



Presents the first of a series of experimental retreats

MOVING INTO THE ENDLESS BODY

A unique experience combining Movement,
Forest Bathing and Mindful Stargazing



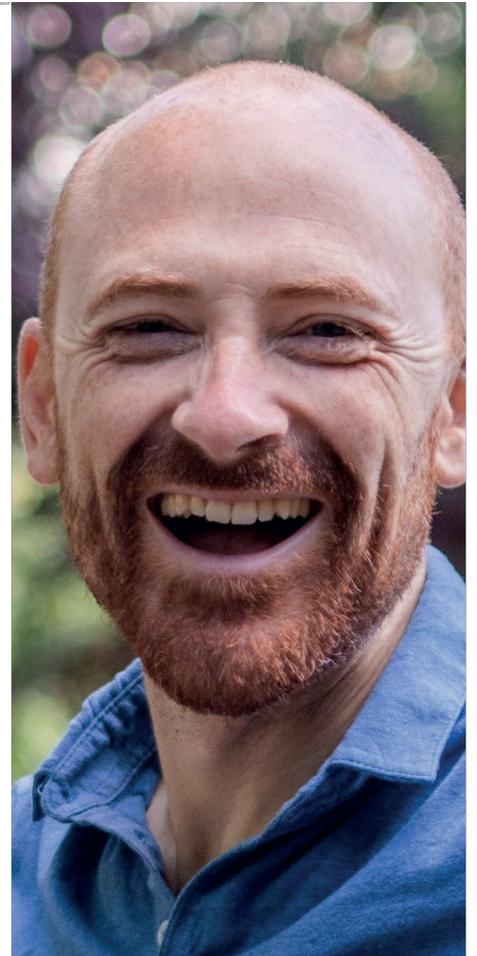
Pedro Goucha Gomes

is a certified teacher of the Feldenkrais Method and Mindfulness-Based Stress Reduction (MBSR). He was a professional dancer and is a partner at Loural.



Geeta Stilwell

is trained in Forest Therapy, Embodied Mindfulness and Conscious Resting, as Pharmacist and in Council and Active Meditation Techniques.



Mark Westmoquett

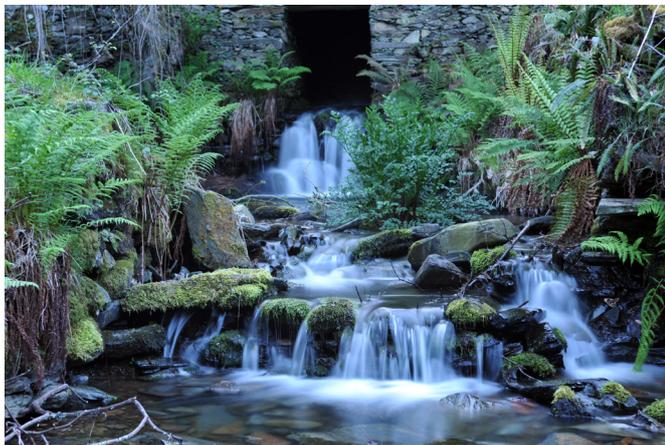
completed his PhD in Astrophysics. He is an author, Yoga, Meditation and Zen teacher.

A 6 Day Semi Silence Retreat
7 to 13 August • Loural Ecovillage Portugal



Engaging with the present moment • Greater emotional balance • Reducing stress and anxiety • Connecting with the stars and the Earth • Silence • Restoring a sense of intimacy and wonder with yourself and everything around you

Pedro will be offering daily Awareness Through Movement lessons. With gentle movements you will restore your innate wisdom for peace and well-being.



Geeta will be guiding a series of walks and Forest Bathing sessions in the magical nature of Loural. She will open your heart to the more-than-human world.

Mark will be offering daily Mindfulness Meditation in the morning and Mindful Stargazing for six evenings. He'll bring together the outer world of the cosmos and the inner world of awareness. His insights will bring the cosmos into every cell of your body





Place : Loural Ecovillage is a centre of transmission of medicine, integrative therapies and a place for retreating. Thanks to our 30 hectares, our little river and our 5 sources, we are leaning towards some food and energy autonomy.

We are nestled in a magical valley, with shale houses, waterfalls, several gardens supported by hand crafted stone walls, delicious vegetarian food and much more...



