

SEED & SPARK

Reignite Yourself with Heartfelt Purpose

Release and Restore Through Nature, Ritual, Rest
and Embodied Connection



Slow down and reconnect with what matters most

WELCOME HOME TO YOURSELF

Nestled between the tranquillity of Santa Clara Lake and a mystical cork forest, Paradise in Portugal is an idyllic haven.

Seed & Spark is a five day, four night retreat where you set everything down, restore your nervous system, and learn simple, powerful practices that continue to grow long after you return home. This is not just another rest and reset week. It is a guided, intimate space held with compassionate facilitation and combined expertise.

We will clear, prepare the ground, and **seed what matters most to you so you can reclaim your spark**, through somatic practice, breath and sound, plant allies and simple ritual, alongside clear, **practical resources you can use for years to come.**

We intend **you leave lighter and more focused.** This is a place to **release what has been heavy, remember your fire**, and begin your next chapter with intention.

*with love,
Emma & Daniela*



DATES & LOCATION

The Venue

Paradise in Portugal offers breathtaking views over Santa Clara Lake, providing serene accommodation harmoniously integrated with nature.

Nourishing meals are thoughtfully crafted with fresh, local ingredients, supporting your journey of health and renewal. Dietary needs can be catered for



Address: Quinta do Barranco da Estrada, 7665-880 Santa Clara a Velha, Portugal

Dates: Tuesday 24th (afternoon arrival) Saturday 28th March (late morning departure) **Travel information later in this guide**



SEED & SPARK DAYS FILLED WITH POSSIBILITY.

A space where **time slows** down, the **outside world fades**, and you're gently guided back to the parts of yourself that have been patiently waiting beneath the surface.

an invitation to pause...
come home to yourself & sew the seeds of change

Each day, **Emma** and **Daniela** will hold space for **inner connection and transformation**, guiding you through yoga, sound, and other embodiment practices. With gentle presence and deep care, they'll support you in exploring your body, breath, and spirit with curiosity and compassion - inviting clarity, insight, and perhaps answers to your deepest questions.

Together, we'll co-create **meaningful moments of connection and creation** - with ourselves, with one another, and with the natural world that surrounds us. There will be space to **learn, grow, play, laugh, rest, release, and rebuild**. This retreat meets you exactly where you are, and gently invites **more of you to be seen, felt, and welcomed**.

THIS IS SOUL HEALING THIS IS SOUL RECONNECTION

This is Soul Healing. This is Soul Reconnection. Ready to Seed & Spark

Whether you're immersing yourself in voice healing, moving through gentle postures, sharing stories by the fire, or simply floating peacefully on the lake - each experience is an invitation to **come home to presence, to possibility, to peace - to seed new beginnings.**

The days are **intentional**, woven with practices that guide you inward through **movement, stillness, nature, and meaningful ritual.** You'll be lovingly supported as you let go of what no longer serves, and gently open to what's ready to emerge in a space where you are seen, heard, and held

This is your time.

A time to reconnect.

To remember and welcome your wholeness.

To soften your heart and loosen resistance to life

It's time to allow you.





Seed & Spark is
for you if you're
longing to...

If you've been navigating the tides of (mid)life. Feeling stirrings of change, or **sensing a call for something more...** of...well...you.

If **you've spent** (oh so many!) **years holding space for others**, showing up with strength and care, **even when you felt close to empty** - you are in good company.

Having moved through many of life's transitions you're ready to reconnect with yourself. This retreat is for you, and you're already on your way.

- **Reconnect** with your **body**, your **spirit**, and **the natural rhythms** that **hold you**
- Be guided through **practices** that **weave movement, stillness, and sacred ritual**
- Let go of old stories and **seed new possibilities**



YOU ARE NOT LOST; SIMPLY IN TRANSITION

Seed & Spark offers a space where you can lay down what no longer serves you and **gently open to what's ready to emerge.**

Being in this process alone can feel isolating and confusing - like you're walking along a path without a map, unsure where you've come from or where you're heading. It's easy to question yourself, to wonder if you're the only one feeling this way. But **you are not alone.**

This retreat offers you a place to land.

A place to be witnessed, held, and gently reminded that what you're moving through is sacred. Through **embodied practices, spiritual guidance & the nurturing presence** of nature in the company of other women you'll find **reflection, connection, and the deep relief of being truly met.**

If something within you says yes.

