



**BODHI**

BHAVAN

*Retreat center high in the mountains of the Portugese Algarve*



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# INTRODUCTION

*Bodhi Bhavan is a retreat location for yoga teachers, coaches, martial arts teachers and all other who are looking for a beautiful seminar location.*

Located on Mountain Picota in Monchique Portugal with a most Terrific view over the north west side of Monchique and stunning sunsets and sunrises. Peacefully incorporated in the magical nature with walking trails starting at the ground. On more than 6 hectare your group is protected, and everybody can find a peaceful mystical spot to rest. Natural spring water comes out of the mountain on different locations. Some water sources end up in open natural water tanks where one can dip in during warm days.

The place has a strong energy supporting any practice of self exploration and peacefullness. It is a great place for deep rest, healing as well as centring yourself in clarity and finding your inner strength.





We had been looking quite a while for the right spot, following our inner guidance to create a retreat place for us and others. After a long search this place eventually found us.

Even after more than one year we still laugh when we try to call it “our place” which would somehow presuppose “ownership”. This place is far beyond ownership.

The land is giving protection, silence, peace and space for reflection. With this intention we love to share the ground, the house, the nature and all the qualities related to it. In the deep trust that each of you who feel attracted to it will reflect those qualities back.

# LOCATION

*High in Serra de Monchique with spectacular views*

# MONCHIQUE

*Monchique is 22kms north of the closest harbour town on the south coast, Portimão. Monchique is a small market town up in the Serra de Monchique, thickly wooded mountain range separating the Algarve from Alentejo.*

The area is offering spectacular views and is totally different from the coast of Algarve. Monchique is a very quiet and relaxed place where the centre of the small town is characterised by lots of narrow cobbled streets with a spattering of cafes and restaurants.

Caldas de Monchique is 10 min from Monchique town and is where the Romans built baths to be able to enjoy the natural spring waters which are still in use. The water is due to its high Ph (alkaline) very healing, especially for bone & skin issues.





From the highest point on Foia (902m high) you can see on a clear day from Cape St. Vincent in the west, to Faro in the east and to the Serra da Arrabida, near Lisbon to the north. Monchique offers total relaxation, with spectacular scenery, plenty of places to walk and explore and some restaurants to choose from for dinner. It feels remote but if you want to spend a day at the beach it's only about a 30-minute drive to the coast.

The retreat center is located on mountain Picota next to Foia. From the center you have a beautiful view overlooking Monchique and a panorama view of the surrounding hilltops towards the northwest. A short nice walk (ca 20 minutes) to the top of Picota gives you excellent view overlooking the south coast with amazing sunrises and sunsets.

# ACCOMODATIONS

*The highest retreat center in the Algarve*



A two-story house with a red-tiled roof and a balcony, surrounded by lush green trees and a clear blue sky. The house is situated on a hillside, and the foreground is dominated by large, leafy trees. The sky is a clear, bright blue. The house has a light-colored facade and a prominent chimney. A balcony with a white railing is visible on the right side of the house. The overall scene is bright and sunny, suggesting a pleasant, high-altitude environment.

## THE RESIDENCE & ROOMS

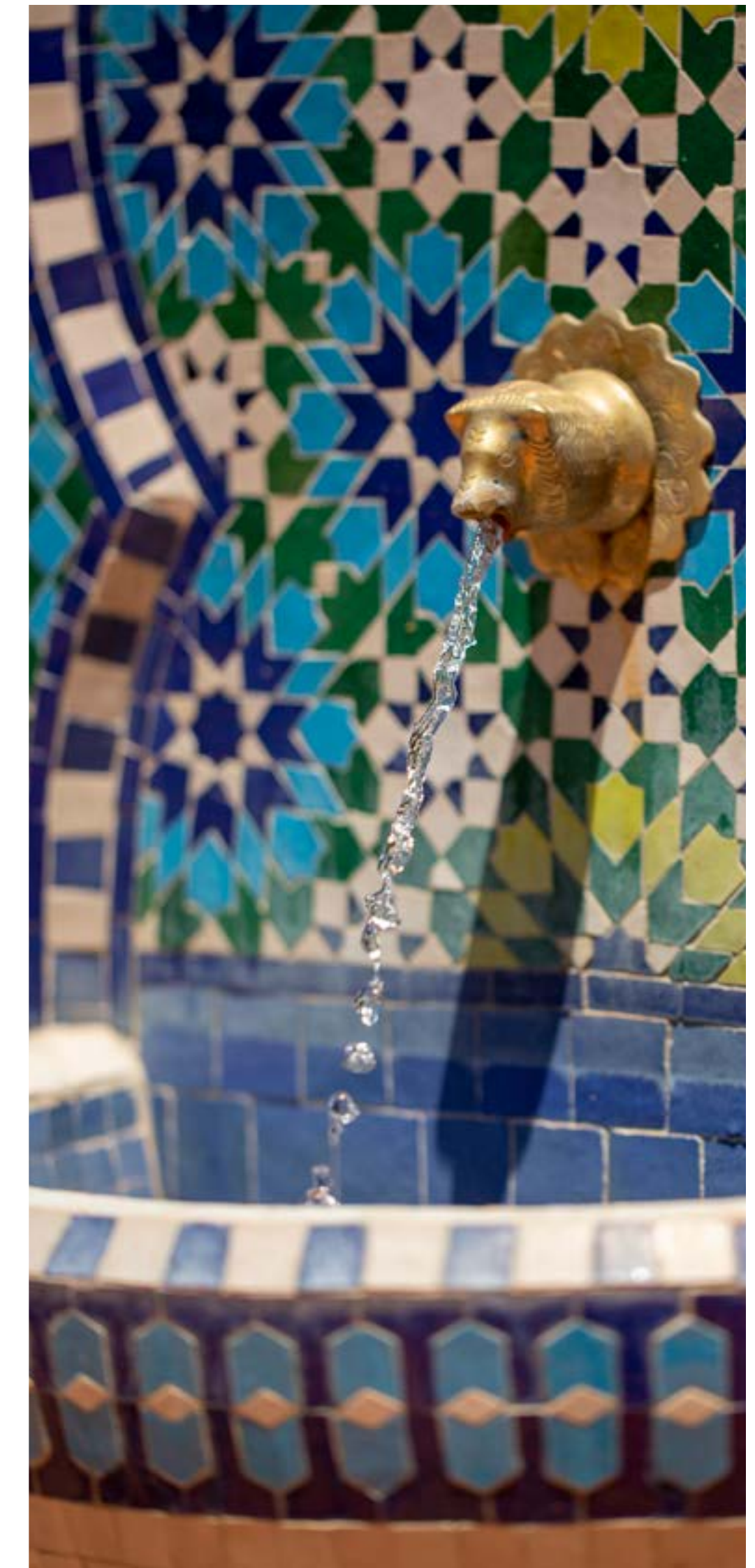
*The residence is located on 6-hectare natural ground at ca 670 meter high and is fully renovated providing 8 charming and simple double rooms.*



