

BORDERLESS RETREAT #6

Algarve, Portugal

24 OCT - 1 NOV 2020

Program for remote workers and nomads to connect on a deeper level both personally and professionally.

Meet inspiring people, go on incredible adventures, and learn about yourself and others in warm Algarve region in the south of Portugal. All while keeping your work tasks on track.

15 nomads - 9 days - 1 villa



What does our team do?

Our team organises a space where you can fully focus on finding your work-life balance through wellbeing, coworking, and facilitated community building activities.

What's the main focus?

Connection - the purpose of every group activity is to relate authentically, to continuously grow empathy and get to know each other at a completely different level.

Mind & Body Empowerment - learn to raise your consciousness level through meditation, rhythmic breath, and conscious dance.

Mindful working - learn to manage your energy and grow your network of like-minded people who inspire you and keep you accountable.



Location

The retreat is held in the South of Portugal - in close distance to some of the best beaches in Europe.

The accommodation is situated 7 km from Alvor Beach and 2,5 hours from Lisbon.

The private villa is surrounded by fruit trees where you can pick fresh oranges and overlooks the beautiful landscape of the South of Portugal.

There is an outdoor scenic swimming pool, a huge garden for our yoga and conscious dance sessions and a large terrace for sharing meals and enjoying the the warm sun.





What's included?

- ✓ 8 nights of accommodation at the spacious villa
- ✓ 3 healthy meals a day: breakfast buffet, lunch, and dinner- all prepared and taken care of
- ✓ all the scheduled group activities: daily mindfulness practices and flow movement, self-expression and inspiration sessions, facilitated connection sessions, ecstatic dance, masterminds, the #BorderlessTalk deep conversation session, and day trips to discover the area
- ✓ workshops: mind empowerment, body empowerment, mindful work, deep connection, work purpose and "Movement Lab" conscious dance.
- ✓ unlimited strong coffee, herbal tea, and spring water
- ✓ daily opening and closing sessions to kick off the day and close it with reflection, gratitude, and relaxation
- ✓ scheduled time and arranged conditions for co-working + WI-FI
- ✓ professional after-photos and after-movie from the experience
- ✓ Borderless Community Membership

>>Check the FAQ

Full program

SATURDAY 24/10

15:00 - 17:00
CHECK-IN

18:00 - 19:00
WELCOME GATHERING

19:00 - 21:00
DINNER

SUNDAY 25/10

08:00 - 08:40 *Marta*
FLOW MOVEMENT PRACTICE

08:40 - 09:10 *Maris*
MORNING MINDFULNESS PRACTICE

09:10 - 10:00
BREAKFAST BUFFET

10:00 - 11:00 *Maris*
MIND EMPOWERMENT

11:00 - 12:00 *Marta*
BODY EMPOWERMENT

12:00 - 13:00
PERSONAL TIME

13:00 - 14:00
LUNCH

14:00 - 17:00
MINDFUL WALK IN NATURE

17:00 - 19:00
CONNECTION SESSION

19:00 - 20:00
DINNER

MONDAY 26/10

08:00 - 08:40 *Marta*
FLOW MOVEMENT PRACTICE

08:40 - 09:10 *Maris*
MORNING MINDFULNESS PRACTICE

09:10 - 10:00
BREAKFAST BUFFET

10:00 - 11:00
MINDFUL WORK

11:00 - 13:00
COWORKING/PERSONAL TIME

13:00 - 14:00
LUNCH

14:00 - 18:00
COWORKING/PERSONAL TIME

18:00 - 18:40
WORK PURPOSE

18:40 - 19:00 *Maris*
EVENING MINDFULNESS PRACTICE

19:00 - 20:00
DINNER

*Taking part in the sessions is optional, but highly recommended.

