

**YOUR UNIQUE**  
*Mental Wellness &*  
*Emotional Decoding Immersion*

*by*  
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# UNIQUENESS

WELCOME TO YOUR PRIVATE IMMERSION

Where the extraordinary meets the exceptional  
in the realm of mindfulness-based mental wellness  
transformational retreats.

# THE PROGRAM





# YOUR JOURNEY

## The Art of Coming Home to Yourself

There comes a moment when striving no longer works.  
When more information, more effort, more “doing”  
only deepens the distance from what truly matters.

Here, the work is subtle yet profound.  
You are guided not to chase transformation, but to allow it ,to listen  
beneath the noise, to sense what your being has been asking for all  
along.

It is not about escaping the world. It is about returning to it, lighter,  
clearer, and profoundly aligned with who you really are.

# Day I -Arrival

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## Landing in Presence

This day is dedicated to slowing down and arriving, not just physically, but emotionally and energetically. Let the journey here gently fall away as you begin to attune to the pace of the retreat.

You're invited to explore the space with curiosity, take time to rest, walk in silence, or simply sit with a cup of tea. This is a time for the nervous system to soften and the body to land.

There is nothing to achieve, only a return to presence.



# Day 2 - 4h

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## MORNING - 10:00

### Session 1 – Intro to Mindfulness

We start by exploring the concept of Mindfulness, what it consists of and how it is practiced. We will conduct an informal introduction practice conscious eating and a formal meditation practice called Body Scan. In order for practice throughout the stay to be continuous, each session will end with a Mindful investigation and activity plan to practice until the next session.



## AFTERNOON - 16:00

### Session 2 – Perception of Reality

Our beliefs and assumptions profoundly influence how we see and interact with ourselves, other people and our surroundings. In this session you will understand how they influence your day-to-day experience, and be able to deconstruct them.

# Day 3 - 4h

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## MORNING - 10:00

### Session 3 - Emotions

We take a look at the message behind each emotion, and how we can manage its ups and downs through mindfulness practice. By the end of this session you will be able to recognize, manage and mindfully respond to challenging emotional states.



## AFTERNOON - 16:00

### Session 4 – Specific session for each program

Together, we'll go deep and explore tailored strategies to navigate through challenging emotional landscapes regarding the program you have selected.

# Day 4 - 4h

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## MORNING -10:00

### Session 5 – Mindful Communication

This session is dedicated to exploring the concept of Mindful or Conscious Communication. We will deconstruct 3 communication styles, in order to observe how they impact the outcome of what we transmit and receive from the people with whom we communicate.



## AFTERNOON -16:00

### Session 6 – Integrating Mindfulness into everyday life

Together, drawing on all the knowledge you've gained, I will guide you in creating a plan to seamlessly integrate Mindfulness into your daily life.

# Day 5- Departure

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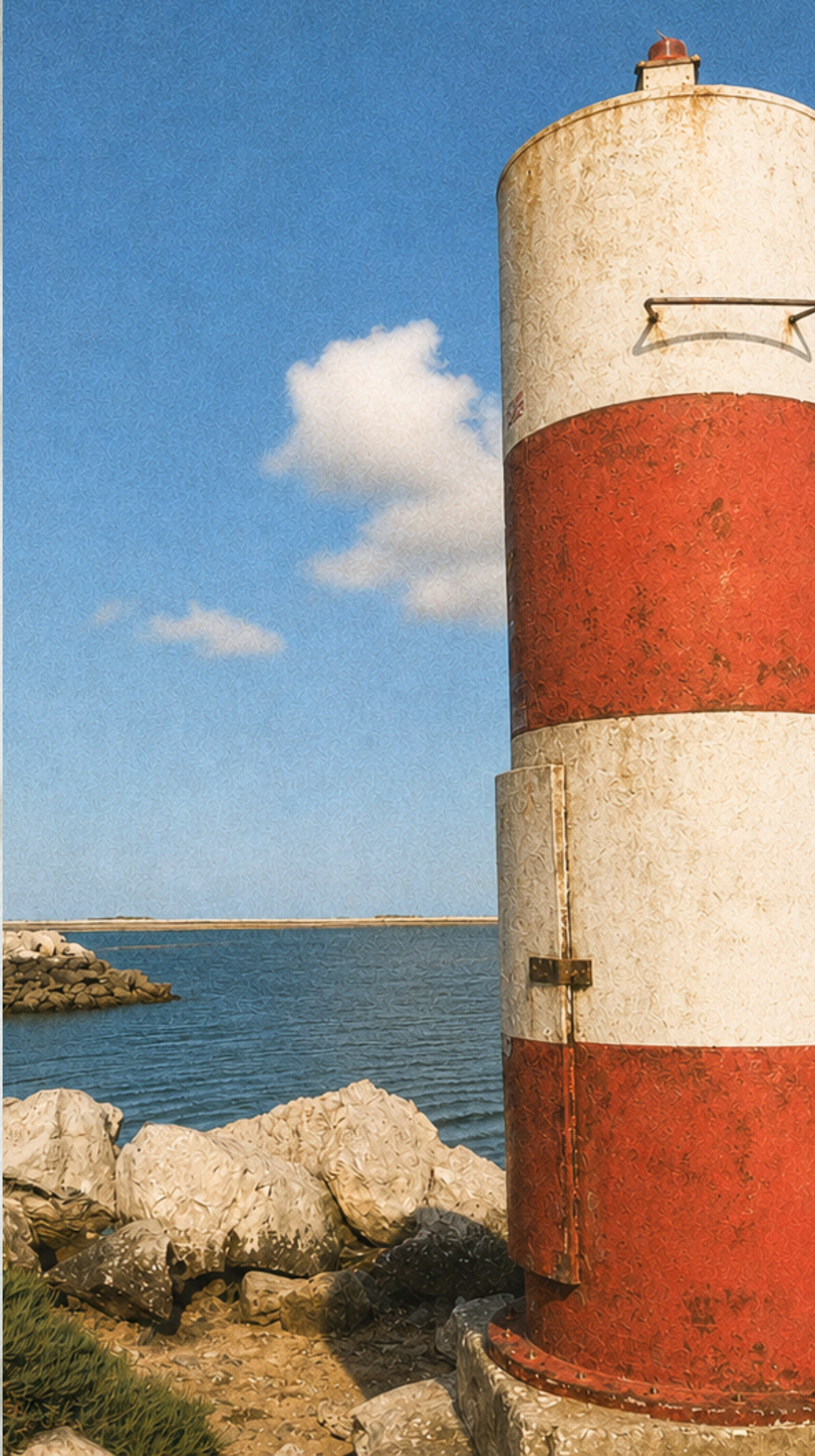
## Leaving with Awareness

There are no formal sessions on this final day, allowing space for integration and gentle closure. This is a time to gather what has shifted, acknowledge what has been reclaimed, and carry it consciously forward.

You may choose to revisit a practice, walk in nature, or spend time in quiet reflection. Let departure be a grounded transition. Leave not with urgency, but with the awareness that what was touched here walks with you.



# THE LOCATION



## 1. The Ocean

# Three places that support your journey



## 3. City of Tavira

## 2. Beaches

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