PORTUGAL · 30 APRIL — 4 MAY 2027

Beyond Doing

Somatic Therapy & Breathwork Retreat in Portugal · For Women & Men

Estrela Serenity, Serra da Estrela · Welcome 15:30 on Friday, 30 April · Ends 14:30 on Tuesday, 4 May

A Five-Day Passage from Doing into Being

Beyond Doing follows the stages of an identity shift, guided by somatic therapy, therapeutic breathwork and deep states of consciousness. Each day widens what we can feel and hold, so each journey inward can go a little deeper.



DAY 1 · FRIDAY, 30 APRIL

The Container

Safety · The Window of Tolerance · The First Descent



DAY 2 · SATURDAY, 1 MAY

The Armoured Self

Identity · Armour · Force and Power



DAY 3 · SUNDAY, 2 MAY

The Threshold

Death · Surrender · The Unconscious



DAY 4 · MONDAY, 3 MAY

Being

Presence · Receiving · The Heart



DAY 5 · TUESDAY, 4 MAY

The Witness

Remembering · Inner Wisdom · Embodiment

The programme follows a clear structure, and the pace of each day adapts to the needs of the group.



DAY 1 · FRIDAY, 30 APRIL

The Container

Safety · The Window of Tolerance · The First Descent

We create the safety that deep work needs. You learn to read your body's signals of too much and too little, and in the first breathwork journey, the habit of doing begins to loosen.

15:30–16:30 *Welcome & Nourish*
Arrival and check-in – welcome snacks

16:30–17:30 *Orientation*
Retreat framework – introduction to somatic work, breathwork and the journey from doing to being

17:45–18:15 *Groundwork for nervous system regulation*
The Window of Tolerance – recognising the body's signals of too much and too little

18:30–19:30 *Healing & Wholeness*
The First Descent – Somatic session & therapeutic breathwork: the first journey beneath the surface. As the breath interrupts the habit of doing, we descend into deeper states of the body and open the first door to being.

20:00–21:00 *Nourish*
Dinner

DAY 2 · SATURDAY, 1 MAY

The Armoured Self

Identity · Armour · Force and Power

We explore how identity becomes a body: the selves we became to cope or succeed, and how they live on in the body as tension and armour. We meet the inner doer, and the strength that doesn't need force.

08:00–09:00 *Experience*	●	**Morning Somatic Practice** – breath & self de-armouring
09:00–10:00 *Nourish*	○	**Breakfast**
10:00–12:00 *Expand*	●	**Conscious Conversation** – How Identity Becomes a Body
12:00–12:30 *Pause*	○	**Pause and Reflect**
12:30–13:00 *Healing & Wholeness*	●	**Meeting the Inner Doer** – parts work
13:30–14:30 *Nourish*	○	**Lunch**
14:30–16:00 *Pause & Reflect*	○	**Rest, journal, walk in nature**
16:00–16:30 *Experience*	●	**Force versus Power** – finding the true strength within
16:30–18:00 *Somatic Healing*	●	**Therapeutic Breathwork Journey** – into altered states beyond the doing mind, where conscious and unconscious meet
19:00–20:00 *Nourish*	○	**Dinner & Evening Rest**

DAY 3 · SUNDAY, 2 MAY

The Threshold

Death · Surrender · The Unconscious

We look at what we have outgrown but still carry, and at the triggers that keep it in place. Through the art of dying and a breathwork journey into the unknown, something old is allowed to end.

08:00–09:00 *Experience*	●	**Morning Somatic Practice** – breath & self de-armouring
09:00–10:00 *Nourish*	○	**Breakfast**
10:00–12:00 *Expand*	●	**Conscious Conversation** – Living In Between – when the old no longer fits and the new has not yet come
12:00–12:30 *Pause*	○	**Pause and Reflect**
12:30–13:30 *Somatic Inner Recovery*	●	**From Reaction to Response** – triggers, patterns & choice
13:30–14:30 *Nourish*	○	**Lunch**
14:30–16:00 *Pause & Reflect*	○	**Rest, journal, walk in nature**
16:00–16:30 *Experience*	●	**The Art of Dying** – meeting the fear beneath all our fears
16:30–18:00 *Somatic Healing*	●	**Into the Unknown** – a therapeutic breathwork journey of surrender, releasing what we no longer need to carry
19:00–20:00 *Nourish*	○	**Dinner & Evening Rest**

DAY 4 · MONDAY, 3 MAY

Being

Presence · Receiving · The Heart

A morning of silence. We explore receiving, presence with one another and the capacity to feel fully. In the evening, a first glimpse of what is waiting beyond the threshold.

08:00–09:00 *Experience*	●	**Morning Practice** – The Breath of Silence
09:00–10:00 *Nourish*	○	**Silent Breakfast**
10:00–12:00 *Expand*	●	**Conscious Conversation** – The Art of Receiving
12:00–12:30 *Pause*	○	**Pause and Reflect**
12:30–13:00 *Somatic Healing*	●	**The Space Between Us** – relational presence
13:30–14:30 *Nourish*	○	**Lunch**
14:30–16:00 *Pause & Reflect*	○	**Rest, journal, walk in nature, or enjoy a massage**
16:00–16:30 *Healing & Wholeness*	●	**The Containers of Being** – expanding the capacity to feel fully
16:30–18:00 *Somatic Healing*	●	**Therapeutic Breathwork Journey** – meeting the self that is waiting beyond the threshold
19:00–20:00 *Nourish*	○	**Dinner & Evening Rest**

DAY 5 · TUESDAY, 4 MAY

The Witness

Remembering · Inner Wisdom · Embodiment

We remember who we are beneath every identity, and begin to embody what wants to be lived next, from inner wisdom, not from who we had to be.

08:00–08:45	*Nourish*	**Breakfast**
09:00–10:30	*Expand*	**Conscious Conversation** – Remembering Who We Are
10:30–11:45	*Experience*	**The Shape We Choose** – embodying the next identity; closing breathwork
11:45–12:15	*Check-out*	**Check-out**
12:30–13:30	*Closing*	**Final Circle & Integration**
13:30–14:30	*Nourish & Pause*	**Lunch & Goodbye**