

MOODZ PORTUGAL

June 30th - July 6th 2027

Join us for a transformative 6-night Bikram Yoga and Inferno Hot Pilates immersion in beautiful Portugal. Set within a stunning private villa surrounded by nature, this truly luxurious retreat offers the perfect balance of dedicated practice, restoration and deep relaxation.

Booking Now!



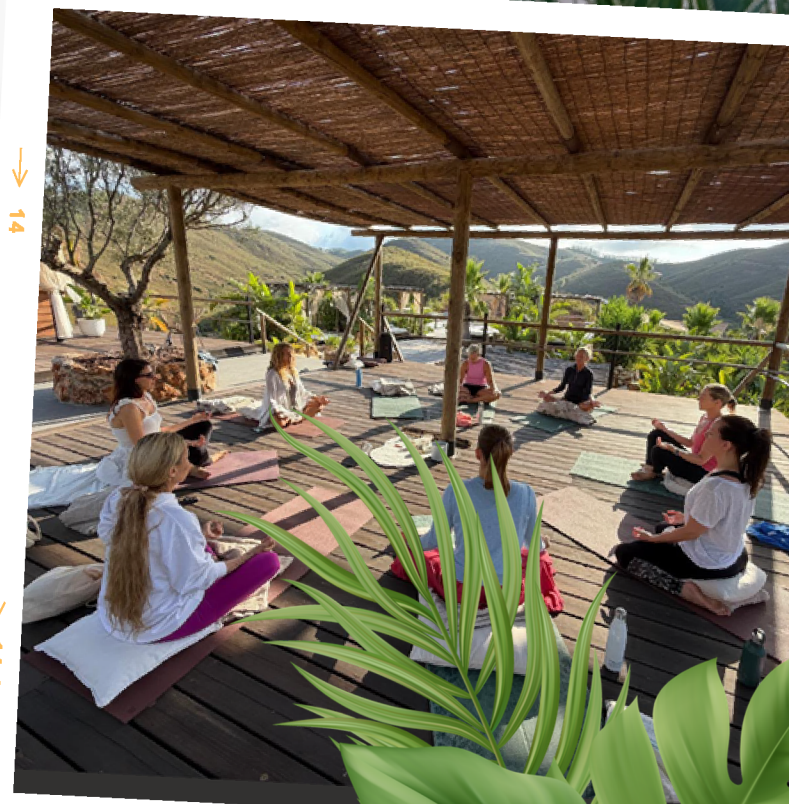
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Join us for six unforgettable days in the Portuguese hills where movement, relaxation, incredible food and genuine connection come together.

A place you'll never want to leave

When I first arrived at Moodz I knew I'd found somewhere very special.

The dedicated hot yoga studio is unlike anything I've experienced on retreat before. Bright, spacious and overlooking the Portuguese hills, it gives us the opportunity to enjoy genuine Bikram Yoga and Inferno Hot Pilates practice in a purpose-built heated space.

Outside, our beautiful yoga deck becomes the perfect place to gather for posture clinics, breathwork, workshops and ceremonies, surrounded by birdsong and breathtaking mountain views.

Between classes there is no rush.

Spend time beside the pool.

Read a book beneath the cabanas.

Relax in the meditation lounge with its floor-to-ceiling windows.

Enjoy the Finnish sauna, infrared sauna, hammam or plunge pool.

Or simply find your own quiet corner and do absolutely nothing.

Because sometimes that's exactly what we need.

A luxury retreat designed to help you switch off, recharge and return home feeling healthier, happier and completely renewed.

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Exclusively ours!



Spa Facilities – A Place to Restore

Every element of the spa has been thoughtfully designed to complement your yoga and Pilates practice, helping your body recover while giving your mind permission to slow down.

- ✓ Infrared sauna to gently detoxify and soothe tired muscles
- ✓ Traditional Finnish sauna for deep relaxation
- ✓ Beautiful hammam with luxurious shower facilities
- ✓ Mineral jacuzzi to relax, unwind and connect with fellow guests
- ✓ Invigorating plunge pool and ice bath—an unforgettable way to cool down after practice
- ✓ Stunning meditation lounge with panoramic mountain views
- ✓ Professional treatment rooms offering a range of massage therapies (available at an additional cost)

The cabanas
The cabanas



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Infra red sauna



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(there is also a
finnish sauna)

Cold plunge!



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Meditation room
the view!



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Jacuzzi



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Our Own Private Wellness Sanctuary

One of the things that makes this retreat so special is that Moodz is exclusively ours for the week.

There are no other hotel guests. No queues for the sauna.

No searching for a quiet corner.

Just six days where you can completely step away from everyday life and settle into a slower, calmer pace.

