



BORDERLESS RETREAT #5

Douro, Portugal

26 SEP - 4 OCT 2020

A one-week 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 beautiful locations. All while keeping your work tasks on track.

12 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 focuses?

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 brea, 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 North of Portugal - on the slopes of the Douro Valley.

The quinta is located in the wine-growing estate in the north of Portugal, 4 km from the Douro river, with a large garden with fruit trees, a swimming pool and access to the forest. You can catch stunning views from every corner of the Quinta's land.





What's included?

- ✓ 8 nights of accommodation at the spacious Quinta
- ✓ 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, local wine tasting, ecstatic dance, masterminds, the #BorderlessTalk deep conversation session, kayaking and trekking
- ✓ 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

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

26.09 - SATURDAY - BEGINNING

15:00 - 17:00 - Check-in.

18:00 - 19:00 - Welcome gathering.

19:00 - 21:00 - Dinner.

27.09 - SUNDAY - INSPIRATION

08:00 - 08:40 - Flow movement practice.

08:40 - 09:10 - Morning mindfulness practice.

09:10 - 10:00 - Breakfast buffet.

10:00 - 11:00 - Mind empowerment.

11:00 - 12:00 - 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 - #BorderlessTalk

19:00 - 20:00 - Dinner.

28.09 - MONDAY - AWAKENING

08:00 - 08:40 - Flow movement practice.

08:40 - 09:10 - 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 - Evening mindfulness practice.

19:00 - 20:00 - Dinner.

29.09 - TUESDAY - STIMULATION

- 08:00 - 08:40 - Flow movement practice.
- 08:40 - 09:10 - Morning mindfulness practice.
- 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.
- 18:40 - 19:00 - Body relaxation.
- 19:00 - 21:00 - Team cooking and dinner.

30.09 - WEDNESDAY - CONNECTION

- 08:00 - 08:40 - Flow movement practice.
- 08:40 - 09:10 - Morning mindfulness practice.
- 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.
- 18:40 - 19:00 - Evening mindfulness practice.
- 19:00 - 20:00 - Dinner.

201.10 THURSDAY - CELEBRATION

- 08:00 - 08:40 - Flow movement practice.
- 08:40 - 09:10 - Morning mindfulness practice.



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.
18:40 - 19:00 - Body relaxation.
19:00 - 21:00 - Team cooking and dinner.

02.10 - FRIDAY - INTEGRATION

08:00 - 08:40 - Flow movement practice.
08:40 - 09:10 - Morning mindfulness practice.
09:10 - 10:00 - Breakfast buffet.
10:00 - 11:00 - Training empathy.
11:00 - 13:00 - Coworking/personal time.
13:00 - 14:00 - Lunch.
14:00 - 18:00 - Coworking/personal time.
18:00 - 19:00 - Wine tasting.
19:00 - 20:00 - Dinner.
20:00 - 22:00 - Movie night.

03.10 - SATURDAY - ADVENTURE

08:00 - 08:40 - Flow movement practice.
08:40 - 09:10 - Morning mindfulness practice.
09:10 - 10:00 - Breakfast buffet.
10:00 - 19:00 - Full day in nature.
19:00 - 20:00 - Dinner.

04.10. - SUNDAY - CONTINUATION

09:00 - 10:00 - Breakfast buffet.
10:00 - 12:00 - Check-out.

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



Accommodation and prices

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

1. Shared twin **800€**
(with private bathroom)



2. Shared twin **750€**
(with shared bathroom)



3. Shared twin dorm **650€**
(with shared bathroom).



Early bird offers!

- Couples: 2nd 30% OFF
- Members: 15% OFF

*Due to COVID-19 the payment is fully refundable.

>>APPLY HERE