Trust it. This is your time.





meet your retreat guides

Daniela McClintock

Energy Healer, Sacred
Ceremony Facilitator,
Nature Connection Guide.

Originally from Austria, Daniela developed a deep interest in alternative medicine and body therapies in her early 20s, studying Shiatsu, Nutrition, Tai Chi, Qi Gong, and Wushu in Vienna.

With a strong pull to find a more nature-centred environment to raise her family, the beautiful hills of Alentejo, Portugal became home.

After becoming a single mother to three young children; she choose to remain in her beloved Portugal, and continued **studies in alternative and energy medicine** while raising her children.

Expanding her knowledge into various fields, including

Watsu (water therapy) and other healing and consciousness-altering techniques. In 2007, she met her now-husband, and together they began transforming his guesthouse into a retreat centre. **Paradise in Portugal.**

Her passion for gardening, plants, and diverse healing methods continues to guide her personal and professional journey. She practices a wide range of healing modalities with a strong foundation in holistic body and sound therapy.

Her deepest wish is to help people reconnect with the lost parts of their soul, enabling them to feel more whole and integrated in their lives.



meet your retreat guides

Emma Treharne

Yoga & Mindfulness Educator
Trauma Informed Holistic
Wellness Coach

Emma is the Founder and Director of Nuveya Life, a wellness space dedicated to empowering women through transformative courses and coaching, offered both online and in person. She also serves as a mentor, retreat facilitator, and Student Success Coordinator at The School of Living Yoga, where she holds space for students on their journey toward holistic well-being within the Transformational Sleep Yoga Nidra Teacher Training.

With 30 years of experience in fitness, holistic clinical practice, corporate leadership, and earth-based healing traditions,

Emma's work bridges modern science with ancient wisdom. Her experience of burnout and nervous system dysregulation inspired her to create the life-changing programme UNBOUND, offering others the tools to heal, renew their energy, and live with greater clarity and purpose.

Emma believes deeply in the power of self-trust and emotional freedom. Her mission is to **inspire women to reconnect with their inner wisdom and create lives rooted in balance, belonging, and peace.**

Emma's intention is always to leave others feeling grounded, empowered, and able to thrive.

THE LOCATION

Paradise in Portugal is more than just a place to stay—it's a home from home.

A sanctuary nestled in the heart of southern Portugal's unspoiled countryside, this eco-friendly lakeside lodge offers the perfect retreat for those seeking peace, stillness, and a deeper connection to themselves and nature.

From the moment you arrive, **you'll feel held by the calm energy of the land.**

Surrounded by nature and cradled by the gentle sounds of the lake and forest, Paradise in Portugal invites you to slow down, breathe deeply, and return to what truly matters.

The lodge is entirely off-grid, running on over 90% solar power for electricity and water heating.

Sustainability isn't just a feature - it's a way of life here.

We **tread lightly on the Earth** while creating a **space that feels warm, welcoming, and alive.**



Our commitment to the local community is just as strong. Wherever possible ingredients are **sourced locally**. We are proud to have a team made up of long-standing residents, many of whom have been

part of the lodge for decades.

Paradise in Portugal is a place of deep natural beauty. The area is **rich in biodiversity** & you'll find endless opportunities for quiet walks and moments of still reflection.

You are returning...

