



yogalife

PORTUGAL BEACH RETREAT

Sat 22nd-Friday 28th May 2027

Fitness • Yoga • Detox • Water Sports

Discover Your Perfect Escape at Yogalife Retreats

Welcome to Yogalife Retreats, where fitness, yoga, and water sports seamlessly blend to help you become the best version of yourself. Our retreats offer an invigorating mix of yoga and group fitness sessions, each designed to complement the other in enhancing your strength, endurance, and inner peace.

Experience the thrill of beach fitness sessions that boost strength, endurance, and fat loss, while our diverse yoga practices cultivate flexibility, focus, balance, and a serene mind. Our culinary offerings are equally enticing, featuring freshly prepared, nutritionally balanced plant and protein-based meals. Savor the flavors of fresh seafood, colorful salads, vibrant vegetables, and perfectly grilled BBQ meats.

All of this unfolds at our private beach villa, just a short 15 minute stroll from the sea. Our venue boasts top-notch facilities, including a private pool, jacuzzi, yoga studio, and beach volleyball court. Relax poolside on ample sun loungers, unwind in hammocks, or gather around the outdoor fire pit and BBQ area to watch the sun set.

Each en-suite room is air-conditioned with a balcony, offering breathtaking sea views and sunsets. Let Yogalife Retreats take care of you in this idyllic setting, because you truly deserve it. Dive deeper into our brochure to discover more about this unique experience.



Bespoke

Experience the Uniqueness of Yogalife: We pride ourselves on crafting bespoke experiences that cater to the unique physical and well-being goals of each individual. Unlike any other retreat, we take into account your personal abilities and experiences to ensure you achieve rapid, effective results. Our approach is holistic, integrating yoga, invigorating beach fitness sessions, and a nourishing diet of proven protein and plant based foods.

We go beyond traditional retreats by incorporating goal setting, visualization, journaling, and meditation into your daily routine, providing a comprehensive framework for transformation. Rest and rejuvenation are prioritized, with ample opportunities for sleep and relaxation, supported by the camaraderie of your new found tribe. This personalized attention and unique blend of activities truly set Yogalife Retreats apart, offering a transformative journey tailored just for you.

Yogalife take into account each individual's physical & well-being goals, along with your ability & experience, ensuring everybody on our retreat will work to there maximum ability ensuring rapid, effective results, we use yoga, beach fitness sessions, tried and tested protein & plant fish foods, goal setting, visualisation, journaling, meditation, rest, sleep & the support from your new found tribe.



Intimate

Discover Your Intimate Oasis nestled along the breathtaking unspoiled coastline of the western Algarve, Yogalife Retreats offers a serene escape between the charming towns of Lagos and Sagres, just a leisurely 15 minute walk from the stunning Praia da Luz Beach. Our exclusive venue stands out with unparalleled facilities designed to enhance your retreat experience.

Enjoy our private yoga studio, unwind in the tranquil surroundings of our private pool and jacuzzi, or engage in a game of beach volleyball on our dedicated court. The sun terrace, adorned with plenty of loungers, hammocks, and hidden meditation spots, invites you to relax and reconnect with yourself. Our welcoming communal areas—both indoor and outdoor—offer the perfect balance for socializing or enjoying some well-deserved solitude.

Each en-suite, air-conditioned room is a personal sanctuary, catering to all levels of yogis and athletes, from beginners to seasoned practitioners. At Yogalife, we nurture your journey at your own pace, ensuring a supportive environment. You'll also receive our signature goody bags filled with supplements, soothing aromatherapy candles, oils, and bath salts to ease sore muscles and promote relaxation.



Energising

At Yoyalife Retreats, we believe that nourishing the body is essential for a transformative retreat experience, which is why our meals are freshly prepared onsite every day. Our culinary offerings are not only delicious but expertly balanced to promote energy, health, detoxification, fat burning, and muscle toning. Guests can indulge in a variety of high-protein options, including ethically sourced chicken, fish, beef, as well as plant-based proteins like halloumi, tofu, and goat cheese. Each meal is accompanied by an abundance of vibrant salads and wholesome plant-based foods, showcasing the best of what nature has to offer. This commitment to healthful and flavorful cuisine sets us apart from other retreats, ensuring that every bite contributes to your overall wellness journey. Experience the perfect blend of taste and nutrition that fuels your body and soul at Yoyalife Retreats!



