

A person is sitting on a rocky shore, looking out at the ocean. They are wearing a colorful, patterned blanket. The sky is cloudy and the water is blue with white waves. The text "breathe. relax. be here now." is overlaid on the top left of the image.

breathe.
relax.
be here now.

*2019 yoga, nature & surf
retreats with Jana Toepfer in Portugal*



Ocean & Yoga

The aim of our programs is to lead a *life of creativity, ease, direction and freedom* and to shed the unnecessary things that we have written about ourselves at a time point. During our weeks together, we experience the supporting structure of community, we share a hour lived through songs, nature and available, more family style meals on the big table overlooking the garden, we pour beer and share stories and songs by the campfire. We are inspired by an inspiring Portuguese Carn Family and learn about life in respectful relationship with natural resources in an organic form. We welcome you into a living atmosphere that is always evolving as it is because it allows you to wrap your daily robe and allows you to be just as you are, imperfectly perfect. ⁴¹

MAY
04-10



Classic Ocean & Yoga Spring Retreat - an empowering nature reconnection week

with Jana, May & team

Includes: yoga, meditation, cooking, ocean reconnection, and a body reconnection

Craving: This is the best gift you can give yourself. Spend time in nature. Breathe. Thrive on yoga, yoga. Get to know great people. Practice meditation outdoors by the coffee. Learn surfing (beginners, swimmers or non-swimmers) and understand the power of nature in our nature reconnection workshops "accepting" & "navigate" wilderness and risk playing". Enjoy special self-care enrichment workshops and a special journey. Learn how to make truly nourishing breakfasts. A week to empower yourself and finally truly thrive here.

MAY
17-22



The Practice of Embodiment - a 3 day yoga intensive and 2 day relaxation retreat

with Jana & team

Includes: yoga, alignment, breathwork, meditation, nature reconnection, and a body reconnection

For you want body to work its mobility and gain strength. Understand your body to understand the dynamics of life & nature. This retreat is a combination of a intensely intense 3 day, with a relaxation with 2 following days of integration and rest. The 3 intensive days include: evening practice, light to medium, a total workshop full of movement, alignment, postures and meditations, Sunwarrior Sunshin and more by this evening restorative breathwork, yoga dinner on the terrace. That relax for 2 days. Enjoy yourself in the the lack of cell phone stress.

JUL
20-26



Ocean & Yoga Family Retreat - a surf, yoga & nature experience with the new generation

with Jana, Max & team

10001 yoga, meditation, surfing, nature reconnection, soul & body nourishment, family activities

For this yoga retreat, you don't have to leave your family at home! Enjoy daily morning yoga sessions while your kids play and are taken care of. Relax into two special afternoon sessions of restorative Yin yoga and a sound journey. One day will be dedicated as an all-organized family surf day. Also included is a kids & parents draw-playshop, community beach activities, and 2x kids yoga classes, and of course plenty of space to spend quality time in nature with your loved ones.

AUG
03-09



Classic Ocean & Yoga Summer Retreat - an empowering nature reconnection week

with Jana, Tom, Max & team

10001 yoga, meditation, surfing, nature reconnection, soul & body nourishment

Enjoy! This is the best gift you can give yourself. Spend time in nature. Relax. Practice yoga daily. Get to know great people. Practice meditations outdoors by the cliffs. Learn surfing (beginners lessons or intermediate) and understand the laws of nature in our nature reconnection workshops "ocean guiding" & "resource awareness and tree planting". Enjoy special soul nourishment workshops and sound journeys. A week to empower yourself and deeply enjoy being here.

AUG
17-23



Classic Ocean & Yoga Summer Retreat - an empowering nature reconnection week

with Jana, Tom, Max & team

10001 yoga, meditation, surfing, nature reconnection, soul & body nourishment

Enjoy! This is the best gift you can give yourself. Spend time in nature. Relax. Practice yoga daily. Get to know great people. Practice meditations outdoors by the cliffs. Learn surfing (beginners lessons or intermediate) and understand the laws of nature in our nature reconnection workshops "ocean guiding" & "resource awareness and tree planting". Enjoy special soul nourishment workshops and sound journeys. A week to empower yourself and deeply enjoy being here.

**AUG
SEP
30-04**



The Practice of Embodiment - a 3 day yoga intensive and 2 day relaxation retreat

with Jana, Mar & team

Focus: asana alignment, breathwork, meditation, nature reconnection, soul & body nourishment

Get into your body! Unlock its mobility and gain strength. Understand your body to understand the dynamics of life & nature. This retreat is a combination of a densely packed 3-day asana intensive with 2 following days of integration and rest. The 3 intensive days include: morning practice, light breakfast, 3-hour workshop full of movement, alignment principles and meditation, homemade lunch and time to chill, evening restorative session, veggie dinner on the terrace. Then relax for 2 days. Enjoy yourself & the life. Let it all let you go.