TUESDAY 27/10

08:00 - 08:40
FLOW MOVEMENT PRACTICE

Marta

08:40 - 09:10
MORNING MINDFULNESS PRACTICE

Maris

09:10 - 10:00
BREAKFAST BUFFET

10:00 - 11:30
MASTERMIND

11:30 - 13:00
COWORKING/PERSONAL TIME

13:00 - 14:00
LUNCH

14:00 - 18:00
COWORKING/PERSONAL TIME

18:00 - 18:40
MOVEMENT LAB

Marta

18:40 - 19:00
BODY RELAXATION

Marta

19:00 - 21:00
TEAM COOKING AND DINNER

WEDNESDAY 28/10

08:00 - 08:40
FLOW MOVEMENT PRACTICE

Marta

08:40 - 09:10
MORNING MINDFULNESS PRACTICE

Maris

09:10 - 10:00
BREAKFAST BUFFET

10:00 - 13:00
COWORKING/PERSONAL TIME

13:00 - 14:00
LUNCH

14:00 - 18:00
COWORKING/PERSONAL TIME

18:00 - 18:40
DEEP CONNECTION

Maris

18:40 - 19:00
EVENING MINDFULNESS PRACTICE

Maris

19:00 - 20:00
DINNER

THURSDAY 29/10

08:00 - 08:40
FLOW MOVEMENT PRACTICE

Marta

08:40 - 09:10
MORNING MINDFULNESS PRACTICE

Maris

09:10 - 10:00
BREAKFAST BUFFET

10:00 - 11:30
MASTERMIND

11:30 - 13:00
COWORKING/PERSONAL TIME

13:00 - 14:00
LUNCH

14:00 - 18:00
COWORKING/PERSONAL TIME

18:00 - 18:40
ECSTATIC DANCE

Marta

18:40 - 19:00
BODY RELAXATION

Marta

19:00 - 21:00
TEAM COOKING AND DINNER

FRIDAY 30/10

08:00 - 08:40
FLOW MOVEMENT PRACTICE

Marta

08:40 - 09:10
MORNING MINDFULNESS PRACTICE

Maris

09:10 - 10:00
BREAKFAST BUFFET

10:00 - 11:00
TRAINING EMPATHY

Maris

11:00 - 13:00
COWORKING/PERSONAL TIME

13:00 - 14:00
LUNCH

14:00 - 18:00
COWORKING/PERSONAL TIME

18:00 - 20:00
TEAM COOKING AND DINNER

20:00 - 22:00
MOVIE NIGHT

SATURDAY 31/10

08:00 - 08:40
FLOW MOVEMENT PRACTICE

Marta

08:40 - 09:10
MORNING MINDFULNESS PRACTICE

Maris

09:10 - 10:00
BREAKFAST BUFFET

10:00 - 19:00
FULL DAY IN NATURE

19:00 - 20:00
DINNER

SUNDAY 01/11

09:00 - 10:00
BREAKFAST BUFFET

10:00 - 12:00
CHECK-OUT

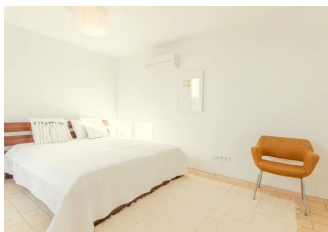
***Check the detailed program
with descriptions >>[HERE](#)**



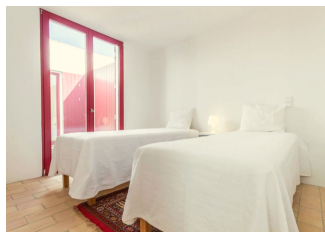
Accommodation and prices

The all inclusive price depends on your room choice. There are three available options:

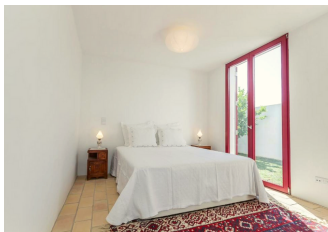
1. Private room **799€**



2. Shared twin **649€**



3. Shared double (couple) **1098€** (549€ each)



*All rooms are slightly different but quality is the same

Early bird offers!

- Members: 15% OFF

*Due to COVID-19 the payment is fully refundable in case of travel restrictions.

>>APPLY HERE