

MY SOUL EMPOWERMENT · PORTUGAL

7 Day Reset & Transform The Douro Valley Retreat

June 21 - 27, 2026

Heal, Connect, Explore & Come Alive

All Inclusive, All Women

www.mysoulempowerment.com

info@mysoulempowerment.com



7 Days / 6 Nights

Douro Valley, Portugal

Group of 7 + 1:1 sessions

YOUR WEEK AT A GLANCE



Day 1 Arrival & Welcome



Day 2 Secret Breathtaking Trail



Day 3 Exclusive Douro River Cruise + Winery Visit

YOUR WEEK AT A GLANCE



Day 4 1:1 Energy Healing



Day 5 Explore Douro Heritage Towns



Day 6 Portuguese Coast + Sunset Dinner by the beach

Your 7-Day Journey

OVERVIEW

Day 1 Arrival & Welcome

Active Meditation · Set intentions for the week · Welcome Dinner

Day 3 Exclusive Douro River Cruise + Winery Visit

Visualization & Manifestation
Meditation · Exclusive River Cruise · Winery visit

Day 5 Explore Douro Heritage Towns

Explore Douro Valley Heritage Towns - Pinhao, Regua & Lemago · Route 222 Drive (Recognized by the World's Best Driving Road as the most beautiful road in the world.

Day 2 Breathtaking Douro Trail

Energy Healing Meditation · Connect with nature · Secret Trail

Day 4 1:1 Deep Healing Session (2 hours)

Tailored healing session

Day 6 Coastal walk + sunset dinner by the beach

Integration meditation · Feel the infinite possibilities and power of the ocean



Day 7 Wrap up + Departure

Active Meditation · Farewell Breakfast
· Wrap Up

THE CORE OF THIS RETREAT

Reset & Transformation: explore, immerse, release, deep healing, nature, connect

SLOW MORNING

Pause, Reflect & Learn Life Changing Meditation Techniques

- Healing Meditation - Release blocks
- Heal mentally, emotionally & physically.
- Silva Mind Control Meditation Method - influence outcomes
- Connect with your intuition
- Visualization & Manifestation Meditations
- Immerse yourself in nature - lush green vineyards & mountains

EXPLORE AFTERNOON

A Dreamy Douro Valley Experience

- Secret Breathtaking Trail
- View Points
- Private Douro River Cruise & Winery visit
- Explore Portuguese heritage towns
- Experience Portuguese coast + sunset dinner by the beach

1:1 DEEP HEALING SESSION

Deep Release, Personalized Healing

- Energy Reading
- Energy Healing + Hypnosis
 - can save you months, if not years, of therapy

1 WEEK ON TOP OF THE MOUNTAIN

A lifetime change & unforgettable experience

- 360° view of the Douro Valley, lush green vineyards and rolling mountains.
- A private villa, pool and magical views – exclusively ours for the week.
 - Maximum 7 participants.
 - Meet, connect and make lifelong friends.

DAILY MORNING PRACTICE

Wake up. Pause. Show up. Immerse

Each morning is a dynamic, intentional practice – designed to activate your energy, anchor your intentions, and rewire you from the inside out.

Breathe the Douro Valley Air

Active Meditation

Days 1 & 6

Healing Meditation

Day 2 & 4

Silva Mind Control Meditation

Day 3 & 5

Visualization & Manifestation Meditation

Day 7



1

DAY 1 Arrival & Welcome

Arrive, Breathe & Begin Your Journey on Top of the Mountain

AFTERNOON

15:00 Check in

16:00 Arrival & warm welcome – Introduction + settle into this sacred space

17:00 Active Meditation – shake off the old, call in the new

EVENING

20:00 Welcome dinner & group circle – meet your fellow travelers



2 DAY 2 Breathtaking Secret Douro Trail

Connect with Nature · Energy Grounding

MORNING

Healthy Breakfast

Energy Healing Meditation - learn how to tune and release energetic blocks stored in your body, emotions and mind and how to channel cosmic energy

Free Time + Lunch

AFTERNOON

Guided walk on a hidden trail through the Douro Valley (~5Kms)

Walking as a meditation — feet on ancient earth, breath in valley air

Finish the trail

Return to the Villa then dinner



3 DAY 3 Exclusive Douro River Cruise + Winery Visit

Pleasure Without Guilt · Exclusive River Cruise · Winery Visit

MORNING

Healthy Breakfast

Silva Mind Control Method Meditation. Learn how to influence outcomes.

