735
www.ashtangamontauk.com

PORTUGAL YOGA RETREAT 2024

with Christine Hoar, Ashtanga Montauk
and
Sarah Durney Hatcher, Dublin

Oct 13-20, 2024

REGISTRATION FORM (separate form required for each traveler)

Name.....
Expiration date of passport.....
Date of birth.....
Email.....
Phone: home..... mobile

Address.....
City..... State..... Country..... Zip.....

Occupancy desired*:
..... Single room \$1950
..... Double room \$1750 per person
..... Triple/Quad room \$1550 per person
*First come, first-served

Roommate request: Name

Traveling in a group, please name your friends

.....

Traveling solo, please select a roommate for me

Dietary restrictions..... Allergies..... other.....

\$600 non-refundable deposit due with registration form.
Full Payment due August 15, 2024.

Signed..... Date.....

Make checks payable to [Ashtanga Montauk](#) and mail to: Christine Hoar, PO Box 872, Montauk, NY 11954.
Zelle or wire transfer payment also welcomed. A 3% transaction fee for Venmo and Paypal payments will be added.

We look forward to sharing this experience with you!

Christine Hoar, Ashtanga Montauk, christine.hoar@gmail.com, 802.238.3735