



A WOMEN'S RETREAT — ALGARVE, PORTUGAL

Waves of Light

Return to your body. Return to yourself.

9 — 14 November 2026

TEN WOMEN · SIX DAYS · PALMAS LODGE

“Energy moves in waves. Waves move in patterns. Patterns move in rhythms.

A human being is just that — energy, waves, patterns, rhythms. Nothing more. Nothing less.

A dance.”

— GABRIELLE ROTH · SWEAT YOUR PRAYERS

WELCOME

Come home.

In November, when much of Europe grows grey and still, the Algarve holds its warmth a little longer. The light turns golden. The ocean breathes quietly. The hills are soft and green.

This is where we gather. Ten women, six days, one intention: to return to the body's wisdom — to move, to feel, to rest, to be seen.

Waves of Light is not a programme to complete. It is a space to arrive, to soften — and to leave lighter, more fully yourself.



ABOUT ASIA · YOUR FACILITATORS

A path from knowing to feeling.

REIKI MASTER
SOMATIC DANCE TEACHER
YOGA TEACHER

I spent years living in my mind — in law firms, in strategy, in achievement. One morning in Berlin, my body finally spoke. I couldn't move my neck. That was the beginning of the real work.

My path led me to Bali for yoga teacher training, to the Algarve to live by the ocean with my family, and through two years of Reiki Mastership.

I practice Reiki, yoga and movement meditation, and I have woven all these tools into my daily life. This retreat is a life I have been living — and a door I am opening for you: to inspire you, to help you relax and connect with your own body wisdom.

“Every practice you encounter here is one you can bring home — into your kitchen, your living room, your ordinary Tuesday morning.”

Where structure meets intuition.

COGNITIVE COACH
KUNDALINI YOGA TEACHER
SOMATIC & CREATIVE FACILITATOR

My work grows from many roots — studies in architecture, years as a professional contemporary dancer, a conservatory training in music. I learned to hold structure and intuition in the same hand, and to move through change with both clear direction and tenderness.

Through *PsycheSoma Lab* I create experiences built on the body, the breath, movement and creative expression. I am a certified Cognitive Coach, a Kundalini yoga teacher, an Access Bars facilitator and an international dance instructor, with training in trauma-informed work, acupressure, Chinese medicine and neurographics.

Nine years of motherhood became my deepest turning point — opening me to my own femininity, to honest relationships, and to a path built in alignment with the heart and the body's truth. In this work I invite women to settle the nervous system, deepen contact with the body, and connect the dots of their own lives — gently, one good question at a time.

These days I am returning to music, following neuroscience with curiosity, and letting Brazilian Zouk move me — the dance that first sparked the dream of creating retreats like this one.

“Asia and I have known each other for more than ten years — a friendship of constant acceptance and support. This retreat was born from that: from shared curiosity and a deep wish to build something together.”





Palmas Lodge · Aljezur · Algarve

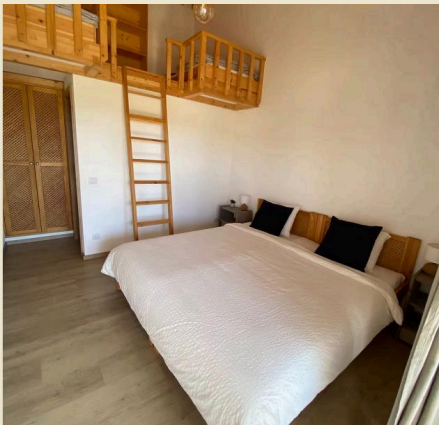
THE PLACE

A private lodge in a hidden corner of the Algarve.

Palmas Lodge sits quietly in the Portuguese countryside, a short drive from the wild Atlantic coast of Monte Clérigo and Aljezur. Five private suites, each with its own bathroom. A 60m² yoga shala fully equipped with mats, blocks and bolsters. A pool. Gardens. Space to breathe. *Not a hotel — a home.*

A HOUSE TO LIVE IN

Five suites. One table.
A garden. A pool.



5

PRIVATE SUITES
EACH WITH BATHROOM

60

M² YOGA SHALA
FULLY EQUIPPED

2

WOMEN PER SUITE
SHARED COMFORT

1

LONG WOODEN TABLE
WHERE WE GATHER

SIX DAYS · SIX INVITATIONS

A gentle arc from arriving to becoming.

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| 1 | MON · 9 NOV
Arrive &
Soften | Welcome practice: a grounding movement meditation. Settle in, meet the women, share the first dinner together. |
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| 2 | TUE · 10 NOV
Feel & Sense | Morning warm-up & TCM lymph drainage to wake the body's energy, then morning yoga and a somatic awareness workshop. Afternoon: fascial self-massage — ears, face and head — to quiet the nervous system and open the senses. |
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| 3 | WED · 11 NOV
Move &
Release | Morning warm-up & drainage. Five Elements Dance: two hours of guided movement through earth, water, fire, air and space, with neuro-painting (Block I) as the movement turns to colour. Evening: private valley sauna and a night swim under the stars. |
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| 4 | THU · 12 NOV
Create &
Express | Morning warm-up & drainage. Intuitive Perfume Workshop and neuro-painting (Block II) — scent and colour as two intuitive languages. Create your personal fragrance to take home. |
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| 5 | FRI · 13 NOV
Receive &
Rest | Gentle morning warm-up & drainage, then fascial self-massage — neck, chest and heart space — to open the body to receiving. Reiki with Asia, slow somatic dance, a special dinner, then a private concert: violin and guitar under the Algarve sky. |
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| 6 | SAT · 14 NOV
Integrate &
Carry
Forward | A last gentle warm-up. Final movement ceremony, closing circle and a long brunch together. Carry the light home. |
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JULIA'S THREAD

A feminine arc — rising, then softening.

