



A Creative Journey

An Art & Wellness Retreat in Monchique Algarve, Portugal September 13-19, 2026

If you're a curious, creative, and soulful individual who's ready to step away from the hustle of daily life and connect with your creative side, then join us in the magical mountains of Monchique, Portugal.

This private retreat weaves together practicing art, yoga, creative journaling, soulful community, and exploration — all set against the breathtaking backdrop of the mountains above Portugal's Algarve coast.

Your invitation: Come as you are, and leave inspired, nourished, and more deeply connected to yourself, to others, and to the beauty around you.



Is this retreat calling you?

- Would you like to connect with a group of like-minded fellow travelers who value art and creativity, wellness, and joy, with plenty of good food and laughter along the way?
- Are you ready to explore your creative side in the beauty of the Portuguese countryside?
- Interested in igniting your artistic inspiration with personal guidance from an acclaimed artist?
- Have you always wanted to learn how to create a travel journal — a valued keepsake filled with art, words, and memories to treasure and memorialize your travels?

If you whispered “yes,” to any of these questions,
this retreat is calling your name.



Enjoy this supportive and nurturing Art Retreat designed for relaxation, renewal, and nurturing self-expression. Surrounded by like-minded souls, you'll find:

- **Connection and encouragement from a creative community.**
- **Space for quiet reflection and personal growth.**
- **Inspiration from Portugal's natural beauty.**

BOOK NOW



Imagine Your Day

Upon awakening you are surrounded by the soft mountain light with amazing views of the rolling green hills stretching to the Atlantic ocean. The forests of Mochique embrace you, offering a peaceful connection with the beauty and serenity of nature.

Your morning begins with a gentle yoga session followed by a nourishing breakfast served in the outdoor patio area of our private villa.

Explore your favorite art medium. Watercolor, acrylics, ink, colored pencils, whatever you prefer, you'll have gentle guidance from our instructor and be able to follow your creativity wherever it leads. You'll also learn best practices for creating a travel journal — a treasured keepsake and tool you can use on your adventures.

After a light lunch, the day opens up. Dive deeper into your art, add to your journal, swim in the pool, soak in the hot tub, hike to the nearby town of Mochique or simply sway in a hammock. The pace is yours to set.

In the evening, you'll enjoy fresh, locally prepared meals that celebrate the flavors of Portugal. **On our final night, we'll celebrate with live Fado music under the stars.**

A day by the sea. One of our days will be spent **exploring the beautiful coastal region of the Algarve.** Swim in the clear Atlantic water, wander through charming seaside towns, shop for local treasures, or simply soak in the sun. This seaside adventure offers the perfect complement to your creative journey in the mountains.

[Sign me up NOW!!](#)

