RECOGNITION

A SEVEN DAY IMMERSION INTO MEDITATION,
OUR TRUE SELF, AND THE SPIRITUAL HEART

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13TH-20TH MARCH 2027, PORTUGAL



A RETURN TO THE HEART

Seven days of sacred silence.
An immersion into the timeless freedom of your Being.

RECOGNITION is an invitation to step away from the noise of the world and turn toward the deepest truth of who you are.

Through sustained meditation, self-enquiry, traditional yoga, and teachings on the Spiritual Heart, we enter the silence in which clarity, love, and authentic freedom are revealed.

You will:

- Experience the profound nourishment of silence
- Discover and deepen your connection with your true nature
- Cultivate inner clarity, peace, and pure power
- Return to life more rooted, present, and free
- Enter the living wisdom of the great saints and sages

13TH TO 20TH OF MARCH 2027
PORTUGAL



THE SANCTUARY

Seven nights immersed in silence and deep practice, surrounded by breathtaking nature.

"Shamballah" means spiritual paradise.

Nestled in the Portuguese countryside, in walking distance to the ocean, our sanctuary offers an intimate space for contemplation, prayer and deep practice.







THE RETREAT

- 13–20 March 2027
- Shamballah, Portugal (40 min from Lisbon airport)
- 7 nights
- Maximum 13 participants

Includes shared accommodation, meals with food from the garden, and the full retreat.

INVESTMENT:

€ 1,800

LIMITED PLACES

PARTICIPANT VOICES



“This has been one of the most special experiences of my life. I would never have imagined that such an experience could have such a powerful impact on how I feel and on the direction I want to take. It cracked my heart open.”

- Ludovic Lemaire, Health + Vitality Coach



“This is the Rolls Royce of Silent Retreats. This was just incredible.”

- Matthieu Mehuys, Author + Founder



“I’ve been practicing since I was fourteen. But this time, everything was different. How could I ever put into words what this retreat has changed for me. Life will never be the same.”

- Jana Caso, Spiritual Mentor



“There is an exquisite, delicious feeling of contentment, of heart opening, of pure joy of just being. This week, I understood that I don’t just get to experience this feeling … I AM this feeling. This is some of the deepest work I have ever done. My heart is full of gratitude.”

- Lucille Fauque, Women’s Leader

We offer this retreat with profound respect and gratitude to our teacher, Sahajananda, and the Hridaya Yoga tradition.

Ready to claim your place?
Message me on WhatsApp or email me.

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