Woven through the week is a second, quieter rhythm — Julia's thread. Each day opens with a short warm-up, and small practices return like a tide: stronger on the days of movement, gentler on the days of rest. Energy rises to its peak on days three and four, then softly descends toward receiving.

— Morning Warm-up & TCM Drainage

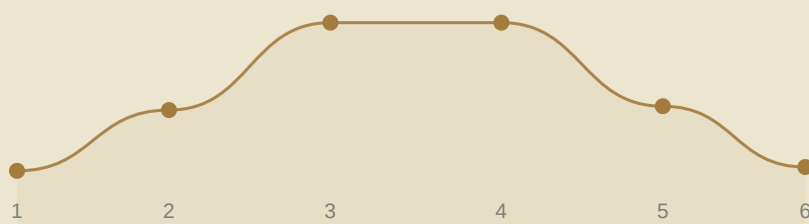
Daily, days 2–6. As the morning yang rises — the 7–9am hours belong to the stomach meridian in Chinese medicine — gentle tapping and lymph drainage wake the body's qi before the main practice. Stronger on moving days, softer on restful ones.

— Fascial Self-Massage — Two Cycles

Cycle I (ears, face, head) on Day 2 quiets the vagus nerve and opens the senses. Cycle II (neck, chest, heart space) on Day 5 is intimate work, close to the heart — it asks for the trust that ripens only late in the week, and opens the body to receive Reiki, slow dance and music.

— Neuro-painting — Two Blocks

Block I follows the Five Elements Dance on Day 3, as emotion from movement turns to colour. Block II joins the perfume workshop on Day 4 — colour and scent as two intuitive languages. Painting becomes the bridge from Release to Create.



*The week's energetic arc —
rising to days 3–4, softening
toward 5–6.*

EACH DAY · A NOURISHING RHYTHM

A gentle structure.

08:00

Morning Practice

Warm-up & TCM drainage, then somatic dance, yoga or meditation. Each morning has its own quality.

10:00

Late Brunch

Farm-to-table, local and seasonal. Eaten slowly, together.

12:00

Afternoon

Workshop, reiki, self-massage or free time. Pool, ocean, rest — time for yourself.

18:00

Early Dinner

Fresh and homemade. The table is warm.

19:30

Evening

Free, or gathering naturally. One evening: sauna and night swim. One evening: a private live concert. Special rituals throughout the week.



move

breathe

feel

rest

be

EVERYTHING INCLUDED

Six days of everything you need.

— **Six Days Accommodation**

Private lodge, two per suite, each with own bathroom.

— **All Meals**

Brunch and dinner daily, farm-to-table.

— **All Morning Practices**

Somatic dance, yoga, meditation.

— **Morning Warm-ups & TCM Drainage**

Daily energising practice with Julia.

— **Reiki Sessions with Asia**

Private slot — sign up on arrival.

— **Fascial Self-Massage**

Two guided cycles, face to heart.

— **Sauna Evening**

Hidden valley sauna and night swim under stars.

— **Perfume Workshop**

Create your own scent to take home.

— **Neuro-painting**

Two creative blocks — colour as a language.

— **Live Music Concert**

Violin and guitar under the evening sky.

— **Retreat Photographer**

Curated gallery of images, yours to keep.

— **Welcome & Closing Circle**

The container that holds everything.

— **Pool & Yoga Shala**

Yours throughout the retreat.

Not included: flights and transport to the Algarve, travel insurance, personal spending.



FACILITATORS & GUESTS ·
THE CIRCLE

Each person brings something **irreplaceable.**

Asia

HOST & LEAD FACILITATOR

Reiki Master, certified somatic dance teacher, yoga teacher and former lawyer. Asia holds the space, leads the morning practices and offers individual Reiki sessions through the week. Her path from burnout to embodiment is the living thread that runs through everything.

Julia

CO-HOST & FACILITATOR

Cognitive Coach, Kundalini yoga teacher and the somatic & creative facilitator behind PsycheSoma Lab. Julia leads the morning warm-ups and TCM drainage, the fascial self-massage cycles and the neuro-painting blocks — weaving structure, body and creativity through the week.

Kamila

NATURAL COSMETICS &
INTUITIVE PERFUME

Working with organic botanicals and essential oils, she guides each woman to create her own fragrance through intuition rather than instruction. Her workshop on Day 4 is one of the most memorable experiences of the retreat.

Shai

VIOLIN & GUITAR

A private concert on the last evening, performed under the open Algarve sky. His music is intimate, unhurried and deeply moving — the perfect accompaniment to a week of returning to what is real.

Maria

FARM-TO-TABLE CHEF

Every meal is prepared with local, seasonal ingredients — fresh fish from the coast, vegetables from nearby farms, homemade bread and desserts. Her food is an act of care, and eating together is as much a part of the experience as any practice.

AN INVITATION TO THE CIRCLE

Hold your place in the **circle.**

Ten women. Six days. One ocean.
Once the circle is full, it is full.

€ 1,690 PER PERSON
SHARED SUITE

All practices, all meals, all rituals — included.

EARLY BIRD OFFER

€ 1,490

For the first three women who reserve before 31 July 2026.

TO RESERVE

A € 400 deposit holds your place.
Balance due 1 October 2026.

WHEN & WHERE

9 — 14 November 2026. Palmas
Lodge, Aljezur, Algarve.

THE CIRCLE

Ten women only. Five private
suites, two per suite.

Write to Asia & Julia — tell us this is yours.

hello@wavesoflight.com →

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