

# WISDOM OF WATER

**WEEKEND RETREAT**  
JUNE 13 - 15 / 2025



TO CULTIVATE THE RECEPTIVE, THE INTUITIVE, AND THE CREATIVE

ALLOWING, UNDOING & AN INVITATION TO REST

HONOURING THE WISDOM KEEPER INSIDE OF YOU,  
THROUGH THE ELEMENT OF WATER

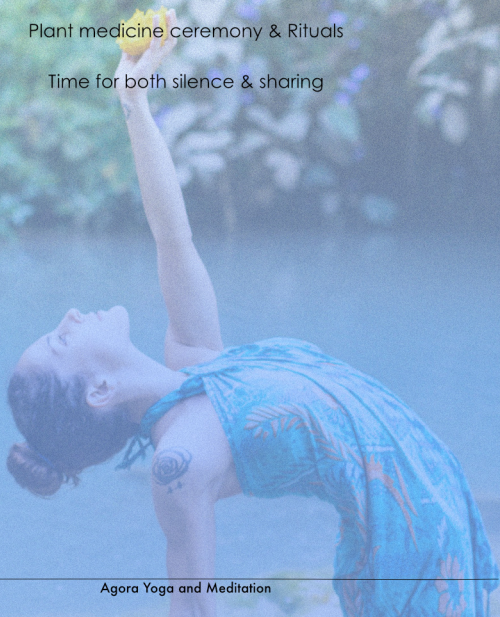
## OFFERING

Fluid movement & Yin Yoga

Elemental breathwork & Meditations

Plant medicine ceremony & Rituals

Time for both silence & sharing



## WITH ERICA BHAVANI AND SONIA AMA

Erica has been practicing spirituality and healing modalities for the past 18 years. Her main focus between bodywork, conscious touch and shamanic practices inspire her weaving together knowledge from the wisdom of the body with the universal nature of the cosmos and our Spirit. She runs her private practice in Thai yoga bodywork in Lisbon since 2017 and recently completed a four year apprenticeship training in shamanic studies with her guides in 2023. She regularly leads training courses on bodywork as a practice towards our own self development and healing. Erica believes in our ability to heal ourselves, and supporting others along their own personal journeys.



Sonia sees Yoga as an embodied practice of self-inquiry and connection to the divine. She is fascinated by the healing potential of Yoga and how it can be a somatic experience. It has been a therapeutic and transformative exploration for her since the very first day and therefore naturally evolved into a lifestyle. She feels deeply grateful to have come across this incredibly grounding practice, that yet conceals endless possibilities of ecstatic experiences. A heartfelt desire has naturally arisen to share Yoga with others to support our collective path of self-transformation and freedom. Getting a glimpse at the impermanent nature of life and the interconnectedness of all beings, the heart opens to a joyful, generous and loving experience of the present moment...





## CASA SHANTI

*Our retreat venue*

With a name that means 'THE HOUSE OF PEACE', Casa Shanti is located in Penedo do Lexim, near Mafra, halfway up the slopes of ancient extinct volcanic chimneys.

*\*We offer accommodation in shared rooms and nutritious vegetarian or vegan meals.*



## PROGRAM

*Subject to flexibility*

### Friday

Arrival at 4pm at Casa Shanti  
We will begin with a movement class on Friday at 5pm.  
Dinner and opening circle.

### Saturday

Morning movement class, walks and/or swim.  
Afternoon ceremony of psilocybin (mushrooms) and supporting plants.

### Sunday

Integration morning with guided movement, meditations and creative group activity.  
Lunch and closing circle.  
Departures between 3-4pm.



## DATES

Friday June 13 (afternoon) to Sunday June 15 (afternoon)

## VALUE EXCHANGE

Food and accommodation (for Casa Shanti): 170€ (*shared bedrooms between 2-3 people*)

Facilitator Fee: 180€

**Total Exchange:** 350€

**Early bird Price (by April 30th):** €310

*\*Ask us if you feel the calling, yet are in financial need*

## BOOKING

Link in Bio, Agora website or [info@agora-lisboa.com](mailto:info@agora-lisboa.com)

***Retreat suitable for those seeking authentic connection with their inner self, in relation to others and to Nature. Read more details in the Google form.***