**SEP
OCT
28-04**



Classic Ocean & Yoga Autumn Retreat - an empowering nature reconnection week

with Jana, Mar & team

Focus: yoga, meditation, surfing, nature reconnection, soul & body nourishment

Enjoy! This is the best gift you can give yourself. Spend time in nature. Relax. Practice yoga daily. Get to know great people. Practice meditations outdoors by the cliffs. Learn surfing (beginners lessons or intermediate) and understand the laws of nature in our nature reconnection workshops "ocean guiding" & "resource awareness and tree planting". Enjoy special food/nourishment workshops and sound journeys. Learn how to make body coaching breakfasts. A week to empower yourself and deeply enjoy being here.

**OCT
12-19**



Panchakarma Detox Retreat - an Ayurveda & meditation retreat for deep rejuvenation

with Jana & guest teacher Dr. med Farhad Fakhri (Ayurveda physician, Naturopath in Würzburg) & team

Focus: Panchakarma detox treatments & massages, meditation, nutrition, relaxation

A perfect retreat to clean up body & mind, this retreat guides you through a profound Panchakarma cleanse (traditional Ayurvedic Detox Program). Relax your body with relaxing exercises & calm your mind with guided meditations and walks. Receive your daily Ayurveda oil massages during the 3 Panchakarma days. Week also includes a day of fasting and purging and a day with a restorative program and personal follow-up plan for back home. The full retreat is individualized and supervised by a traditional western medical & Ayurvedic doctor.

**ALBUQUERQUE'S TABLE WITH THE BRAND OF AN ORGANIC FARM
IN ALFAMBRAS, SOUTH WESTERN ALGARVE, PORTUGAL**

You will stay in the cozy, refurbished community farmhouses (single or double rooms) or in the shared all-naturally built cabin, set on an organic farm run by a loving family. Get to know the real Portugal.

Wake up to the sounds of nature and share their authentic lifestyle of living in and from the local land. Practice yoga on the sheltered and toried wooden-yoga deck overlooking stunning nature. Pick fresh figs and walnuts from the trees, harvest carrots, potatoes and herbs to make herbal teas, pick eggs from the chicken and enjoy family style dinners on the big table under the tree.

Olio Branco is located across the street from the natural reserve Costa Vicentina and only 10 minutes driving time away from the most stunning and deserted beaches of Portugal's South Western coast, 15min drive from the town of Aljezur. Closest airports Faro (1 hour) and Lisbon (3 hours).



further information & booking - jana@oceanandyoga.com // www.oceanandyoga.com

Ocean & Yoga

Ocean & Yoga Team

JANA FERNANDES FACILITATOR YOGA IN YOGA

All retreats are guided by Jana as the main yoga and meditation teacher. Experience yoga in a way that fits you and your life. No matter if you are a complete beginner – or have practiced yoga for some time and are ready to dive deeper into the practice. Learn how to create a peaceful body and mind system with Jana who has years of experience in guiding classes, retreats, workshops and trainings. She shares a vast array of tools from the worlds of atoms / molecules, pranayama / breathwork, meditation / self-exploration, self-empowerment and nature-based activities.



MAX DE ARAUJO FACILITATOR THE ART OF THE STEAKHOUSE

Our friends call him the „yoga foodie“ because he just knows exactly what yoga and surfing crave during a retreat. He makes sure that you get the most nutritious breakfast / brunch that you can wish for and bring home as inspiration on a daily basis. He is also a passionate surfer and inspires us as our personal ocean guide during the surf course and beyond, sharing his awe-inspiring knowledge and love for the ocean.

THE FERNANDES ORGANIC TEAM OWNERS & FACILITATORS OF NATURE RECONNECTION WORKSHOPS

All retreats are hosted by the family of Eva and Fernando – they have two daughters, two cockly dogs and some chickens. Fernando is the man in the garden and magician of the delicious homemade & mostly organic meals and also a passionate surfer and tree planter. Eva guides workshops about the healing remedies of plants and herbs growing here. They will share their wisdom & love with you: a piece of paradise between mountain, ocean and sky.



MARIA TERRA (MAY DUSSE) FACILITATOR OF INDIGENOUS WISDOM, BODY & SPIRIT WORK

On the highest mountains of Brazil, she learned about the Art of Yoga, Meditation, wellness, well being & Dharma. In the Amazon forest she learned with indigenous elders about the mysteries of medicinal plants & flowers of the jungle. Terra is an authentic hatha yoga teacher, facilitator of indigenous, body, spirit, sound & water work, and shares her wisdom in yoga retreats around the world (e.g. Yoga Reverence Barcelona, Soul Spirit Festival, Breath-Being Gathering) and complements Jana's summer retreats in a profound and soul nourishing way.