

EXCLUSIVE 7 DAY RETREAT PORTUGAL





TABLE OF CONTENTS

INTRODUCTION RETREAT	03
ABOUT GEKE & TEAM	04
LOCATION RETREAT CENTRE	05
MOUNTAIN LODGE	07
ACCOMMODATION - MAIN HOUSE	10
MAIN HOUSE - ROCK ROOM	11
MAIN HOUSE - SMALL HOUSE UP	12
MAIN HOUSE - SMALL HOUSE DOWN	13
MAIN HOUSE - GALLERY	14
MAIN HOUSE - MASTER BEDROOM	15
RIVER CABIN	16
GARDEN SUITE	18
BOOKING & CONTACT INFO	20



INTRODUCTION RETREAT



This retreat will take place in a high-end retreat centre near Porto surrounded by luscious nature. All conditions will be present for you to solely focus on your process; from an amazing program including three Sacred plant teacher ceremonies and a highly experienced team led by Geke, to luxurious accommodations and nourishing meals.

We attune ourselves to the collective energy each day, allowing us to make real-time adjustments to the program. This ensures that we cater not only to your individual needs but also to the evolving dynamics within the group, providing you with a truly tailored and transformative experience.

- An exceptionally skilled team, all mentored by Geke, who will be present to support you the whole week
- Three ceremonies led by Geke and team
- A variety of tailor made exercises and workshops to deepen your experience
- Plenty of time to reflect, connect with nature and slow down
- Seven days and eight nights in an exclusive high end retreat centre
- And much more...

ABOUT GEKE & TEAM



Geke Dijkstra has a degree in Clinical psychology and Transpersonal therapy and is trained in Breathwork, Bodywork, Family constellations, Voice Dialogue and Internal Family Systems (level 1 and 2).

She has guided over 1000 people from all over the world in the last 14 years.

Geke and her team provide a warm, trusted and safe setting in which you are able to relax, open up and expand your consciousness; key essentials for deep inner work.

We as a team are capable of carrying our own processes, and we are willing and able to reflect upon ourselves. This way, we can fully be of service to your process during this week.



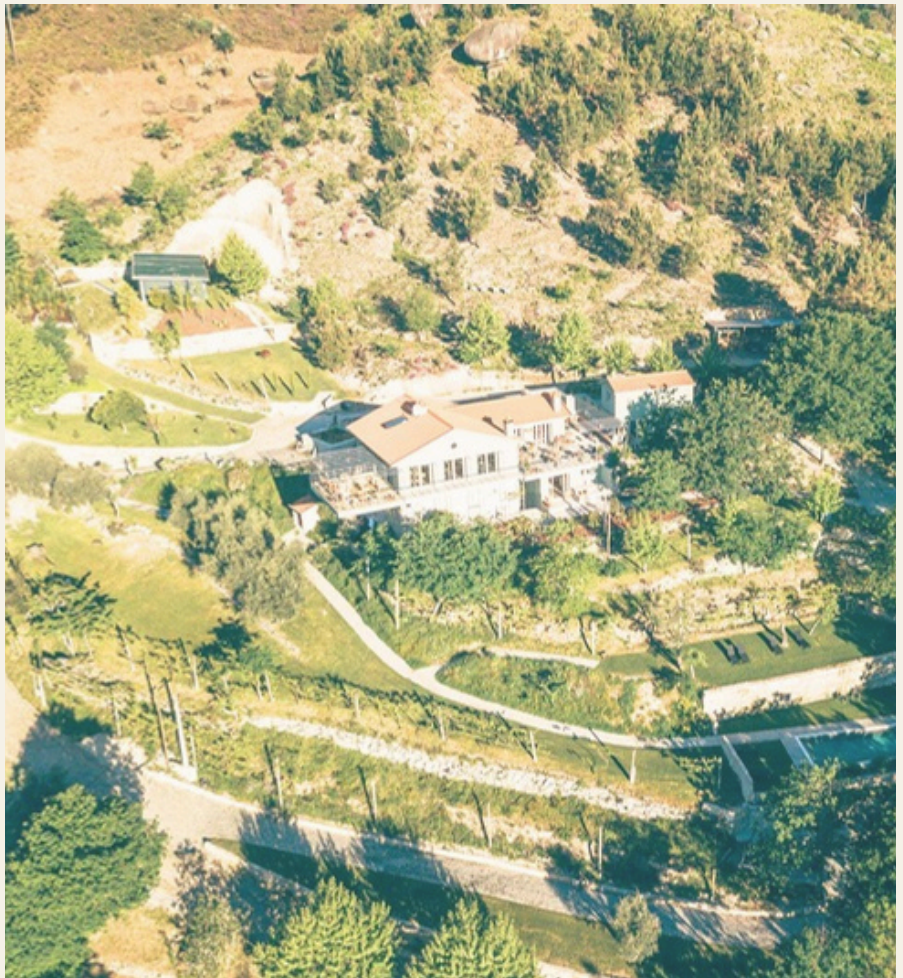
LOCATION:

RETREAT CENTRE



This retreat will take place near Porto surrounded by lush nature. The retreat center spans across five hectares of land, encompassing terraces, olive trees, mountains, rock formations, a pool, water features, and waterfalls.

Nestled amidst lush greenery, the retreat centre sprawls across five hectares of picturesque land, featuring terraces, olive trees, majestic mountains, and captivating rock formations. Immerse yourself in nature's beauty.



These defining characteristics create a unique and enriching experience for you, where nature, relaxation, and culinary delights come together harmoniously.



ACCOMMODATION

MOUNTAIN LODGE

For those seeking a private room with shared facilities, our Mountain Lodges offer a comfortable and serene stay:

Each Mountain Lodge features:

- Single Occupancy with shared facilities
- 3 bedrooms, each with one single bed
- A shared bathroom with a toilet
- A living room with a kitchenette

Amenities include:

- Small kitchenette available with facilities to make tea
- Please note, there is no fridge available

There are 3 Mountain Lodges in total, each with space for 3 persons. Please check availability via team@gekedijkstra.com.







ACCOMMODATION

MAIN HOUSE

The Main House offers a variety of comfortable rooms, each designed to provide a relaxing and private retreat experience.

Here are the details of the rooms:

- Rock Room
- Small House Up
- Small House Down

Each of these rooms features:

- 2 single beds
- Separate bathroom
- Separate toilet

Then there is one room with three beds:

- Gallery Room

This room features:

- 3 single beds
- Separate bathroom
- Separate toilet

There is also one master bedroom:

- Master Bedroom

This spacious room includes:

- 2 single beds
- An en-suite bathroom with a toilet, offering added privacy and comfort.

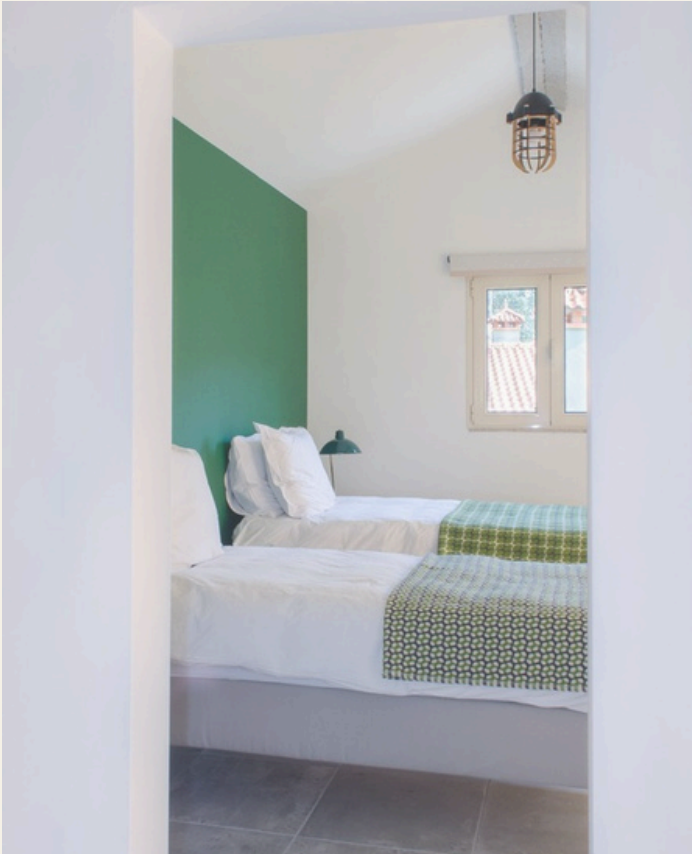
Please check availability via team@gekedijkstra.com.



