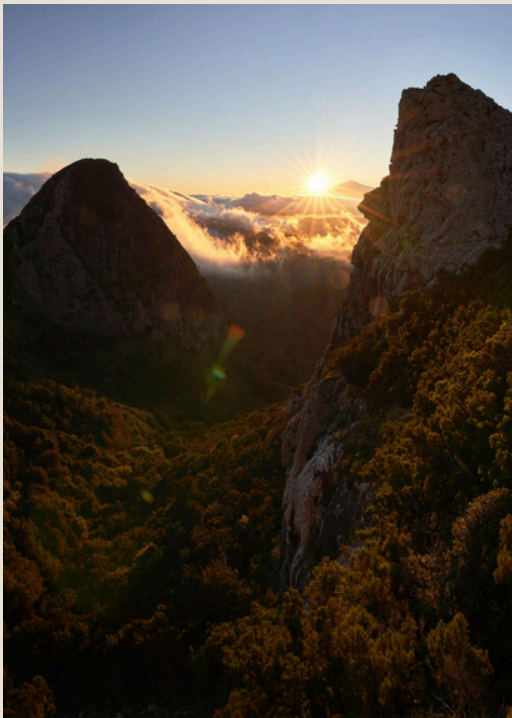


INNER BALANCE RETREAT

Portugal

8 - 13 JUNE 2025

transformative **Body, Mind** and **Soul** Experience



Masterclasses / Workshops

Life- coaching sessions

Well-being activities in nature

Nourishing healthy meals

Mindfulness rituals

Supportive women on your side

Collab between I-O Health & Brainhealth & Yoga Retreat

RELAX - UNWIND RECHARGE

Imagine

A place nestled in the heart of Portugal's breathtaking nature, surrounded by stunning views.



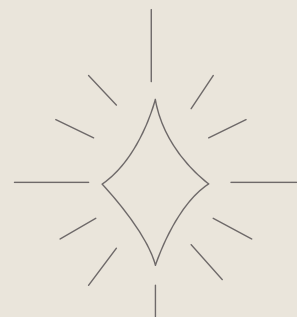
Find Balance

An opportunity to slow down, clear your mind, take good care of yourself and reflect on what truly matters.



A true sanctuary

Where we support you on an inner journey to re-connect with yourself.



What to expect ?



MAGICAL MORNING ROUTINE

We begin each day mindfully with stretching, guided meditation and journaling to start your day grounded and present.



DAILY MASTERCLASSES

Learn about our brain, the principles of Holistic Health, living an authentic life, and the power of meditation and manifestation.



WELL-BEING ACTIVITIES

Breathwork, coaching, hikes, mindfulness exercises, visualization and self reflection.

Experience



NOURISHING MEALS

Freshly prepared, healthy meals will be served daily with love to nourish our body and support our overall health.



SURROUNDING

Become part of a warm and supportive group. Share experiences together or enjoy quiet moments alone. Unwind in our beautiful garden or by the pool. It's the ideal setting to rest, connect and growth in a peaceful, nurturing atmosphere.



EVENING RITUALS

Time to relax and reflect, followed by a gratitude practice to end your day calm and peacefully.

AWAKE & TRANSFORM

EMBARK ON AN INNER JOURNEY

WHAT WILL IT BRING ME?

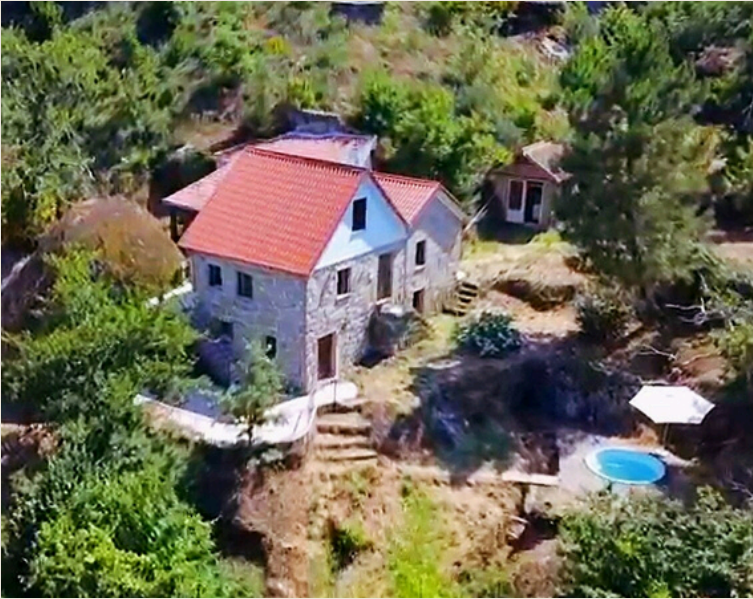
The Inner Balance Retreat offers you the unique opportunity to recharge all aspects of yourself—physical, mental, and to deepen your soul.

During the informative workshops, we'll share valuable knowledge about the workings of our brain and physical health, while also helping you reflect on the bigger life themes as well as revealing secrets for a long, fulfilling life in good health.



Practical coaching tools and well-being activities will positively impact your daily life. The all-in package, along with the care and accommodation in a beautiful setting, allows you to be fully present so you can re-connect with yourself and others. An opportunity to up - level the quality of your life!

Impression



TEAM

Marjolein

Medical Psychologist specialized in Neuropsychology. With over 15 years of experience, she is passionate about helping others unlock their brain's potential and achieve optimal mental and physical health.



Michelle

She truly believes that happiness and health are deeply connected and introduces you to the concept of 'holistic living.' She helps you become aware of how to create an authentic life that aligns with your heart and true desires.





HOLISTIC WELL-BEING EXPERIENCE

JOIN us NOW!

Achieve inner peace and embrace a
mindful way of living.

WHEN

8- 13 June. 2025.

WHERE

Meruge. Portugal

CONDITIONS

All meals. activities.
pick -up services are
included.

6 days. 5 nights.

Privat room €1.295 *

Shared room €1.095 *

*** Early Bird Prices till 1st of April !**
BOOK NOW:

Privat room: € 1.195

Shared room: € 995

CLAIM YOUR SPOT !!

Marjolein:

www.brainhealthretreat.nl

Michelle:

www.iohealth.nl

Questions? Feel free to reach out to us and we are happy to help!



info@iohealth.nl