What You'll Take Home

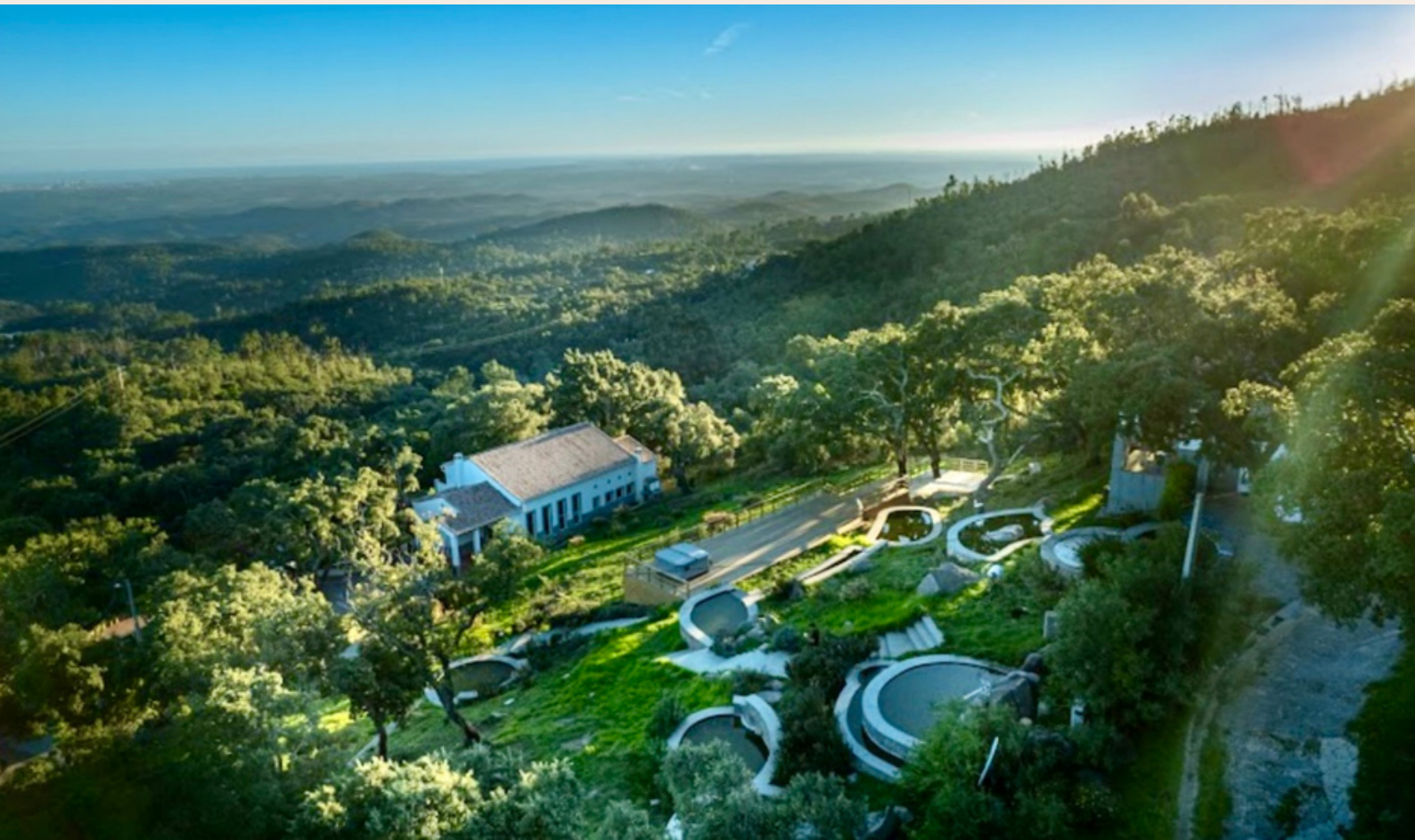
A renewed sense of creativity, clarity, and inspiration.

A personal travel journal alive with your art, reflections, and memories.

Individual guidance in a small-group setting to strengthen your artistic skills — whether in watercolor, acrylics, ink, or colored pencils.

Deep connections with like-minded, creative souls.

A lifetime of unforgettable moments in Portugal — etched in your heart forever.



Book Your Journey Today
www.journeysoftheheartwellness.com

BOOK NOW

Our Sanctuary

Vila Foia is an intimate boutique hotel **reserved entirely for our guests**. Nestled in a cork forest and perched high in the mountains of Monchique, the property boasts sweeping views of rolling hills that stretch to the Atlantic Ocean. Here, you'll find comfortable accommodations, **a sparkling pool, a soothing hot tub, hiking trails, and serene spaces** that spark creativity while inviting rest and reflection — **along with a sweeping yoga deck designed to inspire your practice.**

Spacious bedrooms and suites, **most with private balconies**, provide the perfect blend of comfort and inspiration. With most meals prepared onsite by our **private chef**, you'll be treated to fresh, seasonal flavors and **traditional Portuguese cuisine** without ever needing to leave the retreat.

Just minutes away by taxi, the small town of Monchique adds local charm with its welcoming cafés, traditional crafts, and mountain culture.





Included in Your Journey

- Daily creative sessions with Jane Gardner, exploring acrylic, water based paints, or your preferred medium
- Six nights at the beautiful Vila Foia with single, double, triple, or quad occupancy
- Creative journaling with guided daily prompts and instruction from Jane to inspire you to record your thoughts or to create your own travel journal
- Daily Yoga sessions to support balance and renewal (except on day of beach excursion)
- Delicious dinners, savory mid-day snacks and satisfying breakfasts
- Traditional Portuguese Fado show in the comfort of Vila Foia
- Beach day excursion along the Algarve coast
- Transportation to/from Lisbon or Faro Airport - (Sept. 13 and 19 @designated times only)
- Special Journeys of the Heart gift bag

Not included:

- Transportation to/from your home to Portugal
- Travel insurance **(strongly recommended)**
- Massages or individual spa treatments or services
- Optional tours from Monchique or the Algarve
- Gratuities for Vila Foia staff and transportation drivers
- Honor Bar with wine, beer and other drinks are available for purchase
- Optional Add-On: 3-night pre-retreat stay in Lisbon



The Fine Print:

- Deposit of \$500 and a registration form reserves your spot
- Final payment due by July 1, 2026
- All payments are non-refundable
- Payment methods are Zelle, Credit Cards, Checks or Cash
- Payment plans available upon request and with prior approval
- All terms as listed at la@journeysoftheheartwellness.com

BOOK NOW

www.Journeysoftheheartwellness.com

For more info: la.weaver@comcast.net or call Leslie Weaver 707-484-3836

Rooms and Pricing



Family or Group Room

Ideal for up to 4 guests, with air conditioning, separate bedrooms, private bath, and a large balcony with stunning views.