MAIN HOUSE – ROCK ROOM



MAIN HOUSE – SMALL HOUSE UP



MAIN HOUSE – SMALL HOUSE DOWN



MAIN HOUSE - GALLERY



MAIN HOUSE – MASTER BEDROOM





ACCOMMODATION

RIVER CABIN

The River Cabins offer a serene and picturesque retreat experience. Each cabin features an outside veranda with undisturbed views of the surrounding area and premises, providing a perfect spot to relax and enjoy nature.

Here are the details of the River Cabins:

- 5x Twin Share or Single Occupancy
- En-suite toilet and shower

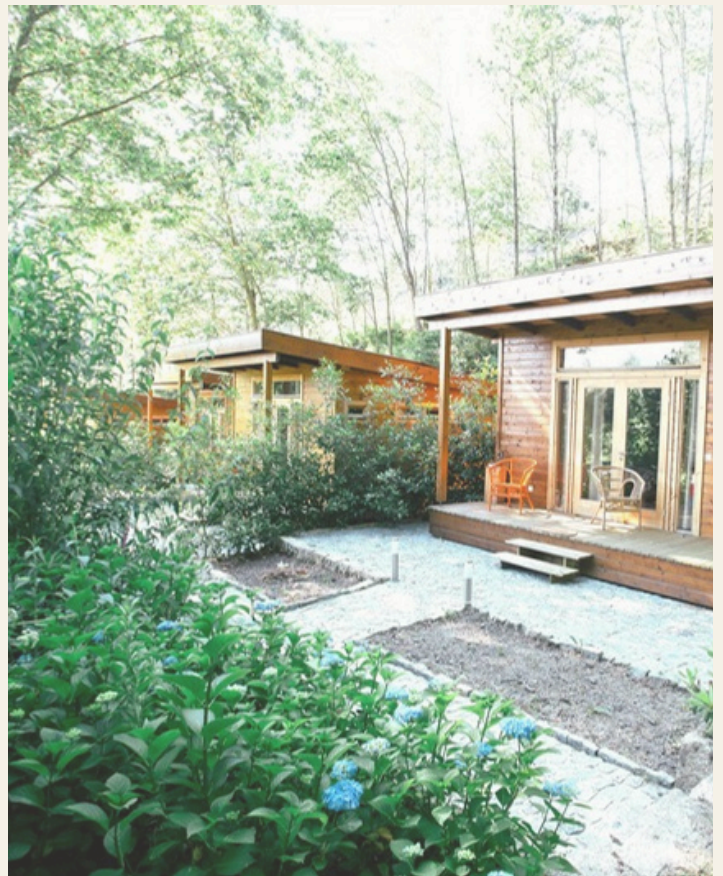
Each cabin includes:

- 2 single beds
- Separate bathroom
- Separate toilet

Both single and shared occupancy options are available in River Cabins.

Please check availability via team@gekedijkstra.com.