Price

Course : 720 euros/per person
Plus accommodation (full board)

Accommodation

- Room with 2 single beds: 540 euros/per person
- Single room: 660 euros/per person

Glamping

All tents and Yurts: 420 euros/per person in triple occupancy



How to get to Loural

Loural EcoVillage is 2h 30min from Lisbon and 2h 25min from Porto. If you are coming from either airport, the best way to get here is to take a train or bus to Coimbra, and a taxi from Coimbra to Loural



Pedro Goucha Gomes

was a professional dancer most of his life. Currently, he is a certified Feldenkrais teacher and a Mindfulness-Based Stress Reduction teacher (MBSR).

He is part of the Loural EcoVillage.

Committed to sharing practices that lead to a greater sense of peace and respect toward ourselves, each other and everything around us, Pedro studied Permaculture.

In 2018 he founded Embodied Awareness, a platform offering classes, workshops and retreats to anyone interested in exploring how the awareness that emerges from the field of Somatic Education, Meditation, Dance and Permaculture may contribute to the cultivation and embodiment of peace and environmental awareness.



Geeta Stilwell

is trained in Forest Therapy, Embodied Mindfulness and Conscious Resting, in Council and Active Meditation Techniques and in the field of Healthcare as a Pharmacist. Founder of the company Renature where she creates and facilitates restorative programs that promote wellbeing and health through nature connection practices, clean eating and self-care. She is the co-founder of the company Wellbeing Inspired by Nature where she trains consultants all over the world.

Working all over the world with various populations that range from the general public, corporate senior and junior teams, schools, families, mental health populations and individuals recovering from situations of excess stress and related disorders. Her passion is to bring human beings back to nature and support the reconnection to the restorative potency of the natural world. Based on her own recovery journey, she creates a safe space for the nature connection and self-care journey to unfold.



Mark Westmoquett

completed a PhD in Astrophysics at UCL (University College London) in 2007. He worked as a post-doctoral research fellow for seven years at UCL and ESO (European Southern Observatory) in Munich, Germany.

In 2013, he decided to leave professional research to focus on teaching yoga and mindfulness. He has been practising yoga since 1999. After 10 years of personal practice, he trained as a Zen Yoga teacher with the Zenways school. In the early 2010s, he studied intensively with yoga teacher Jonathan Monks. Since 2007, he continued Zen practice under the guidance of Zen master Daizan Skinner Roshi. In the summer of 2015, he became a Zen monk for a short training period. In 2016, he became a junior-level Zen teacher and has since begun taking on teaching responsibilities within the Zenways sangha (community). He has also been a tutor in the Zenways Yoga Teacher Training programme. Mark is a Yoga Alliance registered E-RYT 200 yoga teacher and he is also a registered teacher with the Independent Yoga Network (IYN)



SCHEDULE

Arrival day (August 7th)

16:00 - 17:30 Arrival time (please do not arrive before 16:00)

18:30 Orientation

19:30 Dinner

Mindful Stargazing after sunset

After Mindful Stargazing silence will be maintained until 09:30 next morning.

Daily Schedule

07:30 - 08:15 Mindfulness Meditation (Sitting and Walking Meditation)

08:15 - Breakfast in silence

9:30 - End of silence

10:00 - 11:15 Awareness Through Movement

12:30 - Lunch

15:30 - 17:30 Forest Bathing/Walk (possibility for some Sharing Time)

19:00 - Dinner

After sunset - Mindful Stargazing

After Mindful Stargazing silence will be maintained until 09:30 next morning.

Departure Day (August 13)

07:30 - 08:15 Mindfulness Meditation (Sitting and Walking Meditation)

End of Silence

08:15 - Breakfast

09:15 - 10:15 Closing Ceremony

Departure by 11:00

Please note that this will be a semi-silent retreat. Each day, from the last practice in the evening to 09:30 a.m. the next day, silence will be maintained. Silence will also be maintained throughout the entirety of the 4th and 5th days. Throughout the silent periods, participants are asked to be offline, while in the remaining period online time should be reduced to a minimum.

Course in English and Portuguese

Book your retreat at: <https://www.embodied-awareness.org/retreats>

Contact: info@embodied-awareness.org

