

VERMELHO

THE BRAIN EDIT

MINDFULNESS & MEDITATION RETREAT AT VERMELHO

FROM 24 TO 27 NOVEMBER, 2024





UNLOCKING PEACE OF MIND : A JOURNEY INTO MINDFUL EMPOWERMENT AND TRANSFORMATION

Embark on a journey of self-discovery and mental rejuvenation with The Brain Edit, a retreat crafted under the guidance of Terrence the Teacher, renowned for coaching high-profile figures including our founder, Christian Louboutin.

Dive deep into a program that seeks to enhance personal empowerment through science-backed mindfulness techniques and practices, helping you tap into the raw power of your own mind to foster lasting change. Here, you will learn the vital skill of how to live mindfully, get to understand the true scientific value of meditation and be shown how to fully embrace the power of the Mind - Body connection.

Join us at for a rare opportunity to reset your mental and emotional compass with Terrence the Teacher, an expert in creating pathways towards personal fulfillment and well-being. This is your invitation to pause, breathe, and connect with your inner self in an environment that mirrors the peace and potential within you.

HIGHLIGHTS

- ➡ 4 IMMERSIVE EXPERIENCES (Including lectures, meditation and breathwork with Terrence the Teacher)
- ➡ 3 MORNING YOGA GROUP CLASSES
- ➡ 2 EVENING GUIDED MEDITATIONS
- ➡ 1-ON-1 SESSIONS
- ➡ EXCLUSIVE USE OF HOTEL FACILITIES



TERRENCE THE TEACHER

Mindfulness Meditation Coach
Clinical Hypnotherapist
Pilates Teacher
Personal Trainer
Wellbeing Expert

VERMELHO

DAILY SCHEDULE





DAILY SCHEDULE

NOVEMBER 24

06:30 pm - Welcome drink

07:00 pm - Intro session in Indian Lounge

08:00 pm - Dinner



DAILY SCHEDULE

NOVEMBER 25

08:00 am - Group Yoga Class (60 min) / Start of 1 - on - 1 sessions with TtT (Terrence the Teacher) 30 min slots

09:30 am - Breakfast

11:00 am - " The Brain Edit " immersive Session 1 (including a lecture on Basic principles of Mindfulness plus the science behind it) - 1h 30m

01:00 pm - Lunch

03:00 pm - Free time

04:00 pm - " The Brain Edit " immersive Session 2 (including " how your mind works " and learning how to create a meditation practice from scratch) - 1h30m

05:30 pm - Free time / 1-on-1 sessions with TtT

08:00 pm - Dinner

10:00 pm - Evening guided meditation (Focused on relaxation and rest) - 30 min



DAILY SCHEDULE

NOVEMBER 26

08:00 am - Group Yoga Class (60 min) / 1-on-1 sessions with TtT - 30 min slots

09:30 am - Breakfast

11:00 am - The Brain Edit immersive Session 3 (Includes learning powerful techniques to change habits and achieve personal goals) - 1h30m

01:00 pm - Lunch

03:00 pm - Free time

04:00 pm - The Brain Edit immersive Session 4 (Includes - Understanding Mental health and learning what it means to be more present with your life experiences.) - 1h30m

05:30 pm - Free time

08:00 pm - Dinner

10:00 pm - Evening guided meditation (Transcending into the Subconscious mind) - 30 min



DAILY SCHEDULE

NOVEMBER 27

08:00 am - Group Yoga Class (60 min) / 1-on-1 sessions with TtT (30 min slots)

09:30 am - Breakfast

11:00 am - The Brain Edit Wrap - up session.

12:00 pm - Check-out



TERMS & CONDITIONS

PRICE
from 1.815€

CHECK IN TIME
From 4pm

CHECK OUT TIME
Before 11pm

50% deposit of the total amount on reservation.

The outstanding balance will be required 30 days prior to arrival.

CANCELLATION POLICY

50% deposit non-refundable. Free cancellation up to 30 days prior to arrival. After this period no modifications nor cancelations will be allowed. In case of no-show, 100% of the reservation will be charged.

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