ACCOMMODATION

GARDEN SUITE

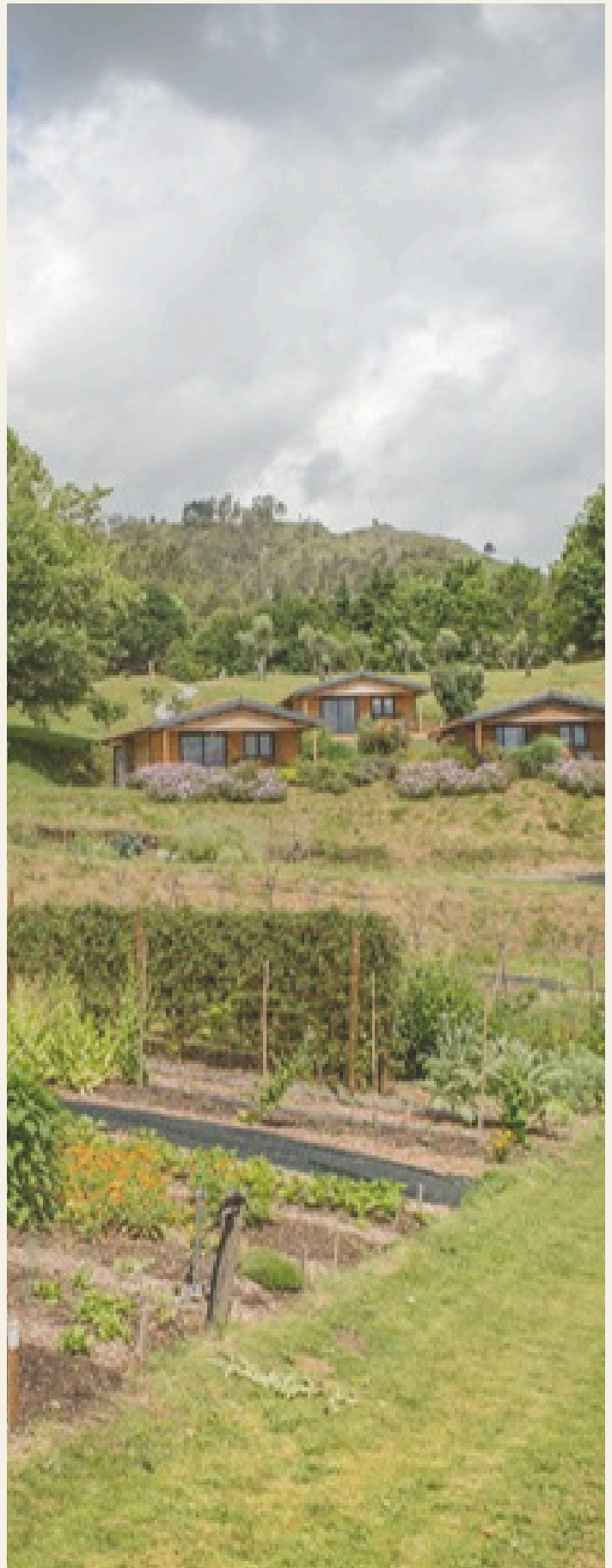
The Garden Suite offers a comfortable and intimate retreat experience, perfect for couples or single occupancy. Each suite is thoughtfully designed to provide privacy and tranquility, with amenities that enhance your stay. Each room also features an outside veranda with undisturbed views of the area and premises, ensuring a serene environment to relax.

Here are the details of the Garden Suites:

- 3x Couple Share or Single Occupancy
- En-suite toilet and shower
- Separate bedroom with a double bed
- Bathroom with a toilet inside
- A small living area with a table, chairs, and kitchenette
- Facilities to make tea
- Please note, there is no fridge available

Both single and shared occupancy options are available in Garden Suites.

Please check availability via team@gekedijkstra.com



GARDEN SUITE





READY TO DIVE DEEP?

Thank you for considering our high-end retreat. We are excited to welcome you. For more information and to ask any questions, you can schedule a free inquiry call with Geke. She will be happy to assist you and provide any additional details you need.

HOW TO BOOK?

Visit our website to secure your spot at the retreat and explore further details about our offerings.

QUESTIONS?

For more information and to ask any questions, you can schedule an inquiry call with Geke.

[Book Now](#)

[Schedule Call](#)



"YEARS OF DEVELOPING MY VISION
AND FINE TUNING MY WORK HAVE
LED UP TO THIS RETREAT;

I FEEL SO READY TO TAKE YOU ON
THIS JOURNEY; FEEL INVITED!"

- GEKE