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A L G A R V E   |   P O R T U G A L

# *Medicine Song Retreat*

L E N A   Y O U N E S   |   L U C Y   W Y L D E   |   D O R R I E   J O Y



## *The Retreat*

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We warmly invite you to join Lena Younes, Lucy Wylde and Dorrie Joy on this very special retreat held in the wilderness of the Portuguese Algarve.

Medicine Song is a collaborative experience circling around the elements and directions of the medicine wheel. We will inter-weave voice, ceremony, breath, creativity and yoga alongside our plant allies (rose, cedar, rosemary and more) as we develop a deeper inner-standing of our own unique journey and remember the beauty and gifts these precious medicines have to offer.

*Creativity is a fact of your spiritual body and nothing that you must invent.*

### - THE ARTIST'S WAY

Our retreat will consist of 4 full days (5 Nights) nestled in a cosy environment in the Algarve where you have the opportunity to rest, restore, and reconnect to yourself in a soft and nurturing way, supported by gorgeous, nourishing local food.

There is no need to have any experience of the tools we will be using, all will be guided thoroughly to give you the best opportunity to learn and integrate what is needed for you.

# The tools



We will be working with...

Embodied Vocal exercises  
Vocal Improvisation  
Meditation / journeying  
Creative voice art sessions  
Ritual / ceremony  
Plant wisdom  
Song circles  
Breathwork / Pranayama  
Yin and Restorative Yoga  
Intuitive movement  
Life coaching exercises  
Cacao ceremony  
(& dance party!)

## OPTIONAL EXTRAS

- *Drum making workshop with Dorrie*
- *1-2-1 Transformational Breath Session  
with Lena or Lucy*

Each of us are born with a unique medicine true to us and through this retreat, our intention is to be grounded, whole and open as we connect to our authentic voices, creative wisdom and inner medicine, supporting each other to heal, sound, breathe and let go - resulting in a community of joy, love, ceremony and transformation.

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# Your days...

...will look something like this:

8am: Waking the Senses - Morning Practice  
9am: Breakfast  
10am: Sharing Circle & Introduction to Element of the Day  
1pm: Lunch  
3pm: Voice / Breath Workshops  
6pm: Evening Yin Yoga Practice  
7pm: Dinner  
8:30pm: Optional Song Circle

\*This is a rough guide to give you an insight into your days. The daily schedule will vary depending on the group's needs and the element we are working with.

# The food

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Good food can make or break a retreat experience - and we are super excited to have the talented Marta providing beautiful meals for us.

Marta's food is creative, light yet nourishing, colourful, vegan or vegetarian and, if needed, gluten free - and no processed sugar without any compromise on taste!

Every meal is different, made from scratch and full of surprises - with an Ayurvedic touch... and her desserts are just out of this world.





# Lena Journes

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'Lena is a naturally gifted singer songwriter. Experiencing her perform is very immersive... Hauntingly beautiful voice & lyrics that journey into the heart.'

Based in Tavira, Portugal, with her partner, baby daughter and dog, Lena is a singer-songwriter, yoga facilitator (E-RYT 500) and breathworker (Transformational Breath). One of the founding members of Inbodhi - A Yoga Circle, she has been facilitating yoga classes and trainings for 9 years - 5 of which were spent directing the Inbodhi studio in Brighton.

Having released her first four singles: 'Hold Your Heart', 'Wild Unknown', 'I Am the Land', and 'Fallen Leaves', she is now

recording the remainder of her album in the midst of new motherhood and transformation.

Her songs and classes are intended as a journey into our emotional landscape and a reconnection to our inner guidance. Lena's vision is to weave voice, breath and movement together, inviting us all to dream and breathe a little deeper as we find a sense of connection, joy and peace, and rediscover our inner child.





Lucy  
Wylde

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Singer and Songstress Lucy Wylde has been sharing her gifts of voice work and music for 5 years since completing her degree in Vocal studies and starting her training with British Academy of Sound Therapy.

Her style is based upon practices that have transcended her own wounds around her vocal journey as well as combining her earthly based love for nature.

She released her Debut EP after working with Musician and Producer Michael Stanton and more recently worked with producer Seb Brice (Indefra Studios) on her most recent singles 'Ocean Song' and

'Belong'. Ocean Song has received a positive response including from one of Lucy's inspirations, Ayla Schafer who shared that 'The song took her on a journey to her own inner ocean.'

Lucy believes that we are not separate from the land and you can really see this translated through her voice and songs.





# Dorrie Joy

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Dorrie Joy is an artist & craftswoman, writer, herbalist, facilitator and educator.

As a painter, she is largely self taught. Her formal studies are in English Literature and Ceramics.

For over 27 years she has been initiated by and trained intimately with Indigenous women and Elders in many areas of ancient craft and ceremony.

Her paintings are held in private collections and public displays, her ceremonial craft is carried globally.

She has traveled widely and lives with her family in South West UK.

A Mother of three and a Grandmother of two, her work is informed by her passion for sustainability, rooted in connection and reciprocity.





# The Venue

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"Fazendinha" sits on its own property overlooking a valley, just 5 minutes from Tavira in the Algarve region of Portugal. The location is quiet and full of wildlife. All materials used in the reconstruction of the buildings are local - cork is used as insulation and the renovation was done keeping the exact footprint of the old house as the owners believe the soul of past builders and tenants is thus kept. Every attempt was made to integrate in the natural countryside and all plants in the garden are relatively hardy and need little watering - thus saving our world's most important element. There are many different common areas, so all guests have a sense of privacy. Though the furnishings are simplistic, they are functional and you can feel at home.

Fazendinha features underfloor heating (partially warmed by solar panels) and a passive air conditioning system without internal blowers but condensing cupboards that work on thermosyphon, as well as its own swimming pool.

The rooms can be configured as private, double/twin or triple/quadruple rooms; so you can tailor your accommodation experience how you would like it.



# Prices & Booking



## Retreat Prices

€300 Super Early Bird - until 15 May

€400 Early Bird - until 10 August

€500 Full Price - until 10 October

## Food & Accommodation

Private Room (en-suite & own entrance) : 685

Private Room (shared bathroom) : 535

Semi-Private Room (with own shared living room) : 475

Semi-Private Room : 425

Shared Twin or Triple Room : 345

Prices are per person in addition to the retreat tuition and include food.

## Extras

Drum making workshop: €300

1-2-1 Transformational Breath Session: €90

## How to Book

[www.inbodhiyoga.com/algarve](http://www.inbodhiyoga.com/algarve)

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