

**Yoga, Hiking & Whale Watching**  
*in the*  
**Azores of Portugal**  
*with Cyndi Bulka*  
**March 28-April 4, 2020**



Journey to the magical island of Sao Miquel in the stunning [Portuguese Azores](#). This is a nature lover's paradise and an exquisite opportunity for adventurers to experience a truly unique part of the world....Imagine dramatic volcanic cliffs, deserted black and white beaches, quaint fishing villages, healing hot springs and lush green rolling hills....

## Our Home Away from Home

We'll reside in the beautiful eco-friendly [Quinta Minuvida Orchard Lodge](#) which is surrounded by fruit trees and beautiful gardens. The property dates back to the 1800's as a fruit orchard home, and has been artfully revived to assure you a comfortable, restful place to call home for the week. [Rooms at Minuvida](#) are lovingly well appointed, each with a private en suite bathroom.

## The Food

Foodies will be indulged in the local cuisine which includes a bounty of fresh local produce, seafood and traditional dishes hand prepared to entice your senses and nourish your body. Savor the local wines and liquors made from native island fruits. Experience the region through your palate!

## Excursions and Adventures

Enjoy incredible hikes to volcanic rims through the verdant hills and valleys. We'll visit natural hot springs and explore tidal pools on deserted pristine beaches. April is the perfect time to see large whales on our whale watching excursion. Three excursions are included in your package. Extra excursions, like horseback riding, cultural-historical experiences are extra. I recommend planning for simple down time to enjoy the peaceful, calm, unfettered vibe of the region as well.

## Yoga

Immerse yourself in daily Yoga and meditation classes to nourish your body, mind and soul. Classes are designed with your needs in mind, both to gently challenge and deeply restore. The theme of the week is "Restoration and Rejuvenation". We'll have a balance of active and restful practices to support our adventure. Take your practice to a deeper level... you will be reminded how important cultivating calm, balance and self care can be not only for health and well being, but as a way of reaching your true potential, physically, mentally, emotionally and spiritually. Clear your mind, open your body and calm your soul.

**About Cyndi** Cyndi has been teaching Yoga as a profession for more than 20 years and leading retreats all over the world for more than 10. She plans each retreat to ensure an interesting, exciting and safe adventure for everyone whether you are a seasoned or shy traveler. Her classes are designed to be gently challenging and deeply restorative, no matter your level of experience. Cyndi is also an experienced health and lifestyle coach, private yoga therapist and thai yoga bodyworker. Her passion for life and personal commitment to healthy, joyful living enables her to help others embrace life fully with vision and passion.

## What's included:

6 nights lodging with linens, towels and daily cleaning

All meals except for 2 lunches and 1 dinner at the best restaurant on the island

All Yoga and meditation classes and equipment

Arrival/departure group ground transport to the Lodge

3 full day excursions including transportation  
1-2 glasses of wine with each dinner

**What's not included:**

Airfare  
Travel insurance (recommended)  
Massage Services (approx. 75 euros)  
Additional alcohol  
Any additional excursions and taxi rides (approx. 60 to 75 euros depending upon the trip))

**Prices:**

1700 per triple accommodation (one triple room available)  
2000 per double accommodation  
2500 single accommodation (limited availability)  
*Prices based upon availability. Come with a partner or friend, or request to be paired with a roomie and Cyndi will do her best to match you.*

**To Register:**

A \$500 *non-refundable* deposit secures your space. 50% of the balance is due before October 1, final balance due before January 1. Refunds, less the non-refundable deposit before November 1. No refunds thereafter unless you fill your space. Pay by check, transfer or PayPal. If using PayPal, please add 3%. Mail payments to Cyndi Bulka at 8226 Stone Cellar Dr., Raleigh, NC 27613 PayPal account link is [Cyndi@ZaktiHealth.com](mailto:Cyndi@ZaktiHealth.com). Please inquire for bank transfer information.

**Getting There:**

It is recommended to use Azores Airlines, ( phone 351 296 209 720) currently the only airline flying directly from Oakland CA or Boston MA to Ponta Delgada Airport (PDL) on the island. Our hosts advise to book only through their website to find the best flights.

On arrival day, we'll meet at PDL for an early morning pick up (approximately 630am) and transport as a group to Minuvida Orchard Lodge. This is included in your package. We'll depart from Minuvida by 1pm, which is also included in your package. Note that should you be arriving from other places or departing to other places, we can arrange for your transport, but you will need need to pay directly, roughly 25€ each way.

*Questions or need guidance to make your reservation?* Call (919 247-1119) or email [Cyndi](mailto:Cyndi@ZaktiHealth.com) She can help guide you to make the best choice for you.

