

VERMELHO

THE BRAIN EDIT

MINDFULNESS & MEDITATION RETREAT AT VERMELHO

APRIL 6 - 9, 2025





A RETURN TO BALANCE: REDISCOVER CLARITY AND INSPIRATION

The Brain Edit returns for a second edition, offering a new opportunity to embark on a journey of self-discovery and growth. Once again, Terrence the Teacher—a celebrated mindfulness expert and personal coach to influential figures, including our founder, Christian Louboutin—will guide this transformative experience.

Immerse yourself in a thoughtfully designed programme that leverages science-backed mindfulness practices to unlock the full potential of your mind. Learn the art of intentional breathwork, the principles of meditation, and the profound connection between mind and body, all tailored to foster personal empowerment and enduring clarity.

This second retreat offers the rare chance to deepen your mental and emotional well-being under Terrence's expert guidance. It's an open invitation to pause, reflect, and reconnect with your inner self amidst the serene and inspiring setting of Vermelho.

HIGHLIGHTS

- ➡ 4 IMMERSIVE EXPERIENCES
(Including lectures, meditation and breathwork with Terrence the Teacher)
- ➡ 10% DISCOUNT ON ALL SPA TREATMENT DURING THE RETREAT
- ➡ 3 MORNING YOGA GROUP CLASSES
- ➡ 2 EVENING GUIDED MEDITATIONS
- ➡ ONE-ON-ONE SESSIONS



TERRENCE THE TEACHER

Mindfulness Meditation Coach
Clinical Hypnotherapist
Pilates Teacher
Personal Trainer
Wellbeing Expert



VERMELHO

DAILY SCHEDULE





DAILY SCHEDULE
APRIL 6TH

06:30 pm – Meet & Greet

08:00 pm – Dinner



DAILY SCHEDULE

APRIL 7TH

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

09:30 am – Breakfast

11:00 am – The Brain Edit Immersive Session 1 (including a lecture on the basic principles of mindfulness and 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) - 1h 30m

05:30 pm – Free time / One-on-one sessions with TtT

08:00 pm – Dinner

10:00 pm – Evening Guided Meditation (focused on relaxation and rest) - 30 min



DAILY SCHEDULE

APRIL 8TH

08:00 am – Group Yoga Class (60 min) / One-on-one 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) - 1h 30m

01:00 pm – Lunch

03:00 pm – Group experience

04:30 pm – The Brain Edit Immersive Session 4
(Includes understanding mental health and learning what it means to be more present with your life experiences) - 1h 30m

06:00 pm – Free time

08:00 pm – Dinner

10:00 pm – Evening Guided Meditation (Transcending into the subconscious mind) - 30 min



DAILY SCHEDULE

APRIL 9TH

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

09:00 am – The Brain Edit Wrap-Up Session

09:45 am – Breakfast

11:00 am – Check-out



TERMS & CONDITIONS

PRICE
from 2523 €

CHECK-IN TIME
From 4 pm

CHECK-OUT TIME
Before 11 pm

50% deposit of the total amount on reservation.
The outstanding balance will be required 30 days prior to arrival.

Spa treatments can be booked during meals, yoga and free time.

CANCELLATION POLICY

50% deposit non-refundable. Free cancellation up to 30 days prior to arrival.
After this period, no modifications or cancellations will be allowed. In case of
no-show, 100% of the reservation will be charged.

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