
AWAKEN YOUR INNER HEALER

MAY 29 - JUNE 4, 2020
ESTORIL, PORTUGAL

Join us for a one-of-a-kind experience led by seasoned practitioners who understand the value in getting away from the everyday and getting into **a new rhythm guided by a higher vision.**

[Read the 6 Reasons to Retreat to Portugal Blog](#)



We are witnessing a paradigm shift this century as individuals and as communities. The importance of mindfulness and empowering ourselves is necessary for true happiness.

This provides a myriad of opportunities to “retreat”- from neighbourhood yoga studios to organizations providing you with an opportunity to go on a retreat.

The Infinite Gathering Retreats are different... the goal is not to have you retreat for a finite amount of time and then return to “society” and your “daily living” - our goal is to be part of the



The **Awaken Your Inner Healer** retreat series journeys back to Europe for 2020 with an exploration of our minds and souls in the enchanting country of Portugal.

We are overjoyed at the opportunity to bring together humanity in a gathering where every one of your senses will rejoice in this learning environment. From awakening our inner child with

continuum of your awakening... what you learn at our retreats is part of an unending journey of mindfulness, connection, healing and wellness.

walks on the beach with waves from the Atlantic lapping at your feet, having your taste buds explode with the flavors of a cuisine consisting of the merging of many civilizations, to ending one's evening with unhurried, deep conversations with fellow souls.

THE LOCATION



Palacio Estoril



Palácio da Pena Sintra



Parque Natural

“BEST FOR TARGETED HEALING” – Condé Nast Traveller Spa Awards 2019

Built in 1930 and recently renovated, the Palácio Estoril, is one of the most prestigious hotels in Portugal. Situated in the heart of Estoril - just 25 Km away from Lisbon Airport, the Palácio is a five-star deluxe hotel, enjoying beautifully landscaped gardens and sea views.

As retreat leaders, we chose this location because of it's immaculate beauty and ease of staying here. This allows you to more easily drop into your personal growth of “Awakening Your Inner Healer.”

We will have the opportunity to be enchanted by the beauty of Sintra, a UNESCO world heritage site and town in the foothills of Portugal's Sintra Mountains. Sintra is a longtime royal sanctuary, in the midst of forest and colored with gorgeous palaces and villas in Moorish style. We will take a tour of local sights including Pena Palace (considered one of the seven wonders of Portugal), and Monserrate. We will also take a walk on the paths of Parque de Pena for views over the city below.



MEET THE PHYSICIANS



Dr. Alexina Mehta, ND, BHK

An award winning naturopathic physician dedicated to inspiring humanity to achieve well-being in the mind and body.



Dr. Mickey Bansal, MD, MBA, FAAP

A nationally recognized pediatric emergency physician driving change to improve healthcare as a system.



Dr. Tanya Gee, D. TCM

An veteran doctor of Chinese medicine who is a global speaker and educator.



Dr. Lena Suhalia, ND, FABNO

A naturopathic physician with a focus in integrative oncology - one of only 100 practitioners worldwide.

AWAKENING YOUR INNER HEALER RETREAT - TOPICS OF DISCUSSION WITH PHYSICIANS

1. Practices to Awaken Your Inner Healer: meditation, visualization, self-observation, and meditation
2. Evidence based practices to change obsolete habits and behaviours
3. The Science of Resilience and Adaptability
4. Understanding the root causes of illness - knowledge is power
5. Virtue medicine: The nectar of healing processes and health shifts
6. Honoring the divine feminine and divine masculine

7. Natural medicine from around the world: A comparison of different systems and how they can help you (i.e. Chinese Medicine, Tibetan Medicine, Ayurveda, Natural Medicine, Astrology, and other Spiritual Perspectives on Medicine from Mystical traditions)
8. Foods, herbs, and plants to support the Nervous system, Lymphatic system, Hormonal system, Skeletal system, Muscle system, Skin, Respiratory system, Cardiovascular system, Urinary system, Reproductive system
9. Self-care Tips for Optimal Health



OUR TYPICAL DAY

7:30-9am: Rise and Shine Meditative Yoga session
(Suitable for all levels)

9am-10am: Morning Meditative walk on the beach.

10am-11am: Buffet Healthy Brunch

11am-1pm: Group Teaching on one of the
Awakening Your Inner Healer topics listed by one of
the Physicians

1pm-4pm: Visit the spa, hammam or garden for
some relaxation time

4pm-5pm: Afternoon Resilient Mind Skills session -
Effective evidence based practices to break obsolete
habits and behaviors

5pm-6pm: Buffet Healthy Dinner

6pm-6:45pm: Evening Walk

7pm-8:30pm: Evening session/Guest Session or
Free time depending on the day

The above schedule is subject to change
All activities are optional.

Daily Themes

Day 1: Welcoming New
Beginnings

Day 2: Self Observation: Initiating
Change From Within (Afternoon
trip to Cascais, a local town
close-by)

Day 3: Accessing Your Inner
Healer

Day 4: Finding Joy and Beauty
(Day trip to Sintra and BuddHist
Monastery)

Day 5: Healing the Body

Day 6: Healing the Mind
(Afternoon trip to Lisbon)

Day 7: Integration and Inspiration

EARLY BIRD PRICING

REGULAR PRICING

Book your awakening retreat by
March 11, 2020

Double Room USD 2550 / € 2300
Single Room USD 2950 / € 2650

Book your awakening retreat by
deadline on April 15, 2020

Double Room USD 3050 / € 2750
Single Room USD 3450 / € 3100

RESERVE NOW

PLEASE NOTE THAT ALL SINGLE ROOMS ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS

INCLUSIONS

- 6 nights accommodations based on room category
- Brunch and Dinner Buffet daily
- Tea/coffee, mineral water and healthy snacks
- Wireless Internet
- Access to **Banyan Tree Spa** with 20% discount on special spa services
- All Workshops and Lectures by renowned physicians
- Daily Yoga practices
- Daily Breath-work
- Daily Meditation

EXCLUSIONS

- Airfare to/from Lisbon, Portugal
- Arrival and departure transfers to the hotel
- Costs to obtain valid Passport/Visa
- Cancellation insurance
- Travel Insurance
- Medical Insurance
- Any items of a personal nature
- Any item that is not specifically detailed on our website or in the final retreat itinerary

RESERVE YOUR SPOT NOW

Please email [**theinfinitegathering@gmail.com**](mailto:theinfinitegathering@gmail.com)
if you have any questions and to send your
non-refundable deposit of USD 500 / € 500 and
reserve your space in this unforgettable
experience. Please note that space is limited.

