

YOTE 2026

Welcome to Wild View

A year of soul-nourishing retreats in one extraordinary place.

Join us at Wild View Retreat—our beloved hillside sanctuary in the heart of Portugal—for a series of unforgettable retreats led by the teachers you know and love. Surrounded by nature, stillness, and endless skies, each retreat offers a unique blend of movement, rest, and connection.

Whether you're seeking deep restoration, energising flow, or space to grow, there's a place for you here in 2026.

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About Us

Introduction to our retreats

Our retreats are rooted in connection—between body, breath, nature, and self. Set in the serene hills of Wild View Retreat, our carefully curated weeks offer the space to pause, reset, and return to what matters.

With a focus on inclusive, heartfelt teaching and holistic wellbeing, each retreat is a balance of movement and stillness, strength and softness. People return year after year not just for the breathtaking setting, but for the sense of community, the depth of practice, and the feeling of coming home—to themselves.

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Location



A Tranquil Getaway in a Prime Setting

As soon as you arrive, you're greeted by rolling green hills, total stillness, and the unmistakable feeling of escape. Originally built in 1898 by a Portuguese Army General, the beautifully restored Manor House and surrounding grounds now offer a bespoke wellness retreat, thoughtfully designed for both connection and solitude.

Space to Be. Together or Alone

Even with a full retreat, Wild View never feels crowded. With many tucked-away seating areas and restful corners, you'll find it easy to connect when you want—or retreat when you need.

Ease of Accessibility

Despite its remote feel, Wild View Retreat is easily accessible from Faro Airport, with transfer options available. Once here, everything you need is on site—just bring yourself.

Limited Numbers, Lasting Connection

We cap all retreats at just 26 guests (including staff) to preserve a warm, communal atmosphere and meaningful group experience. Spaces fill quickly—please reach out if you have any questions.

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Amenities & Facilities

Everything You Need for the ultimate retreat

Yoga Shala

Our purpose-built yoga studio is designed for all seasons, with both heating and air conditioning to ensure optimal comfort during your practice. Fully equipped with mats and props, the studio features full-height sliding doors that open onto breathtaking mountain views—bringing the outdoors into every session. You'll also have the option to practise outside, with tranquil spaces available on the terrace and throughout the grounds.

Pool

Take a dip in the stunning outdoor infinity pool, surrounded by sun loungers and umbrellas for relaxing in the Algarve sunshine. The roof terrace and multiple outdoor seating areas provide peaceful spots to unwind, read, or simply soak in the panoramic views.

Wellness

Enhance your retreat experience with access to a calming sauna and endless natural beauty. Wander for miles through uninterrupted countryside trails, breathing in fresh air and connecting with nature at your own pace.

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Accommodation Options

At Wild View Retreat, your stay is as restful as your practice. We offer a range of beautifully designed spaces to suit your preference—whether you're after luxurious comfort or a closer connection to nature.

Manor House Rooms

- 8 en-suite rooms (sleeps up to 16 guests)
- 2 larger triple en-suite rooms, configurable as doubles or twins
- All shared rooms can be set up with either a king-size bed or twin beds
- Tastefully decorated with natural, locally sourced materials

Nature Stays

- 1 spacious yurt and 3 shepherd's huts, each set on a private deck with uninterrupted views
- Built using reclaimed wood from the original ruins and nestled into the hillside for total peace

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EVERY DETAIL CONSIDERED



Yoga

Practise as much or as little as you like—each day offers the freedom to honour your energy, with guided sessions designed to support all levels.

Pranayama

Start each morning with calming breathwork and meditation, grounding your mind and body for the day ahead.

Food

Enjoy nourishing, organic meals made with fresh, local ingredients—plus still and sparkling water always available. Celebrate the week with a joyful shared closing dinner.

Personal Practice

Our teaching team is on hand throughout the retreat to support your journey. Whether you're working toward a posture, refining technique, or deepening your breathwork, optional 1:1s and mini workshops are available by request—offering personalised guidance, just for you.

Sleeping

Sink into deep rest surrounded by nature, waking each day restored and ready to move, breathe, and connect.

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Manor House Room Rates

Twin/Double Rooms with Ensuite

**Mountain View, Twin or King bed,
ensuite, shared terrace.**

Single Occupancy: £2200

Shared Occupancy: £1600pp



Mountain view, Twin/King or Triple bed, ensuite, shared terrace.

Twin Occupancy: £1700pp

Triple Occupancy: £1300pp

Triple or extra large room with ensuite

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Yurts & Huts - Room Rates

Discover Tranquility and Rejuvenation



Secluded Outdoor Yurt with Rustic Bathroom

Mountain View, Twin or King bed, separate bathroom, Private Terrace

Single Occupancy: £1900

Shared Occupancy: £1300pp

Cosy Shepherd Hut with Rustic Bathroom

Mountain View, Twin or Double bed, separate bathroom, Private deck

Single Occupancy: £1600

Twin Occupancy: £1100pp

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The Menu

— Fuel, Balance & Restore



Our retreat menu has been perfectly balanced by Nicola who will be available to give nutritional advice also.

