



MULU PRODUCTIONS



The ReTreat

• Melides, Portugal - 22~26 March, 2025 •

A MuLux ReTreat: *Exclusively Yours Edition*

MuLux ReTreats are synonymous with meaningful experiences. They provide the leisure and luxury you deserve with lasting memories to treasure and keep. Our programs are carefully curated to balance your free moments with scheduled sessions and gatherings that have real and transformational impact. We invite you to go inward, strengthen and rediscover yourself while exploring culturally-rich new settings.

We believe substance and authenticity are the pillars of connection and wellbeing. The retreat is a time and space to connect with oneself, one another and one's surroundings and to unearth an awareness, acceptance, and perhaps even an awakening. Every retreat is thus tailor-made and mindful of each location's particular attributes and amenities. In fact, no two are ever alike.

Our offerings are lovingly created, one by one, to transport and pamper you, for an experience that is uniquely ours and exclusively yours. Our ReTreat in Portugal awaits you.



The Setting

a place like no other, for people like no other...

Nestled between the hills of Serra de Grandola and the waves of the Atlantic is Melides, whose cobblestone streets give way to rolling fields and forests and a protected coastline. Its authentic charm and nearby wild dunes and beaches have beckoned internationally renowned artists, architects and designers to call Melides their home. While most surely prefer to keep it their secret, one acclaimed designer was inspired to share his love for the area, creating an intimate boutique property within the village.

Luxurious yet discreet, your home away from home is a stunning amalgamation of custom and hand-crafted gems. Each individually-styled room and suite is a work of art with refined finishing and details, and all suites have balconies or terraces with views of the gardens. It is a relaxed but sophisticated place that houses a joyful celebration of Portuguese traditions and Iberian history with Moorish and Indian influences.

Privatised in exclusivity for our retreat guests and to ensure our signature quality, we welcome you to a truly unique experience.

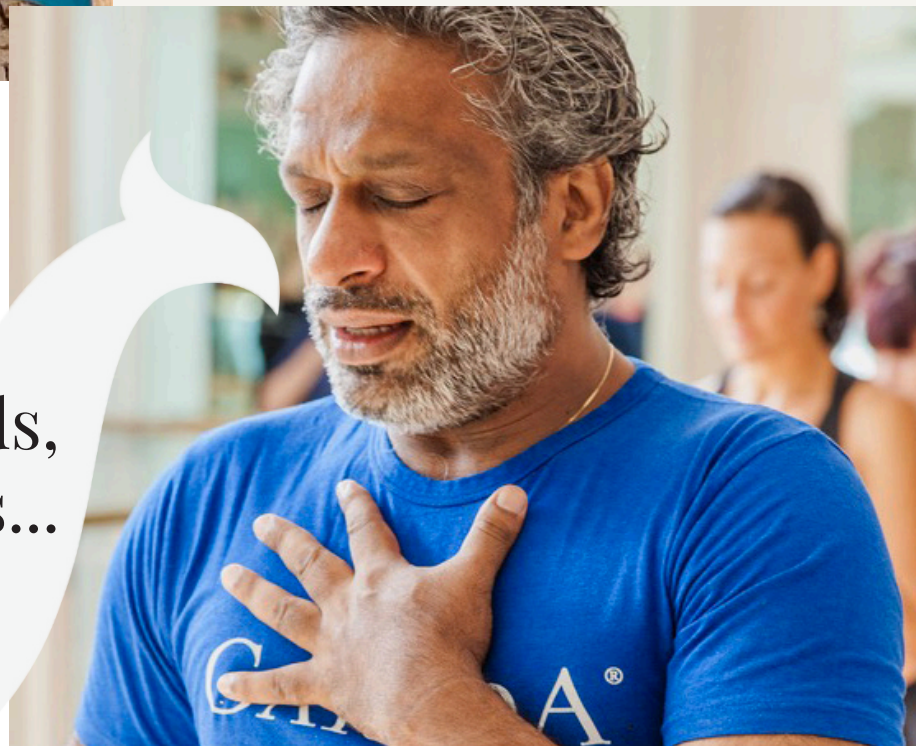


The Location

The low-key coastal town of Melides embraces you with a warm sensibility and a soothing gentle pace. Its centuries-old white and blue buildings, cultural heritage, and the surrounding lagoon and sea provide the ideal retreat location. We love that development has been kept to a minimum and blends harmoniously into the existing landscape. It is easy to see why the laidback elegance of this sleepy village attracts discerning travelers and global artists in search of untamed nature and authenticity.

Melides lies past its more developed and trendy neighbor, Comporta. We encourage you to rent a car in Lisbon for the drive (approx. 1.5 hr) and to explore Melides and the Alentejo region.

where Pilates ends,
Garuda begins...



The Expert

At the heart of this retreat are 8 sessions of the Garuda Method, led by its founder and creator, the one and only James D'Silva.

Built upon the principles of Pilates and encompassing the breathwork and asanas of yoga and the grace and athleticism of dance, Garuda Method has revolutionised 21st-century fitness and approach to movement.

Holistic, organic, and dynamic, Garuda is the intelligent way to exercise and its founder, your most generous and gifted teacher.



The Schedule

- **Day 1:** 3pm Check-in, First Evening Garuda Session, Welcome Dinner
- **Day 2:** AM & PM Garuda Sessions, 1 at the Beach
- **Day 3:** AM Garuda Session, Horse Riding, PM Garuda Session
- **Day 4:** AM & PM Garuda Sessions, Closing Dinner
- **Day 5:** Last Morning Garuda Session, 12pm Check-out

The Inclusions

- 4 Nights in Your Beautiful Room or Suite
- 8 Garuda Method Sessions & Pranayama, including 1 at the Beach
- Horse Riding on Nearby Dunes & Beaches
- Early Morning Tea or Coffee
- Daily Breakfast
- 3 Light Lunches
- 4 Incredible Dinners at Xtian by Chef Machado
- 20% Discount on Spa Treatments

The Investment

Retreat Package Rates starting at 2777 euro and up. Space is very limited with just 11 rooms and suites for retreat guests. Book now to secure your participation and desired room category.

Re'Treat Yourself!

For Bookings and Enquiry: info@mulu-productions.com