



## Yoga Retreat in Northern Portugal

20<sup>th</sup> – 27<sup>th</sup> June 2026

### D'Alijo Retreat Centre



The D'Alijo retreat is situated on a tranquil hillside in Northern Portugal, located near the village of Cabeceiras de Basto in the province of Mahio, with its beautiful cities of Porto and Braga. It is surrounded by trees, with a stream, waterfalls and pools in spacious, landscaped grounds.

Porto has an international airport, just over an hour away from the centre. The area is well known for its Vinho Verde and Douro vineyards, olive orchards and beautiful national parks.

D'Alijos' intention is to nurture its guests by providing a space to awaken the mind, body and spirit. The centre offers numerous quiet areas for reading, meditating or just to while away the hours enjoying the views.

The retreat boasts an inspiring studio space, along with stylish rooms in log cabins and the main building, all with modern en-suite facilities. Those who venture here will feel empowered to reconnect with nature in a truly spectacular location.



## About your teacher - Gillian Cawte, BSc (Hons)

Gillian has practiced Yoga since 1999, training to teach with The Life Centre in London from 2005 – 2007. She is a member of the British Wheel of Yoga, and has studied with various international teachers including Mukunda Stiles, Aadil Palkhivala, Richard Freeman and Donna Fahri. Gillian qualified as a Yin Yoga teacher on Paul and Suzee Grilley's Level 5 Diploma Teacher Training programme. She has also completed Sarah Powers 500 hours Yin / Insight Teacher Training, as well as Levels I, II and III. She additionally studied with Bernice Clark in Vancouver in 2014.



For the past four years, she has been running her own Yin Yoga Teacher Training courses, emphasising the target areas of yoga poses, anatomy and the meridian channels affected during a yin pose.



Gillian's teaching style incorporates Hatha Yoga with Buddhist teachings. She encourages her students to focus on the feel of the pose, versus the look of the pose. She explains how poses are performed and likes her students to be comfortably challenged.





## Activities and Excursions

If enough people are interested, an excursion to Porto or Braga may be organised. There are lots of things to do and see in this beautiful part of the world – further details of the retreat, including room descriptions, can be found at:

<https://dalijoyogaretreats.com/>

First day – introductions and evening meal, followed by daily programme:

### **Morning:**

8.30 – 9.00am Meditation

9.00am Breakfast

11.30am – 1.00pm Yoga

1.00pm Light Lunch

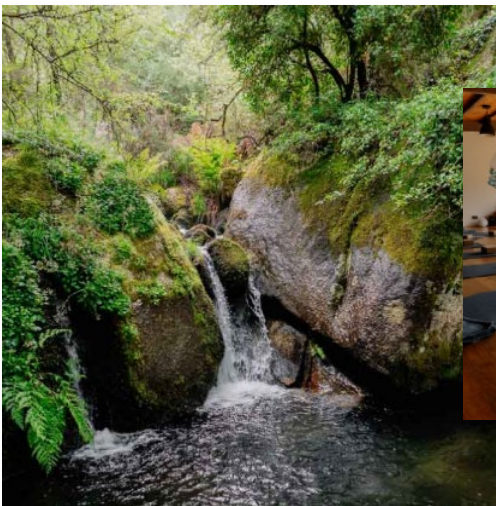
### **Afternoon:**

5.00 – 6.30pm Yin Yoga

### **Evening:**

7.30pm Dinner

You are welcome to come to all, or some, of the classes – it's your holiday!



## Fees and Terms

Single sharing en-suite **Mountain Lodge** £1,200 pp (three single rooms in the Lodges which have a kitchenette, dining table and sofa) – perfect for three friends sharing!

Twin en-suite **Main House or River Cabins** £1,300 pp

Single en-suite **Main House or River Cabins** £1,600

Double en-suite **Garden Suite** £1,500 pp

Single en-suite **Garden Suite** £1,700

### Included:

- Yoga and meditation classes
- Seven nights' accommodation
- Full board
- Use of yoga mats, blocks, belts and blankets
- Transfer to and from Porto airport to the yoga centre (approximately 1.5 hours). This will be coordinated with flights.

### Not Included:

- Airfares – There are direct flights to Porto from most UK airports
- Excursions outside of the centre
- Travel / Health Insurance – please bring a valid EHIC (E111) card
- Massages and other therapies on site
- Wine – delicious local wine can be purchased.

First non-refundable deposit of **£150** will secure your place; a second deposit of **£350** payable by 1st January 2025, with **balance** payable by 24th April 2026

For more information and to reserve your place, please contact:

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