

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, inner connection and freedom - and to drop the unnecessary stories that we have written about ourselves at some point. During our weeks together, we experience the supporting structure of community: we share a house (even though single rooms are available), share family-style meals on the big table overlooking the garden, we plant trees and share stories and songs by the campfire. We are hosted by an inspiring Portuguese/Czech family and learn about life in respectful relationship with natural resources on an organic farm. We welcome you into a loving atmosphere that is already nourishing in itself because it allows you to drop your daily roles and allows you to be just as you are: Imperfectly perfect.“

**MAY**  
**04-10**



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

with Jana, Max & 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 soul-nourishment workshops and a sound journey. Learn how to make body-nourishing breakfasts. A week to empower yourself and deeply enjoy being here.

**MAY**  
**17-22**



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

with Jana & 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 & this life. Let it all fall into place.

**JUL**  
**20-26**



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

*with Jana, Max & team*

**Focus** 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 circus-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, Terra, Max & 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 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, Terra, Max & 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 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, Max & 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 & this life. Let it all fall into place.

**SEP  
OCT  
28-04**



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

*with Jana, Max & 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 soul nourishment workshops and sound journeys. Learn how to make body-nourishing 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 Farnaz Fahimi (Ayurveda physician, Naturheilklinik am Wannsee) & 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 relaxation 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.

**ALL RETREATS TAKE PLACE AT "OLHO BRANCO", 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 roofed 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.

Olho 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. 10min drive from the town of Aljezur. Closest airports: Faro (1 hour) and Lisbon (3 hours).



further information & booking - [jana@oceanandyoga.com](mailto:jana@oceanandyoga.com) // [www.oceanandyoga.com](http://www.oceanandyoga.com)

Ocean & Yoga

## Ocean & Yoga Team

### JANA, FOUNDER & TEACHER OCEAN & 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 practices. 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 asana / movement, pranayama / breathwork, meditation / self-exploration, self-empowerment and nature-based activities.



### MAX, OCEAN GUIDE & HEALTH FOOD SPECIALIST

Our friends call him the „yoga foodie“ because he just know exactly what yogis and surfers 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 neverending knowledge and love for the ocean.

### EVA & FERNANDO, ORGANIC FARM OWNERS & FACILITATORS OF NATURE RECONNECTION WORKSHOPS

All retreats are hosted by the family of Eva and Fernando – they have two daughters, two cuddly dogs and some chicken. 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 & home with you: a piece of paradise between mountain, ocean and sky.



### MARIA TERRA (RAIZ DO SER) FACILITATOR OF INDIGENOUS WISDOM, BODY & SPIRIT WORK

On the highest mountains of Himalayas, she learned about the Art of Yoga, Meditation, stillness, well being & Deeksha. 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 at Yoga events around the world (e.g. Yoga Conference Barcelona, Bali Spirit Festival, Boom/Being Gathering) and complements Jana's summer retreats in a profound and soul nourishing way.