Tantalise your taste buds and fuel your body with every meal on retreat. You will be served salads, dhals, smoothie bowls and juices and raw cakes packed with vibrancy and texture from locally farm produce and organically sourced where possible. All dietary requirements can be catered for.

Excursions

— Elevate your experience



Water Sports

Take a trip to the beach, book a surf lesson, take a boat trip out to a secluded island to indulge in a peaceful lunch while watching the waves...the Algarve is your oyster



Nature Hikes

Explore scenic trails through lush landscapes, perfect for nature enthusiasts and photographers. Emountain Bikes are also available for guided excursions



A Little Exta

Other options include wine tasting, massage and a range of complimentary therapies to help you truly unwind.



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2026 Retreat

———— Tims for an Inspiring Getaway



Breathe & Breakthrough
26th September - 3rd October 2026

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26th September - 3rd October 2026

Breathe & Breakthrough

— Expand. Energise. Evolve

This dynamic and transformative retreat blends the grounded depth of traditional Ashtanga and Yin with the uplifting energy of Rocket and creative Vinyasa flow. Across the week, you'll be invited to explore your practice, reconnect with your breath, and break through personal limitations—both on and off the mat.

Expect:

- Energising Rocket and flowing Vinyasa classes
- Deeply meditative Yin and reflective journaling
- Breathwork and intention-led workshops
- Space to rest, play, and grow

With holistic treatments and nutritional support complementing your movement practice, this retreat offers a powerful, supportive space for transformation—whether you're seeking deeper connection, renewed energy, or a shift in perspective.

 Clare | Nicola | Radka





MEET OUR TEAM



CLARE
studio director



RADKA
senior instructor



NICOLA
nutrition



JANE
massage

Clare, founder of Yoga on the Edge, discovered yoga's power to heal first hand, and it shows in how she teaches. Her classes carry deep knowledge worn lightly, guiding you with warmth and compassion whether it's your first practice or your thousandth.

Radka brings fifteen years of movement, from ballet to Rocket and Mandala Vinyasa, with classes that are playful, creative and dynamic, yet always anchored in a quiet sanctuary where you feel safe to meet yourself exactly as you are.

Niki, a naturopathic nutritionist with over fifteen years in practice, looks after you off the mat with her knowledge of gut health, hormones and deep rest.

Jane, holistic therapist and Ayurvedic massage specialist, brings the healing power of touch. From full body Abhyanga to soothing head and shoulder treatments, her warm oil massages melt away tension and leave you deeply rested.

Together they bring movement, stillness and nourishment in equal measure.

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Beyond the Mat

🌀 Ayurvedic Massage with Jane

Restore body and mind with traditional Ayurvedic massage from holistic therapist Jane Dagnanleach. From the full body Abhyanga to soothing head, neck and shoulder treatments, each session uses warm oils and rhythmic strokes to release tension and bring you back into balance.

Ayurvedic Massage £75 | Ayurvedic Facial £80



🌀 Nutrition Talks & Cooking Workshops

Nutrition, Food & Lifestyle with Niki There are daily lectures and workshops on nutrition, food and lifestyle to support many aspects of your health. Niki opens your mind to the possible root causes of certain health issues. One-to-one bespoke consultations are also available.

🌀 Cleanse & Lymphatic Drainage

For those who want to go further, Niki offers a fully supported heavy metal, gut and liver cleanse using practitioner-strength supplements, guided throughout the week.

Alongside this, you can book time on the Body Balancer Pro for medical-grade lymphatic drainage, take an ice bath to reset your nervous system, and explore the Express Detox Pack, a retreat mini-cleanse designed to work alongside everything you're already doing here.



Testimonials

— What Our Guests Are Saying



As we sit down and reflect on the week's Retreat, we are glowing with health, good energy, Yogi limbs and smiles.

In reality it exceeded our expectations, perfect location and vibes, we have found our tribe.

Andrew & Selma (June 2025)



I've been doing yoga for over 10 years I've been on quite a few yoga retreats and what I've really loved about this one is that the yoga has been really fantastically tailored to a range of abilities. So there are some people here who haven't done much yoga and they're catered for, Its also quite challenging for people who have done yoga for many years. Which isn't something I've experienced on all other retreats

Laura (March 2025)



Deposit & Booking

TRAVEL

Book your flight to Faro and leave the rest to us: upon arrival, our partner agent will be ready to collect you from the airport, ensuring a smooth and welcoming start to your retreat.

DEPOSIT

£500 pp / Payment Plan

Account Name: Yoga Goddess Ltd

Account Number: 80296775

Sort Code: 20-45-45

Reference: Portugal (MONTH) 2026 (+ Your Surname)

This deposit is non-refundable unless the entire retreat is cancelled
Payment in 3 instalments or individually negotiated payment plan via bank transfer

All payments must be completed 60 days before travel (16/08/25)

If the retreat has to be postponed or cancelled due to Covid or travel restrictions, full refunds will be paid. Please see our cancellation policy & T's & C's for full details.

Optional extras are paid for individually.

Any questions please email or call us

YOTE

Keep in Touch

WE CAN'T WAIT TO WELCOME YOU!

VISIT US

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CONTACT US



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