- \$2,550 per person (4 guests sharing)
- \$2,750 per person (3 guests sharing)



Premium Suite

Our most spacious and luxurious suite with air conditioning, a kitchenette, sitting area, private bath, and a large balcony offering spectacular top-floor views.

- \$2900 per person (double occupancy)



Studio Suite

A private suite in a separate building with air conditioning, a kitchenette, sitting area, private bath, and sunrise views of Picota Mountain.

- \$2900 per person (2 guests sharing)



Standard Double Room

Ground-floor rooms with air conditioning, a double bed or two singles, private bath, and a large balcony with beautiful views.

- \$2,750 per person (double occupancy)
- \$2,950 (single occupancy)

Your Hosts

This will be the second retreat led by Jane Gardner and Leslie together. United by a long-standing friendship, they found their first retreat, Painting in Provence, to be profoundly rewarding. The synergy between them created a powerful space for creativity and transformation, and both are deeply passionate about guiding participants to reconnect with themselves, their creativity, and their joy.



Meet Leslie

As the owner and founder of Journeys of the Heart Wellness Retreats and Adventures, Leslie believes that travel should be more than just the destination—it should be a soul stirring adventure that lives on in you forever. She curates her transformative journeys for clients focused on exploring culture and creativity while finding balance and embracing self care. A certified YTT 200 Yoga practitioner and licensed, bonded, and trusted Travel Advisor with more than 30 years experience, she is eager to share the world with you.

Meet Jane

Jane Gardner is a painter, printmaker and ceramic sculptor whose work is deeply inspired by nature, light, and landscape. Trained at the Art Academy of Cincinnati, she continues to explore themes drawn from gardens, seasonal change, and her travels, including teaching in Provence, France. Her recent paintings capture the color and atmosphere of the countryside reflecting a sensitivity to place and cycles of the natural world. She is excited to share her expertise and passion for painting on our upcoming retreat to the Algarve.



For more information call Leslie 707-484-3836

www.Journeysoftheheartwellness.com



Frequently Asked Questions



How do I reserve my spot?

Visit **www.journeysoftheheartwellness.com**, complete the registration form, and pay your \$500 deposit. If you prefer to pay by check, cash, or Zelle, please contact Leslie directly.

Do I need previous art experience?

Not at all! This retreat is open to all levels, from complete beginners to experienced artists.

What kind of art will we be doing?

We'll explore a mix of painting, sketching, and creative journaling.

Are art supplies provided?

Yes - Your Journeys of the Heart welcome gift bag includes an art journal and some basic supplies to get you started. We encourage you to pack your favorite brushes, sketchbooks, or other art tools that might enhance your experience.

What is the level of yoga?

All yoga classes are completely optional and suitable for all levels. Modifications are always provided so you'll feel comfortable and supported.

What is the group size?

To keep the experience personal and relaxed, we welcome 12-14 participants.

What if I want to visit Lisbon?

Leslie is creating a 3-night pre-retreat package with accommodations in the city. Full details and pricing for this optional add-on will be shared in the coming months.

Can dietary needs be accommodated?

Yes! We are happy to accommodate vegetarian, vegan, and gluten-free diets. Please indicate your requirements on your registration form so we may plan accordingly.

What should I pack?

Bring comfortable clothing for art sessions and yoga, layers for changing weather, swimwear for the beach, and something a little nicer for the Fado evening. Don't forget a hat, sunscreen, and sturdy shoes for walking.

Do I need travel insurance?

We strongly recommend travel insurance for your trip. Leslie can provide guidance and options at the time of booking. She works with Travel Guard and Allianz insurance companies.

Will there be free time?

Yes! Each day includes time to relax, work on your art practice or explore the area.

Is Wi-Fi available?

Yes, Wi-Fi is available at the property, though we encourage you to unplug when possible and fully enjoy the retreat experience.

What is the cancellation policy?

All payments are non-refundable. A \$500 per person deposit secures your spot, and the remaining balance is due no later than 7/1/2026. Please review the detailed cancellation policy provided at the time of booking.