



MONTEdoRAMALHO

silence retreat

january 2nd - 5th

Monte do Ramalho is a very special place *where you can hear silence*.

At the end of the year, we want to suggest a very different idea to start the new year: **a silent retreat**, guided by holistic therapist Sílvia Torres.

“The noise of the multiple daily stimuli we are exposed to is overwhelming.

In our subconscious, we accumulate information from the most diverse sources, daily life fills us with haste and demands, and disconnecting deeply becomes very difficult.

Doing a silent retreat is the answer we propose: intentional, committed, and also peaceful and safe. It is a personal well-being gesture, focused on quality of life and health, starting a journey with more purpose, meaning, and tranquility.

Together, we will slow down, create space to hear and truly listen to our inner voice and heart.”

Are you ready to start the new year in such a special way?

Program

Thursday, 2nd

3:00 PM to 5:00 PM - Check-in;

5:00 PM to 7:00 PM - Welcome, presentation of the activity program, retreat guidelines and venue logistics, guided tour of Monte do Ramalho;

7:00 PM - Dinner;

8:00 PM - Free time to explore the surroundings and begin disconnecting from the outside world;

Friday, 3rd

8:00 AM to 8:30 AM - Well-being and relaxation practice through breathing;

8:30 AM - Breakfast;

9:30 AM to 12:30 PM - Guided practice*

12:30 PM - Mindful lunch;

2:00 PM to 5:00 PM - Letters written by the crackling of the inner fire;

5:00 PM to 5:30 PM - Tea break in silence;

5:30 PM to 7:00 PM - Echoes of color with journaling;

7:00 PM - Dinner;

8:00 PM - Free time for introspection and reflective self-analysis

Saturday, 4th

8:00 AM to 8:30 AM - Well-being and relaxation practice through breathing;

8:30 AM - Breakfast;

9:30 AM to 12:30 PM - Guided practice for finding inner peace*

12:30 PM - Mindful lunch;

2:00 PM to 5:00 PM - Therapeutic walking meditation (with pauses for connecting with the sounds of nature). If the weather does not allow, we will do this practice indoors;

5:00 PM to 5:30 PM - Tea break in silence;

5:30 PM to 7:00 PM - Echoes of inner music with journaling;

7:00 PM - Dinner;

8:00 PM - Free time for introspection and reflective self-analysis

Sunday, 5th

8:00 AM to 8:30 AM - Well-being and relaxation practice through breathing;

8:30 AM - Breakfast;

9:30 AM - Sharing circle, farewell, and check-out

*Tasks will be given to develop, with resources and diverse methodologies, exploring the power of silence in all its potential.

The Therapeutic Benefits of Silence

Silence is a facilitator of benefits from a holistic perspective of the being, meaning its reach transcends the biological and physical sphere, impacting the mental, emotional, and even spiritual components. According to studies published in the scientific journal *Heart*, silence allows the body to significantly reduce heart rate and blood pressure, similar to the effect of listening to relaxing classical music.

In the biological context, this meditative state allows for rejuvenation, which is visibly manifested in improved sleep quality, a balanced appetite, and weight regulation, as well as the production of well-being hormones that prevent emotional hunger and regulate mood, reducing the likelihood of imbalances.

By combining the silent retreat with a proposal for functional nutrition, it is possible to rebalance serotonin levels (the happiness molecule), dopamine levels (the motivation molecule), as well as melatonin, which regulates sleep cycles and metabolism. Consequently, the silent retreat strengthens the immune system and restores vitality.

In terms of neuroscience, benefits include an increase in concentration, productivity, and creativity. There is space for human development through self-awareness and deep contact with the existential dimension of the being, as well as the perception of inherited patterns and beliefs.

From a spiritual perspective, the body is the temple of the soul, the material home where our spirit resides. By fostering the well-being of the physical body, all the body's energy centers are restored in harmony, guided by the heart-muscle balance, where healing is received by excellence.

Sílvia Torres

Holistic therapist, writer, coach, and trainer

I graduated as a mathematics teacher for the 3rd cycle and secondary education. After attending Louise Hay's "Heal Your Life" workshop, my professional life transformed, and I began a long and wonderful journey of discovery and specialization in holistic therapy.

I have completed several certifications in coaching, learned healing techniques through breathing, effective communication, stress and conflict management, genogram and family dynamics, meditation, and functional nutrition. I attended various personal and spiritual development trainings and became certified as a trainer, also creating my own projects and trainings alongside a personal and rich evolutionary process.

On this journey, I began to draw and write, finding a very personal way to provide holistic therapy, leveraging everything I am and the passion I have for helping create fulfilling lives in the full potential of each being.

I ventured into teaching meditation for adults and creative meditation for children. As I really enjoy writing, I regularly contributed to the Digital Magazine Portugal Holistic and continue to write here and there... I love letting my hand loose with colors in free drawings.

This is me, moved by the heart in the essence of my soul, honoring my service.

Price

Participation in the **silent retreat from January 2nd to 5th, 2025**, costs **500 euros**.

Accommodation and meals (full board) are included.

Reservation and cancellation

To register, you must complete the **online form**.

We will then contact you via email, sending all the necessary information. If you have any questions or need further clarification, feel free to reach out to us.

To close and confirm your participation, payment is required, for which we offer two options. The invoice will be sent after payment validation:.

- full payment upon registration;
- partial payment of 50% upon registration + remaining 50% at check-in.

If you need to cancel, you can do so without penalties until December 15th, and we will refund the amount paid (total or 50%). If the cancellation occurs after this date, we can only refund 50% of the total payments. Partial payments are non-refundable.

If you cancel after the deadline, you may convert your payment into a voucher or gift card, valid for one year from the issue date, which can be used for accommodation or any future event.

Please note that the full value of this voucher/gift card must be used in a single transaction and cannot be split into multiple transactions.

Registrations and confirmations must be made by December 26th.

Additional information

- All necessary materials will be provided to the retreat participants.
- We recommend bringing comfortable and warm clothing, as well as appropriate footwear for outdoor activities in the countryside.
- You can update or specify any dietary preferences or other special needs by December 26th, 2024.
- If you are purchasing this retreat as a gift, please ensure that you share us with the participant's details by December 26th, so we can inform him/her of all the details and requirements.



MONTEdoRAMALHO

information

Manuela Estevinha

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conditions

register until december 26th
accommodation and meals included
VAT included

Monte do Ramalho
Estrada Municipal 508
7470-154 Vale do Freixo – Casa Branca

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Happy 2025!