



# *Yoga* RETREAT

JUNE 15-22, 2024

'COCOON'  
VILA NOVA DE  
MILFONTES,  
PORTUGAL

## FREEDOM & FORM

Join Bobbie Marchand and Justin Donham for an incredible week of all things Yoga, nestled in the beauty and nature of Portugal!



During this weeklong retreat, we'll explore the ways 'Freedom & Form' influence and effect our  
Yoga Practices!

Expect virgorous & restful asana, playful & dynamic sequences, amazing music & supported silence and lots of juicy assists!

In addition to twice-daily, physical practice time, there will be meditation, pranayama and lots of lounging peppered throughout the day!

### **WHERE WE'LL STAY**

Cocoon is a 275 acre farm + retreat, located just ten minutes from the beach in the wild and untouched coast of Portugal. Far removed from the tourist culture of the rest of Europe, Cocoon boasts nearby beaches that are open and expansive with a magnificent coastline, and is interwoven with traditional whitewashed villages.

The farm includes a freshwater lake to swim in, farm animals to connect with, and two yoga shalas to enjoy. Our group will have full private access to the retreat space during our week long stay at Cocoon.

Cocoon Portugal offers inspiration and community for the modern traveler. Between the oversized hammocks and the freshwater lake, you'll start to lose track of time as each day re-enlivens awareness that life is a gift.





## **ROOMS**

Rooms are clean + elegant with lovely terracotta tile floors, wooden beamed ceilings, and crispy bright white linens. Each room opens to an outdoor courtyard, and most of the ten rooms have ensuite bath.

We have plenty of options of shared or single rooms, with private or shared bath, and the possibility for triple occupancy is available.

In June, you can expect temps about 24-28C (75-82F) during the day, with cool mornings & evenings, Perfect!



## MEALS

Cocoon serves three nourishing and delicious farm to table meals each day. Coffee and herbal teas are available throughout the day.

Food is sourced locally, either from nearby farms or Cocoon's own gardens.

A typical breakfast includes eggs, local fruit, Greek yogurt, homemade granola, local honey, homemade jam, slow-rise bread, and a daily tonic.

Lunch is often a bowl; a base of ancient grains like farro, topped with avocado, roasted veggies, nori, or mixed greens.

For dinner, expect Indian + Japanese inspired curries, Mediterranean stews, and at least one of their famous pizza nights.

## **OUT & ABOUT!**

Our time together would not be complete without some off-campus excursions!

Beach Days. nearby villages. Markets. hikes. Bike rides! Magic.



## **JOIN US!!**

**EARLY BIRD UNTIL FEBRUARY 1, 2024**

TRIPLE ROOM/ SHARED BATH: \$2050PP

DOUBLE ROOM/ ENSUITE BATH: \$2200PP

SINGLE/ENSUITE BATH: \$2400

**AFTER FEBRUARY 1, 2024**

TRIPLE ROOM/ SHARED BATH: \$2250PP

DOUBLE ROOM/ ENSUITE BATH: \$2450PP

SINGLE/ENSUITE BATH: \$2650

### **PRICING INCLUDES**

LODGING

MEALS

ALL YOGA

FREE BIKE RENTALS TO BOP AROUND NEARBY

VILLAGES

JAUNTS TO LOCAL BEACHES & HIKES

### **PRICING EXCLUDES**

AIRFARE

GROUND TRANSPORTATION TO/FROM AIRPORT

ADDITIONAL OFFSITE EXCURSIONS LIKE SURF

LESSONS OR MASSAGE

A\$500 NON-REFUNDABLE DEPOSIT

SECURES YOUR SPOT!

**TO REGISTER:**

email: [bobbie.marchand@gmail.com](mailto:bobbie.marchand@gmail.com)



## WHO WE ARE

Meet Bobbie Marchand & Justin Donham  
these lifelong friends share a love of food, the  
arts, a good laugh and of course, yoga!



A sweet, soulful Teacher, Bobbie encourages students to refine and integrate the many aspects of Yoga, both on and off the mat. Her richly textured classes are designed to serve and nurture the 'whole person'. Sequences are anchored in breath; and through dynamic, alignment-inspired asana, practitioners are encouraged to harness both structure and support; strengthening the body/mind feedback loop, generating greater kinaesthetic awareness. In contrast, her classes foster creativity and expression through free-form movement; cultivating curiosity and multidirectional possibilities that can open doors to the intuitive, Spiritual Self.

Bobbie lives in upstate new york with her daughter and is thrilled to be part of retreats and trainings that allow her to share what she loves locally and across the world.

Justin has worn many hats over the years including performer, stage manager, voice-over artist , and sound designer. He was first introduced to yoga back in 2001 when he was working on a Broadway show. Sat Jivan Kaur from Kundalini Yoga East came into rehearsals regularly and introduced him to the power of a focused, vigorous practice.

Living in NYC, Justin has studied many different movement vocabularies including Viewpoints, Suzuki, contact improvisation, developmental movement, and Butoh. Few things make him happier than being barefoot in a room full of bodies in motion.

Drawing from this deep love of movement, his classes are a blend of fluid sequencing, healthy alignment, evocative music, and a big dollop of playfulness.