

WELCOME TO ECO DHARMA VILLAGE



eco
DHARMA

ECO-WELLNESS RETREAT IN NORTHERN PORTUGAL

FROM

CHANTAL

Hi,

I am Chantal, founder of Eco Dharma Village in Portugal. It all started seventeen years ago when I had a dream: I wanted to create a space where holistic wellbeing would be the focus. I was not sure about the format and I was not teaching yoga then, but I knew this is what I wanted to do eventually. Fast Forward to 2023 and I am so excited to present you with Eco Dharma Village.

Eco Dharma an eco-wellness retreat nestled in the charming hills of Arcos de Valdevez in Northern Portugal. The aim is to learn about nature and living in nature, to grow our own food and to support teachers and healers on the same path by offering a space where they can explore their journey with their clients.



ECO DHARMA



"As a yoga teacher, I always felt doing retreats on my own was exciting but so risky, and that financial risk was quite stressful. Eco Dharma is virtually risk-free and a place where you have support, whether this is your first or 100th retreat."

Chantal Di Donato
FOUNDER

ECO DHARMA

ABOUT OUR

ETHOS



Eco Dharma can only host 10 people in total, including the teacher. The reason is that we want to make sure Mama Earth is looked after. Energy and our human presence on the land affects the environment, whether we realize it or not.

We also believe that small groups are more personal and impactful and that teachers have the space and energy to hold the space for everyone. This is simply impossible with big groups (tried and tested)

The venue is as eco as we can make it without single plastic usage or toxic products. Everything we use is biodegradable and natural. We also operate a completely vegan site. We have our own food growing and are powered by solar 99.9% of the time :)

FACILITIES

- Two En-Suite double/twin bedrooms in the main house
- Three En-Suite Glamping Domes
- Each bathroom with showers
- Towels, Robes and Slippers
- Yoga Shala Dome
- Yoga mats and props
- Natura and vegan skin care products*
- Golden Lounge with drinks and snacks*
- Spacious outdoors spaces
- Free Wi-fi (under the lounge)

* External partners' items are for sale at the retreat



[CLICK HERE FOR
MORE PHOTOS](#)

HOW IT WORKS

THE GIST

Teachers can book a retreat slot by emailing or calling to check availability. There is only a 10% non refundable deposit for each person you book for; you do not have to book the entire space.

We do not charge for the site but per person, which means that if you only have three people and still want to go ahead with the retreat, you are welcome to and you will not risk losing any of the income you calculated per person.

Terms and Conditions apply once the deposit is paid to us so please read through the **T&C on our website** ([click here](#)).

HOW IT WORKS

OUR FEES ARE:

- €120pp sharing daily , including breakfast and dinner
- €150 Single occupancy daily, Including breakfast and dinner

You are welcome to add your fee to the overall budget , as you see fit.

EXAMPLE:

8 people sharing booked at €120pp for 5 days = €600 to Eco Dharma.
Teachers can add on anything they see fit. We suggest €200/€300 per person which will allow you to take home between €1600 to €2400.
This is simply an example and we do not get involved in this decision making process.

HOW IT WORKS

WHAT'S INCLUDED?

We offer all that is described in the facilities page plus 2 plant based meals a day and availability to buy lunch from our Golden lounge Menu or order it for an extra fee.

We can help coordinate treatments, excursion, adventure trips, transfers and local restaurants if your group wishes to explore the local cuisine.

LEEWAY?

We can discuss discounts if your group is not interested in 2 meals a day but less; we want to make sure you are offering a good experience and it is fair for all of us investing time and effort in your successful retreat.

HOW IT WORKS

DON'T FORGET THE NITTY GRITTY

Please read the website carefully to familiarize yourself with Eco Dharma's offerings. The **Terms and Conditions** are very expansive (click [here](#) to read).

All teachers must be qualified in the area of expertise they are claiming to be, and are responsible for their insurance.

You will sign a weaver form releasing Eco Dharma Village from any liability. Your client will be required to as well. We suggest you use that format too to protect yourself as being in nature does come with risks.

WHAT'S NEXT

We are open for bookings for 2024 (March - September - ask for dates). You are welcome to come visit for 2 days free of charge to see the venue or if not possible ; we can plan a Skype call to show you around.



@ecodharmavillage



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