

Reservation Form

Somatic and Sound Healing Retreat

*Morning Session 09.30 - 12.30

*Afternoon Session 15.00 - 18.00

Q & A 18.00 - 18.30

***Each session present difference experiences**

Options for Attendance

Name:

Mobile

1 x	☐ Morning Session	or	☐ Afternoon Session	Single	€50,-p/p
__ x	☐ Morning Session	or	☐ Afternoon Session	Couple	€45,- p/p
1 x	Both Sessions		Morning & Afternoon	Single	€90,-p/p
__ x	Both Sessions		Morning & Afternoon	Couple	€80,- p/p
__ x	Dinner menu set	incl	(Water, beer, soft drink coffee & tea)	Single	€65,- p/p
__x	☐ Meat & Fisch	__x	☐ Vegetarian & Vegan		

Note: Package is not included lunch

Please Reserve latest by Sept 15, 2024.

(Advance Payment only!)

Contact:

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Christina 915515711 <ola@soundchristina.pt>

Please visit our websites

<https://sites.google.com/view/mariaresale/home>

<https://reseleholisticcenter.com/>

<https://www.somatre-algarve.com/>

<https://soundchristina.pt/>

Menu Sets

Sharing Concepts

Couvert: Bread, Olive, Carrot and Butter

Petiscos:

Tavira Tuna Tatar with fresh Seagrass
Charcoal Veal Strip with Homemade Pickles
Octopus Salad in Arjamolho

Main:

Alentejo Charcoal Pork Spesial
Sea Bass Fillet with Grilled Vegetables

Dessert:

A Terra Chocolate Mousse
Carob and Almond Tartelette, lemon ice cream

Or

Couvert: Bread, Olive, Carrot and Butter

For Vegetarian & Vegan

Quinoa, arugula and dried fruit and apple salad (Vegan)
Batter coated Potatoes fritter, yogurt sauce and fresh herbs

Main Course

Roasted Eggplant with Tomato and Salad
Vegetable Chachuti (Vegan)

Desserts

Slice Mixed Fruit (Vegan)
Algarve Dom Rodrigo with Citrus Sorbet