Dynamic

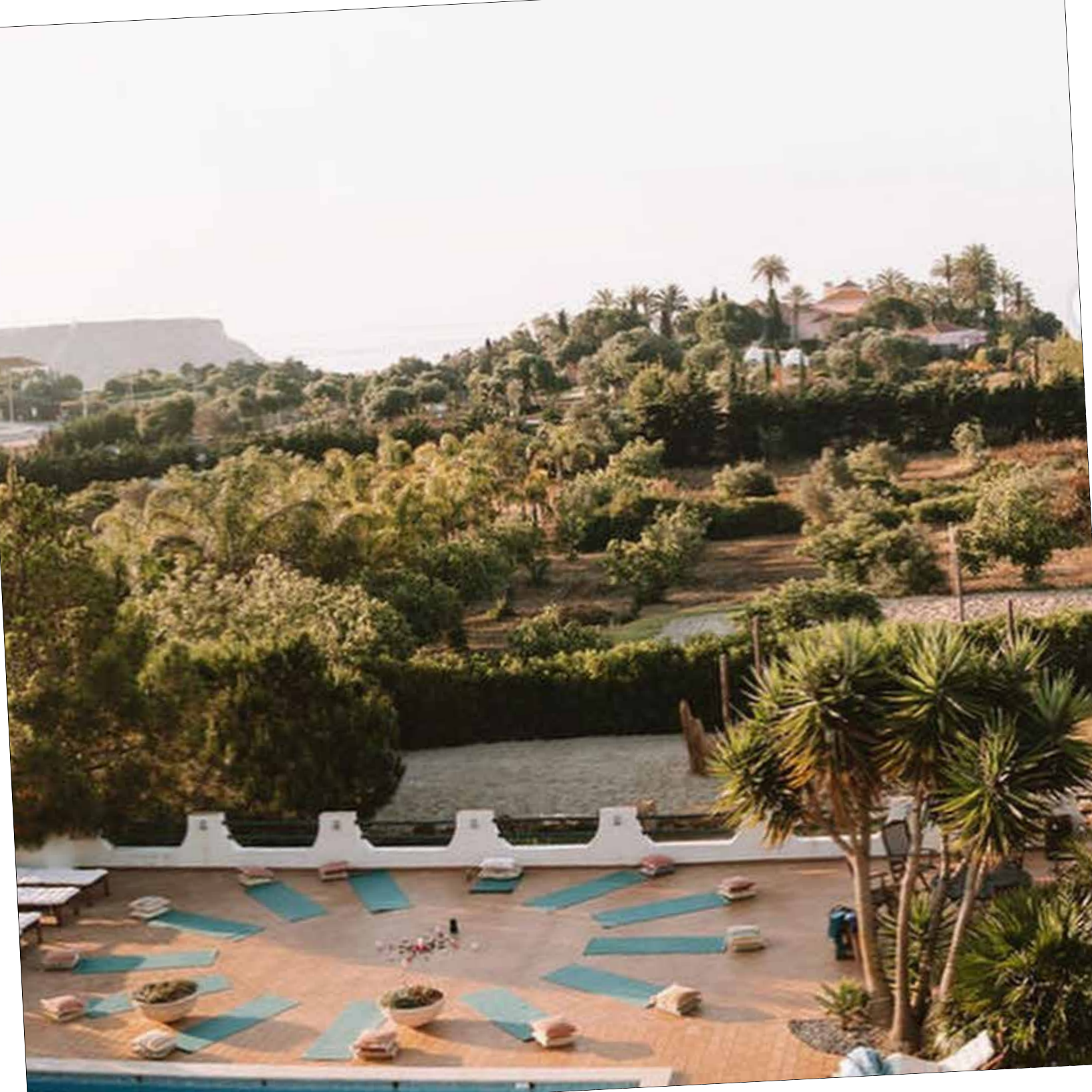
At Yoyalife Retreats, our fitness and yoga sessions are designed to be dynamic and invigorating, setting us apart as the best in the business. Throughout the week, participants will experience a diverse array of yoga styles, including slow flow, vinyasa, power, and restorative yoga, each complemented by deep meditation and breathing techniques. To enhance physical and mental wellness, we integrate various movement techniques such as HIIT training, beach circuits, animal movement, and calisthenics, alongside engaging team sports like beach volleyball and exciting water activities. This holistic approach ensures that you will engage your body and mind in transformative ways, elevating your overall wellbeing to heights beyond your imagination. Join us for an unforgettable journey that revitalizes both your spirit and physical health!

Your Experience

At Yogalife Retreats, our primary aim is to create a transformative experience by bringing together remarkable individuals in some of the most breathtaking and unique venues around the globe. We take care of every detail, including transfers, meals, fitness sessions, yoga practices, and activities, allowing our guests to focus solely on themselves without the burden of planning or stress.

