**Once a month we organize short stays of 1 or 2 nights, including**

**"Personalized guided meditations".**

Calm, nature, simplicity, in the north of Portugal near the Gérés Park, 45 min. from Porto airport.

***Here time has stopped, life is sweet and you can find***

***the pleasure of dreaming in a garden where we communicate with the plants.***

Accommodation in an independent apartment with 2 bedrooms, living room and bathroom, or in 2 other separate rooms in the main house. Vegetarian or vegan meals, garden products, no television, no alcohol, wifi in some areas. One hectare garden, walks in the area, proximity to a 500 year old oak tree.

**This includes:**

 Sitting and/or lying meditations that bring relaxation, calm and deep reconnection.

 Silent walks in nature.

 Large periods of silence and sharing.

**Our pluses:**

The place: very beautiful and peaceful energies, a garden of one hectare.

Guided meditations, in a room dedicated only to that

A small library and a swimming pool

The gourmet cuisine of the organic garden

**A little extra**: optional energy treatment.

Your hostess has lived in Central America for 15 years, has a background as a therapist and writer, and has been practicing guided meditations for 12 years.

The guided meditations will help you release tension, feel and access heaven/earth energies, without dogma or theology. Experience moments of silence, and participate in intuitive therapy sessions. Allow you to reconcile with Life, to free your mind, and relax your body.

Group of 2 to 7 people accompanied by Fabiana.

Example of budget : 2 nights, price : 180 euros /per person : 2 nights, 4 meals, 4 guided meditations included. For 1 couple of 2 persons in the same room: 340 euros.

Reservation at least 15 days in advance, payment of 20% of the total at the reservation, by PayPal, if cancellation less than 4 days before the date fixed, there is no refund of the deposit.

The National Park is 25 minutes away and the Basilica of Sao Bento, the 2nd place of pilgrimage in Portugal, is also within easy reach. Please contact us in advance by email, Messenger on our web page www.quintamariadapaz by phone or WhatsApp, in order to know the dates and book.

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