PERSONAL RESTART

4 Days & 3 Nights

Your Private *Mental Wellness &*
Emotional Decoding Immersion

by
Renata Cortês

UNIQUENESS

WELCOME TO YOUR PRIVATE IMMERSION

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

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.

Each day includes guided mindfulness meditation and yin yoga practices, thoughtfully integrated to support awareness, nervous system regulation, and the day's inner work.

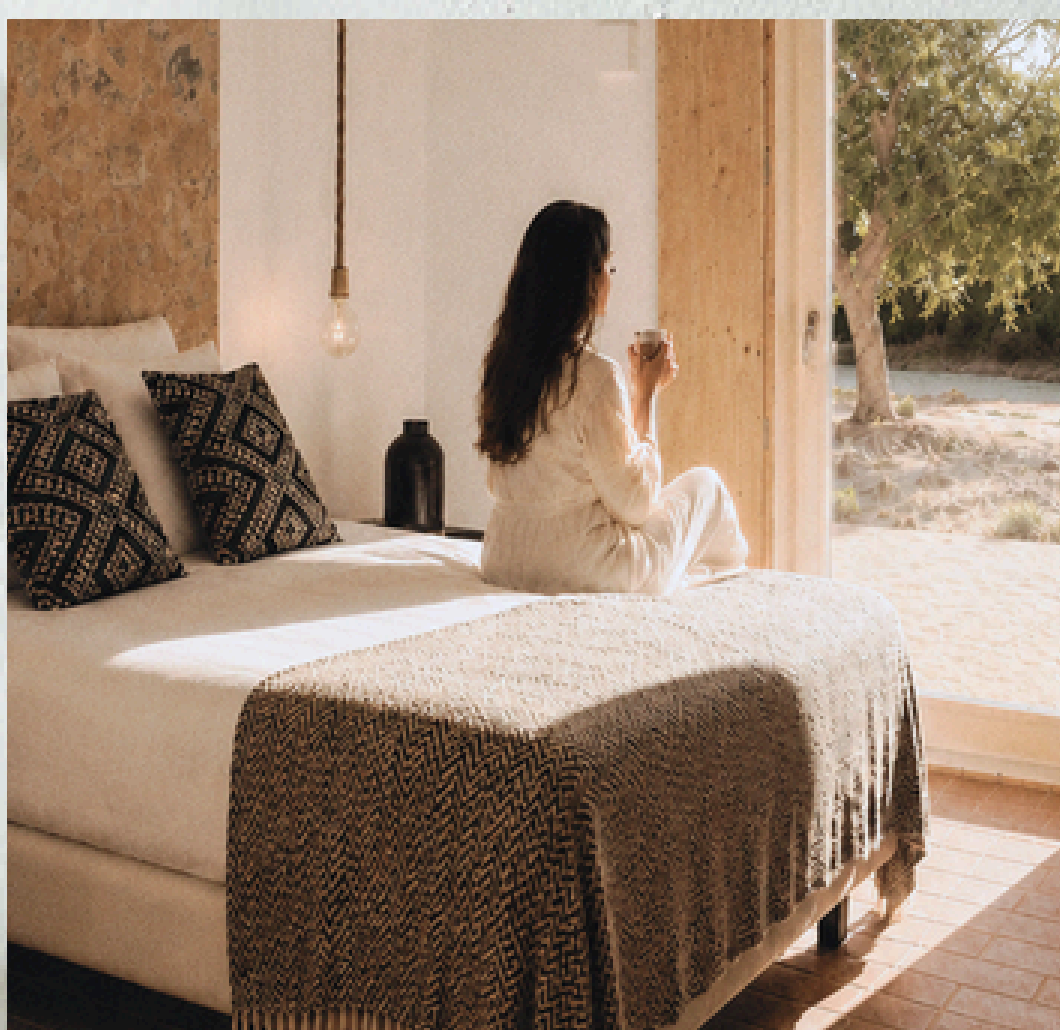
Day 1 -Arrival

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

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- 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.

DINNER - 19:30

Day 3 - 4h

MORNING - 10:00

Session 3 – Mindful Communication

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

AFTERNOON - 16:00

Session 4 – 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.

DINNER - 19:30

Day 4- Departure

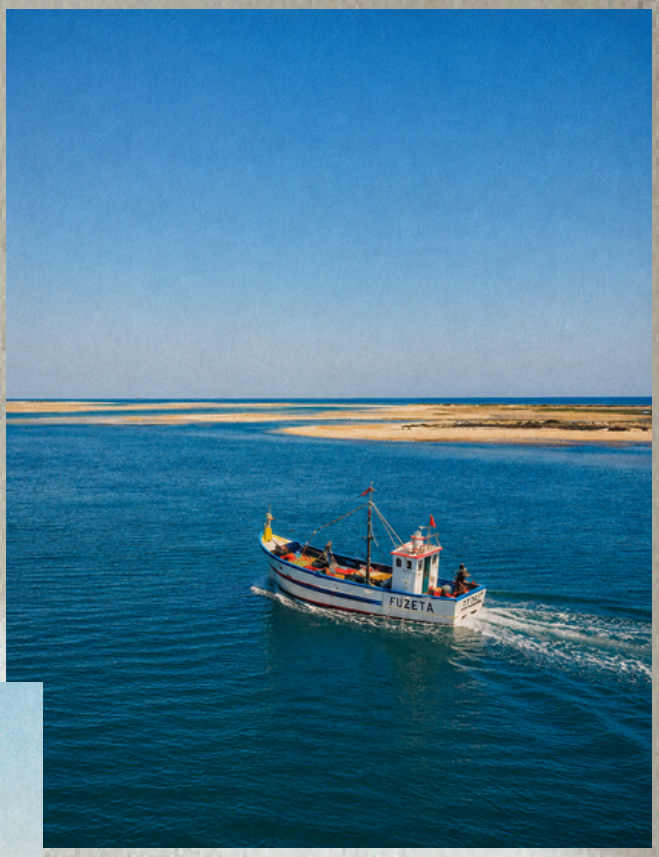
Leaving with Awareness

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.

Three places that support your journey

1. The Ocean



2. Beaches

3. City of Tavira

Renata Cortês

Since 2015, I have been guiding private, one-to-one immersions for people navigating profound inner transitions, combining mindfulness, emotional decoding, somatic awareness, and neuroscience-informed practices.

My work is deeply personal. Each immersion unfolds around the individual, their inner landscape, their rhythms, and what is ready to be seen, understood, and integrated.

My intention is to help you understand what is changing within you, reconnect with your clarity, strength, and quiet inner wisdom, and move forward from a place that feels real and lasting.

WWW.RENATACORTES.COM