All rooms have private bathroom and most of them are newly build with modern standards. The placement of the rooms supports the silence and privacy for each room. Four rooms are accessible from the outside while four are part of the main house.

The kitchen and living room are fully renovated. In the kitchen the old charm of the building has been kept with the traditional tiles and wood stove, while equipped with all modern standards.

The terrace is made new with traditional Santa Katherina tiles. The house is fully heated and new double glazed windows have been installed so that the house is comfortable all year around. Especially from November to February there might be beautiful days which just require some heating in the night.











## THE YOGA SHALA

*The Yoga Shala is located 50 meters above the residence with an even more terrific view over the area.*

It has approximately 50 m<sup>2</sup> with a big window wall overlooking the valley. A group of max. 20 people easily fits in the room itself (for yoga and movement). As the window wall is designed to fully open this space can even be increased.

Next to the yoga Shala is a yoga terrace with 100 m<sup>2</sup> for outside yoga or activities. The Yoga shala and terrace are currently under construction and planned to be finished end of September 2018. That means that the yoga Shala will be totally rebuilt including new roof, new glass wall with valley view and an open pallet heating for colder days.

To keep the old charm from the former small house the old stones are incorporated into the new building as well as a wooden roof.

# THE LAND

*The natural ground itself amazes with its stone terraces from old agricultural times.*

The land has many fruit trees like fig, apple, lemon, orange and apricot as well as Palms, Cork and Medronho trees. In between the trees and terraces are the old natural rock formations with special grounding energies.

There are lots of spaces and corners to inquire, meditate, rest and enjoy. The beautiful ground feels protected and quiet yet still open & inspiring due to the view which invites open perspective and free thinking.

A pool of 4 to 15 meters is requested and might be finished around end of this year. Till then the natural water tanks can be used to cool down during warm days.









# FOOD

*Get spoiled with delicious vegan or vegetarian food*

# LOCAL COOK LISA

*We have an excellent cook, Lisa, living nearby the house. She is more than happy to make an offer fitting to your wishes.*

Lisa from deLisa pure food is an experienced plant based retreat chef and is also teaching chefs from all over the world in plant based cuisine. Her passion is experimenting, creating something new, balancing different flavours, preparing healthy and at the same time delicious dishes, which often surprise people and inspire them. Inspiration through a positive and passionate way of thinking is her key.

She is incorporating regional and seasonal products, blending flavours from all over the world, while being inspired in particular by the Arabic, South-East-Asian, Mediterranean and Indian cuisine. The use of fresh and organic ingredients, combined with an awareness of their nutritional value and variety, creates an unique taste.





# ABOUT US

*Two spiritual seekers with one intention*

# WE ARE SITA & MICHAEL

*We are delighted to connect with you.*

We have both been on a spiritual quest since we were teenagers and that brought us to meditation & Yoga. Sita is now a yoga teacher whereas Michael took the direction of coaching and project management.

Apart from our spiritual practice we both always had a strong stand in “everyday life” with the aim to integrate what sometimes seems to be two different worlds.

Our thirst for Truth brought us in touch with the lineage of Ramana Maharshi and H.W.L. Poonjaji (Papaji) in India where we also met. Spending time in and organising silence retreats in Tiruvannamalai (India) and on Ibiza give us lots of experience in organising retreats in general. We are happy to help and support you in the process in any way needed.



This retreat center is a way to integrate all our experiences in one place. We happily offer to hold space from the heart and give supportive energy for all sincere practitioners in any form. At the same time, we aim to professionally manage this beautiful place to the best of our knowledge.

# CONTACT

*You are warmly welcome to connect with us,  
and we hope we can be of help with your inquiries.*

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WE ARE LOOKING FORWARD  
WELCOMING YOU