What's included

- ✓ 6 nights' accommodation in shared or private bedroom
- ✓ Private luxury location with pool & unparalleled spa facilities
 - ✓ All meals included – delicious and healthy menus
 - ✓ Water, juices, tea(s) and coffee
- ✓ Daily Bikram Yoga / Inferno Hot Pilates with experienced teachers
 - ✓ Daily meditation / breathwork sessions
 - ✓ Posture / exercise workshops
- ✓ Exclusive use of all the extensive spa facilities
 - ✓ Sound bath
 - ✓ Sunrise and / or sunset nature hikes
 - ✓ Day trip to Beach and/or Silves

It's the Little Things...

Every little detail had been thought of.

- ✓ Soft bathrobes for wandering between your accommodation and the spa facilities.
- ✓ Luxury toiletries, including shampoo, conditioner and shower gel.
 - ✓ Quality hairdryers in every room.
- ✓ Fresh towels for yoga, showering and relaxing by the pool.
- ✓ Daily housekeeping, with towels refreshed throughout your stay.
 - ✓ Yoga mats, yoga towels and all equipment provided.
- ✓ Laundry service for your yoga towels and practice wear throughout the retreat.



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Whether you're heading for an evening in the sauna and jacuzzi, cooling off after class in the plunge pool or treating yourself to one of the wonderful massages with our experienced therapists, everything is designed so that you can simply relax and enjoy the experience.



Food to nourish body and soul

Nourishing Food, Shared Around the Table

One of the biggest highlights of the retreat was undoubtedly the food. Which is saying something, because there were so many memorable moments throughout the week.

I'm absolutely delighted that our wonderful chef, Ana, and her sous chef will be joining us again in 2027, preparing every meal from scratch throughout our stay.

Each day begins with a delicious late-morning brunch after practice, followed by a beautifully prepared evening dinner. In between, we'll enjoy homemade sweet treats, freshly pressed juices and healthy snacks, alongside unlimited tea, coffee and chilled water, replenished throughout the day.

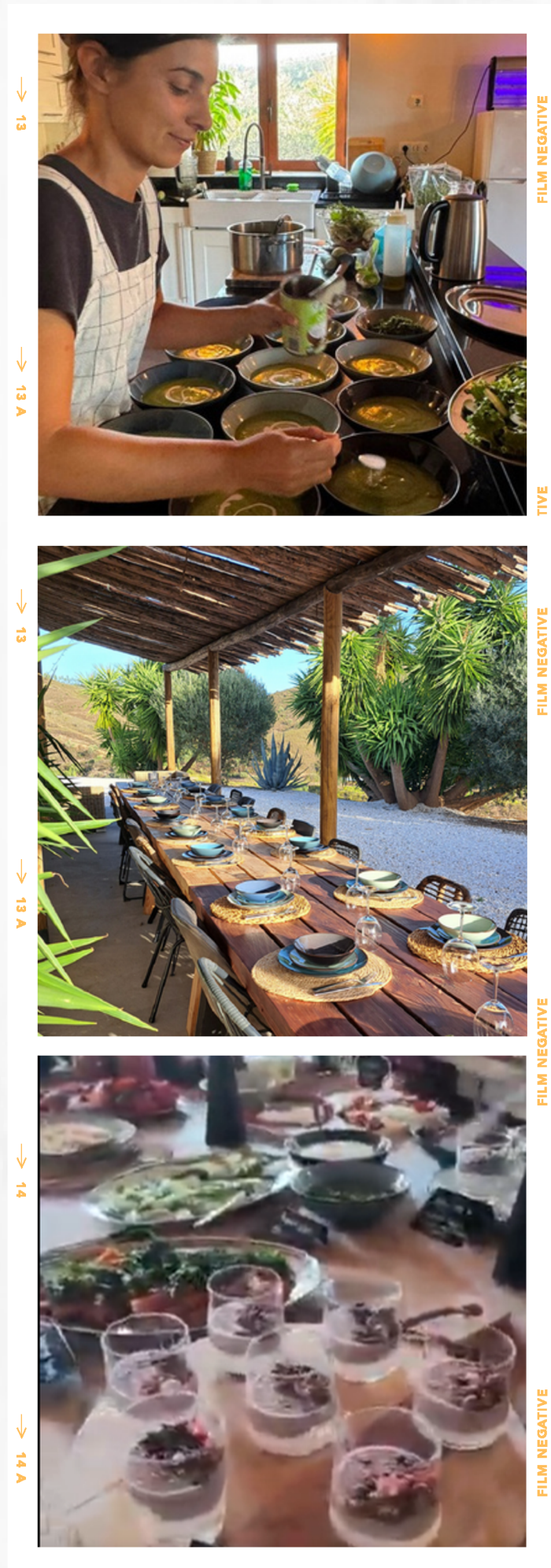
Every meal is thoughtfully prepared using fresh, seasonal ingredients that nourish your body without ever feeling restrictive. The food is colourful, generous, full of flavour and somehow manages to feel wonderfully indulgent while being incredibly good for you. All dietary requirements can, of course, be catered for.