By harnessing the power of yoga and the chakra system, we nourish the body with healthy, detoxifying foods and supplements, while integrating cutting-edge training methods and hormone response science. Guests will bask in the sunshine, listen to the soothing sounds of the ocean, and enjoy stunning views, all while engaging in meditation, breath work, and restful rejuvenation.

Our ultimate goal is for participants to leave feeling amazing—energised, lean, and strong—while forming lasting friendships and gaining invaluable knowledge on maintaining holistic wellness. Join us in living your best life at Yogalife Retreats!





Highlights

- Up to 5 hours of yoga, meditation & fitness sessions a day
- Yogalife goody bag packed with wellness essentials
- Delicious protein packed & plant based menu
- Mini Bio Hacking Workshops on: Medicinal foods, Deep sleep science, Taking control of your hormones & your life
- Day trip to the beautiful local town of Lagos.
- Private beach volley ball court, pool, jacuzzi & yoga studio
- Just a 15 minute stroll to the beach
- Effective results, fast!
- Yogalife closing PARTY!!
- Free airport transfers included *(if recommended flights have been booked)*
- Surf board & paddle board hire
- Optional surfing Lessons, kite surfing lessons, paddle board trips

A Day in the Life at Yogalife Retreats

Begin your day as the sun rises with a prebiotic shot, followed by Yogalife's unique approach to Kriya yoga to invigorate your senses and awaken your body. This sets the stage for a dynamic yoga & sun salutation practice that will energise your body & prepare your senses & mindset for the day ahead, each yoga session through the week is designed around the chakra system allowing you to experience the full array of yoga practices & their unique properties.

After refreshing with a shower or a swim in our pool, savor a wholesome breakfast on the sun terrace, surrounded by lush palm trees & the sea on the horizon. Indulge in fresh juices, eggs, omelets, overnight oats, and fresh fruit salad, along with ice-cold water, yogi teas and detoxifying coffee.

The rest of your morning is yours to enjoy. Lounge by the pool or stroll along the beach, perhaps discovering hidden hammocks for a restful nap. If you're feeling active, engage in a game of volleyball on our private court. The beauty of our retreat is that every moment is tailored to your desires.

Rejuvenated, participate in another enjoyable fitness or yoga session. Afterward, enjoy a delicious lunch featuring fresh fish, vibrant salads, vegetables, and refreshing cold-pressed juices. Spend the afternoon relaxing by the pool with a good book or explore the stunning local beach, with maybe a surf board or paddle board under your arm & enjoy some of the best waves in the world.

Before dinner, the time is yours again to spend freely doing what your heart desires, be active or be relaxed the choice is all yours. Dinner is a culinary delight, offering vegan, vegetarian, and meat options, all crafted to enhance health, well-being, detoxification, and fat burning. Our chef showcases local produce, including fresh vegetables, grilled fish, prawns, and colorful salads.

As the day winds down, participate in a meditation session themed around deep relaxation and sleep science, creating the ideal environment for a restful night. Stroll back to your room under the stars, light your aromatherapy candle, and drift into a deep, restorative sleep with our guided meditations.

"You'll create lasting memories and friendships in this serene oasis"



What's included



Accommodation & Facilities

Swimming pool, jacuzzi, yoga studio, sun terrace, hammocks & sun loungers, table tennis table, BBQ & Fire pit, 15 minute walk to the local beach, surf boards & paddle boards, large en-suite rooms, all air conditioned.



Dates

Sat 22nd-Friday 28th May 2027



Recommended Flights

Jet2 Depart Manchester - 8.00am arrive Faro 11.05am

EasyJet Depart Faro - 12pm arrive Manchester 3pm

Current flight price is £353 Checked in luggage and pre booked seats are not included.

*Note: Best time to book flights is between 60-120 days before departure, here will be the best value & availability.



Investment

£1,550pp based on 3-4 sharing a quad en-suite room.

£1,850pp based on 2 people sharing a twin en-suite room.

Special offer:

1. £150 early bird discount, (first 5 places only)
2. £100 discount if paid in full.

To secure your place it's as easy as 1,2,3!

- 1: Deposit: Pay a £500 non-refundable deposit to secure your place.
- 2: Second Payment: Pay 50% of the remaining balance on or before the 1st of Feb 2027
- 3: Remaining balance: Pay remaining balance on or before the 1st April 2027

*Payment details can be found under what to do next, towards the end of this brochure.