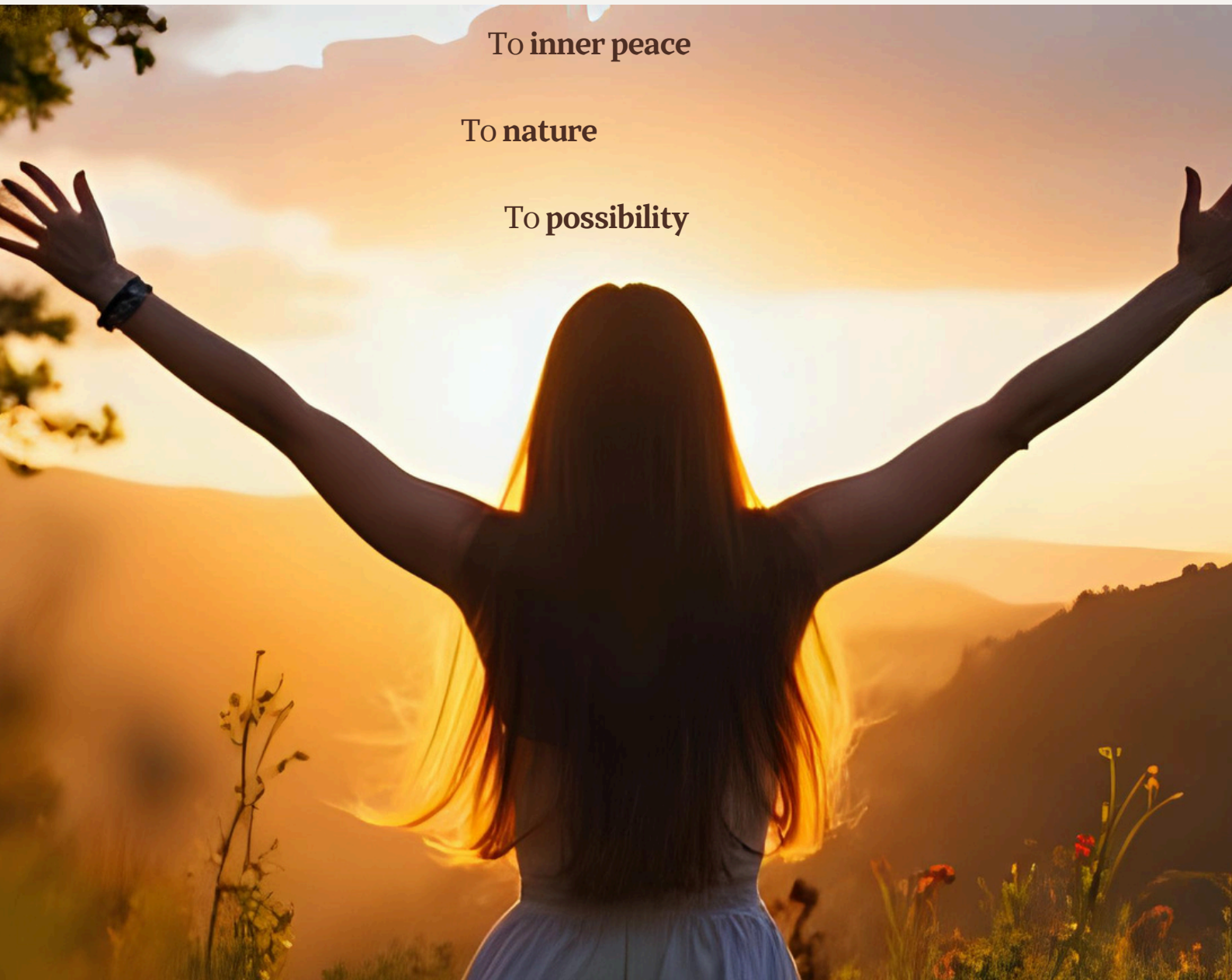
To breath

To balance

To inner peace

To nature

To possibility



NOURISHING MEALS

At Paradise in Portugal, **meals are crafted with love, creativity, and mindful intention.** Connecting body and soul through **vibrant, delicious meals**, the ultimate goal is to **nourish and strengthen every aspect of your being.**

We believe that **food is medicine** – and **healing begins from within.**

Guided by the abundance & wisdom of the land, we use as much home-grown and locally sourced produce as possible, ensuring freshness, sustainability, and a deep connection to the land around us.

You'll be offered deliciously nourishing vegetarian meals.

However, for those who enjoy fish or meat, please know our professional kitchen team is happy to **accommodate all dietary needs, including vegan and gluten-free preferences.**





TRAVEL INFORMATION

From **Faro Airport** (recommended)

- Approx. 2 hours by car.
- Ideal for a scenic and direct route through southern Portugal.
- We can assist in arranging a private or shared transfer for you upon booking.

From **Lisbon Airport**

- Approx. 2.5 to 3 hours by car.
- A great option if you're planning to explore Lisbon before or after the retreat. Transfers can also be arranged from Lisbon upon request.

Arrival Time: Check-in begins at **2 PM on Tuesday 24th March 2026**. Our welcome dinner is at 7 PM.

Departure: Check-out is **late morning on Saturday 28th March**. Whether you're arriving solo or in a group, we're happy to help coordinate shared rides or recommend the most seamless travel options to ensure your journey is smooth and stress-free.



ENJOY THE TRANQUILITY

The **days are woven consciously** with workshops, practices and ritual, outside of this you may choose to allow integration & soulful connection through...

