

# Vale de Moses Yoga Retreat, Portugal

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Vale de Moses, Amieira  
Oleiros, Portugal 6160-052  
Other Countries

Phone: 00351272634006

A week of Yoga, massage and acupuncture in the Portuguese mountains. You are invited to retreat to Vale de Moses, a small old valley farm nestled in the foothills of the Serra de Estrela mountain range of Central Portugal. Half a mile beneath the picturesque village of Amieira, Oleiros, is Moses (meaning many millstones in Portuguese) where you will find old cascading terraces, olive trees, grapevines, newly planted fruit orchards and kitchen gardens, four restored stone houses and two streams that gush through the middle. And where you will also find us, the Winter family, living a life less ordinary, and a little more self sufficient. It is here that we run an intimate meditative retreat space for those in need of a break. Take a look at our 2013 Yoga Retreats and reserve your space as soon as possible to avoid disappointment. From 550€ to 750€ per person per week. Discounts available for couples sharing private room, groups of 4 or more in shared house, or for staying more than 1 week. Includes: transport to and from Oleiros, 7 nights accommodation, 3 delicious daily Ayurvedic vegetarian meals, 6 morning and 3 afternoon Yoga workshops, a half hour consultation with Vionetta, 1 hour massage and/or acupuncture treatment, a trip to the River Zêzere for a mud bath and swim, 2 guided hikes to abandoned villages in the forest with stunning views of the Serra de Estrela.

mountain rangedaily swimming in natural river poolsuse of farmhouse with  
extensive library, wifi internet, grand piano and other instruments to play, and  
where water, herbal teas, coffee, fruit and nuts are available all day.Our We Love  
Moses Blogsite

[Website](#)  
[Email](#)