“Optional” Comprehensive blood tested health check

What you can expect

Unique to Yogalife retreats, as part of our first class service, we will also be able to provide you with insight into your cells' health and productivity levels via a finger prick blood test. Your cells are responsible for nearly every single function in the body including building bones, organs, ligaments, cartilage, skin and muscle as well as repairing injuries. Your cells are also responsible for the absorption of nutrients (converting those nutrients to energy), removing toxins, fighting disease, the list is endless. Armed with the blood test results we can determine a number of things:

1. Your cells' omega 6-3 ratio - are your cells inflamed? If the structure of your cell is in balance then so are you chemically, physically and emotionally
2. Cell membrane fluidity - this determines your absorption level of nutrients from foods and your efficiency in releasing toxins from the cell
3. Your cells' protection level
4. Your Arachidonic acid index - this is your ability to fight disease and viruses (immune strength) and also your ability to repair tissue after trauma
5. Mental strength - this looks at the balance and supply of omega 3-6 to the brain and nervous system. 1 omega 3 to 1 omega 6 is optimum - this will affect mood and brain- related wellness

If you would like the blood tested health check, please contact Gareth directly, and follow next steps below.

In order for us to provide you with this insight, you will need to arrange for a painless easy finger prick blood test to be carried out at least three weeks before you leave for your retreat, blood tests can be carried out by Gareth Caple, or if it's more convenient for you, they can be posted directly to your door for you to carry out yourself.

To arrange a blood test please call Gareth on 07979 520 339.

How it works



The blood test needs to be carried out at least three weeks before you leave for your retreat.



The test can be carried out by Gareth Caple or if it's more convenient for you, they can be posted directly to your door. A video and instructions on how to perform the test yourself will be provided.



The test only takes 10 minutes, it's very easy and relatively painless.



The test ID then needs to be registered at zinzinotest.com, then put in the post using the envelope provided and sent away for analysis.



Please provide Gareth with a photo of your test ID via email: gareth@yogalifeuk.com



It takes 10-20 days for the results to be e-mailed to you. You will receive a text notification when your results are ready.



These will be reviewed in a 1-2-1 consultation on the retreat. From this a plan will be put together to ensure you are at optimum health, from your cells to the top of your head to the tips of your toes!



This unique service comes at no additional cost

**Any questions, please contact Gareth Caple on 07979 520 339
or gareth@yogalifeuk.com**



Things you need to arrange/pack



Book your flights!

Book your flights! We have partnered with Donna from Travel Counsellors, she will take care of all your flight booking needs, let Yogalife take away the hassle.



Travel insurance

Please ensure you are fully insured for the area we are travelling to. Check with your insurance provider for full details of your policy. If you prefer us to have a copy of these details in the unlikely event we need to act on your behalf, then please send them to gareth@yogalifeuk.com



Sun cream

Lots of people forget this and as we will be practicing yoga outside, we want you to be safe.



Currency

You won't need much as we will have taken care of nearly everything, but get some currency just in case!



Sports gear

Bring lots of training gear, yoga leggings, sweat towel, running trainers & lots and lots of enthusiasm!



Goody bag

Don't forget your Yogalife goody bag (we will get this to you 2 weeks before we fly).

What can you expect on this retreat?

A full body cleanse inside & out

We want you to get the most from this retreat, to do this we have designed a nutritional program to compliment all of our sessions. There will be no alcohol until the final night when there will be an option to have alcohol at the closing party.

We eat lots of plants & protien:

Plant-based means exactly that - lots of super healthy vegetables, fruits, nuts, seeds, salads, herbs and spices accompanied by animal & plant proteins such as eggs, fresh fish, beef, tofu's and BBQ's. we obviously cater for any specific requirements allergies & food preferences. Please volunteer this information upon confirming your place with us.

“Optional” one morning & afternoon fast

Fasting is one of the oldest traditions within yoga and is widely used in sport and the health and well-being industry. To reap the health benefits of fasting we will be skipping breakfast & lunch for one day. This will only take place once. You will lose body fat and weight and you will tone up and feel bloody amazing.

What to do next?

1. Contact Gareth confirming your interest and booking.
2. Pay a £500 non-refundable deposit
3. Book your flight. (60-120 days before departure date)
4. Pay 50% of the remaining balance by 1st Feb 2027
5. Pay full remaining balance before 1st April 2027

Contact details:

Gareth Caple

Director of Yogalife UK

Tel: 07979 520 339

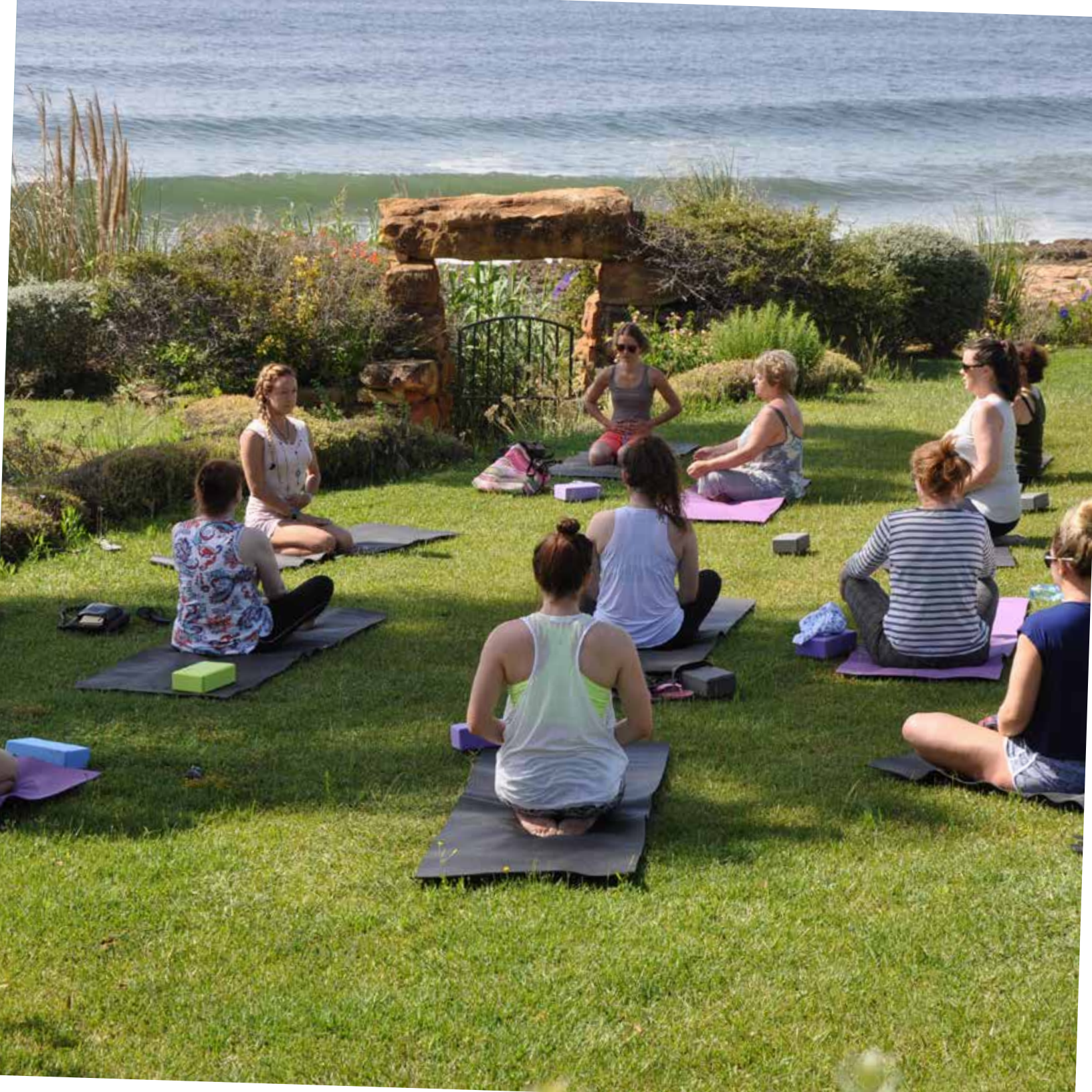
E-mail: gareth@yogalifeuk.com

Payment details:

Barclays Bank - Life Changing Retreats

Sort Code: 20-45-45 Account Number: 03000486

** Please use Portugal Aug27 as a reference and email gareth@yogalifeuk.com to confirm your place.*





LOOK OUT FOR OUR 2027 RETREAT DATES

Snowga retreat, Val-d'isere, France

March 14th-21st 2027

Breath work, cold therapy, & yoga for snow sports retreat.

UK Weekend Wellbeing Retreat

April & July 2027 DTBC

Re-wilding, fitness, yoga, foraging and whittling in our SECRET location
(just 2 hours drive from Wilmslow)

Majorca Luxury chakra wellness retreat

August 2027 DTBC

Yoga & Fitness, sailing, pure luxury.

BOOK IN 2026 TO RECEIVE A £100 DISCOUNT ON ALL 2027 RETREATS

We will contact you directly for first refusal, keep an eye on our website www.yogalifeuk.com
and your emails for all release dates

Or contact Gareth on 07979 520 339

Instagram: @yogalifeuk or @spiritualgangstarr1 Email: info@yogalifeuk.com