- a swim in the lake or relaxing on the jetty
- time in the wood-fired sauna
- a walk along the forest trails though wildlife-rich landscapes
- journaling or reflection in the peaceful gardens
- **a 1:1 session with Emma or Daniela**
- **gazing at the vastness of the night sky** - there is no light pollution & the view is mesmerising





CHOOSE YOUR STAY

There is a range of accommodation options, from single, twin (or double) to a family style room.

Prices range from **€1242** to **€1985 (Euro)**

email info@paradiseinportugal.com to discuss your needs & reserve your space(s)

Single Room Luxury Suite with large private terrace

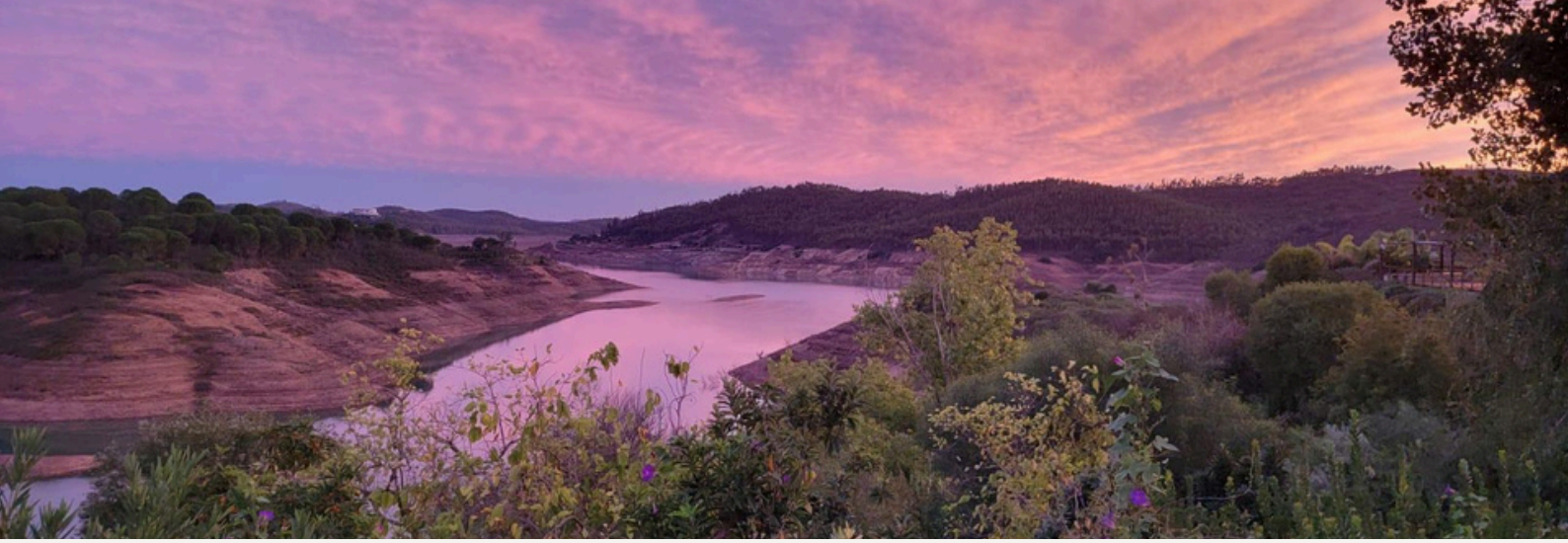
Small Single Room

Standard Single Room

Twin (or double) Room

Travelling with friends, or happy to share? The family room is a unit of 2 rooms with a possible total of 4 individual beds, a small terrace and a spacious shared bathroom.





WHAT'S INCLUDED

- 4 nights/5 days stay at Paradise in Portugal
- Nourishing breakfast, lunch & dinner daily
- Daily yoga, embodiment practices, meditation, and ceremony
- Nourishing rituals and sound journeys
- Ample integration time to rest and enjoy the surrounding beauty of the property

WHAT'S NOT INCLUDED

- Travel to/from the retreat centre
- Optional 1:1 sessions
- Personal expenses



BOOKING INFORMATION

WE'RE EXCITED TO WELCOME YOU TO PARADISE

with love, Emma & Daniela

please email

info@paradiseinportugal.com

to reserve your space.

WWW.PARADISE-IN-PORTUGAL.COM/EN/
EMMA@EMMATREHARNE.COM
WWW.EMMATREHARNE.COM