One of the unexpected joys of the retreat was coming together around the table. Meals became a time to slow down, share stories, laugh together and enjoy each other's company. Some of my favourite memories were made over brunch and dinner.

By the end of the week, we were all saying exactly the same thing...

We wanted to take Ana home with us!

She is an exceptionally talented chef, and I'm thrilled that she'll once again be looking after us next summer.



All dietary requirements can, of course, be catered for.



Exceptional Facilities, Exclusively Ours

One of the things that makes this retreat so special is that Moodz becomes our own private wellness sanctuary for the week.

There are no other hotel guests, no queues and no need to search for a quiet corner. Just six days where you can completely step away from the demands of everyday life and immerse yourself in movement, relaxation and restoration.

At the heart of the retreat is the purpose-built heated yoga shala—a truly unique space and one of the very few dedicated hot studios you'll find on a retreat. Purpose-built for Bikram Yoga and Inferno Hot Pilates, with mirrors, wonderful natural light and breathtaking views across the Portuguese hills, it provides the perfect environment for our daily practice.

Alongside the hot studio, we'll gather on the beautiful outdoor yoga deck for posture clinics, breathwork sessions, workshops and ceremonies, surrounded by nature and incredible mountain views. Between classes, the retreat is yours to enjoy.

Cool down in the plunge pool after a hot practice, unwind in the Finnish or infrared sauna, cleanse and relax in the hammam, or soothe tired muscles in the mineral jacuzzi. Spend time in the breathtaking meditation lounge, where floor-to-ceiling windows frame the surrounding hills, creating the perfect place to pause, reflect or simply enjoy the silence.

Outside, you'll discover countless places to make your own. Relax beside the pool, stretch out on the sun terraces, find a quiet corner in the gardens, or retreat to a shady cabana with a book and simply enjoy the peace.

Some guests choose to join every activity. Others spend an afternoon by the pool or book a relaxing massage with one of our wonderful therapists. There is no right or wrong way to experience the retreat.

This is your time.



ACCOMMODATION OPTIONS

There is a choice of staying in the beautiful main villa or one of the luxury safari lodges, and whichever you choose, every little detail has already been taken care of.

Villa Accommodation - the Main house

With Kitchen, tea/coffee station, lounge & dining area

Downstairs King size bed room with ensuite – single occupancy £1950
(if double occupancy £1450pp)

Downstairs King size bed room with separate bathroom – single occupancy £1700
(if double occupancy £1250pp)

Upstairs King size bed room with shared bathroom (with one other room) – single occupancy £1700
(if double occupancy £1250pp)

Upstairs King size bed room with shared bathroom (with one other room) – single occupancy £1700
(if double occupancy £1250pp)

Lodge Accommodation - the safari tents

With Kitchen, lounge & dining area and outside private terrace

Lodge number 2 (3 bedroom lodge)

Double size bed room with shared bathroom) – single occupancy £1550
(if double occupancy £1100pp)

Double size bed room with shared bathroom – single occupancy £1550
(if double occupancy £1100pp)

Double size bed room with shared bathroom – single occupancy £1550
(if double occupancy £1100pp)

Lodge number 3 (2 bedroom lodge)

Double size bed room with shared bathroom – single occupancy £1650
(if double occupancy £1150pp)

Double size bed room with shared bathroom – single occupancy £1650
(if double occupancy £1150pp)

✓ Excludes flights (to Faro)

✓ Subject to arrival time transfer to Moodz is included

Payment Plan

£300 deposit – secures your space - balance due 8 weeks prior to retreat



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Meet your hosts

Heidi

Heidi is the founder of Hot Lotus Wellbeing Hub and has over 10 years' teaching experience, specialising in Bikram Yoga and Inferno Hot Pilates. Trained in Thailand, she became the first certified Inferno Hot Pilates teacher in the UK and has since expanded her expertise through Mat Pilates training, with Reformer Pilates qualification currently underway.

Having undergone both a knee replacement and a hip replacement in recent years, Heidi has a genuine understanding of how movement can support recovery, build confidence and help people get the very best from their bodies.

Known for her warm, welcoming teaching style, Heidi's greatest passion is creating a supportive community where people feel encouraged, challenged and inspired. She loves seeing retreat guests arrive as strangers and leave as lifelong friends.

Liz

Liz is a certified Bikram Yoga and Inferno Hot Pilates teacher, Health & Wellbeing Coach and qualified Colon Hydro-therapist, with a passion for helping people improve their physical, mental and emotional wellbeing.

Liz has taught Bikram Yoga around the world and has been mentored by some of the most respected teachers within the Bikram community. Her wealth of experience, infectious enthusiasm and caring approach create a welcoming environment where everyone feels supported, encouraged and challenged to be their very best. Liz's classes are energetic, uplifting and fun, and she has a wonderful ability to adapt her teaching to meet individual needs.