Reflection & Integration

AFTERNOON

Lunch

Board the Private River Cruise to Pinhao

Visit a Winery

Return to the retreat Villa



4 DAY 4 1:1 Energy Healing Session

Personalized Deep Transformation

**You deserve a personalized care. Private Session (90 minutes)
Energy Healing + Hypnosis**

Energy Healing – unblock, realign & restore

Past Life Regression Hypnosis – release old patterns & wounds

Future Life Progression Hypnosis – step into your highest self

*Hypnosis is a fast way to access and reprogram your subconscious. One session can give you the equivalent of months, if not years of therapy.



Note: 4 individuals scheduled for Day 4 the remaining 3 will explore Douro Heritage Towns

5 DAY 5 Explore Douro Valley Heritage Towns

Get inspired, fuel motivation & go back to your core values

A magical drive along Route 222 – Recognized by the World's Best Driving Road as the most beautiful road in the world

Wander the cobblestoned streets of Régua, Pinhão & Lamego

Azulejo-tiled train stations, riverside cafés & river view

Space to integrate, dream & simply be present

Return to Retreat Villa for Dinner

Note: 3 individuals scheduled for Day 5 the remaining 4 will explore Douro Heritage Towns



6 DAY 6 Coastal Walk + Sunset Dinner by The Beach

Freedom · Expansion · Celebration

MORNING

Healthy Breakfast

Active meditation — feel the power of who you have become and tune into infinite possibilities

Free time + Lunch

AFTERNOON

Walk along the Portuguese Coast

Chill on the beach

Sunset Dinner by the Beach

Return to the Retreat Villa

Note: Portuguese coast is almost 2 hours drive from Douro Valley



7 DAY 7 Departure

Leave Different. Stay Changed.

Closing circle & final meditation

Final breakfast together

Free time – breathe in the Douro Valley one last time

Check-out at 12:00PM



What's Included

Everything you need to fully reset and transform.

- 6 nights' accommodation - Entire Villa just for us with swimming pool
- 1:1 personalized energy healing session (90 minutes)
- 2 Guided walking trail (Douro Valley & Portuguese coast)
- Private Douro Valley River Cruise & Winery Visit
- Transformative morning meditations - active, healing, visualizations & manifestation meditations
- Explore Douro Heritage Towns: Régua, Pinhão & Lamego
- All meals – healthy vegan, vegetarian, fish, seafood & poultry or any dietary requirement except restaurant meals. A private chef will be preparing all the food on site
- All transportations (except airport transfer but can be arranged)
- Intimate group setting (max 7 participants)
- 21 Day Energy Healing Journal + Journal
- 1.5H post-retreat group coaching session to ensure you're on track

Retreat Details

DATES

June 21-27, 2026

Maximum 7 participants

€500 reservation secures your place, remaining on or before June 7, 2026

Payment Methods - Paypal, Stripe, Wise, Revolut.

RESERVATION

info@mysoulempowerment.com



+33659150035

INVESTMENT

Suite – € 2500

Private Room – €2400

Large Twin Room – €2200

Regular Twin Room – €2150

BOOK A QUERY CALL

[Calendar link](#)

CANCELLATION

25 days before: 100% refund

After 25 days: non-refundable,
transferable



Note: Airport transfers are not included but can be arranged. The Douro Valley is approx. 1.5 hours from Porto Airport (OPO) around ~70€ by Uber. Direct Bus (Ovnitur) available from airport to Regua train/bus station. If you're coming from Porto you can take the train to Regua. We can pick you up from Regua station, depending on your time of arrival

Accommodation: Casa Da Seara, Casal de Loivos, Douro Valley Region



360 view of Douro Valley

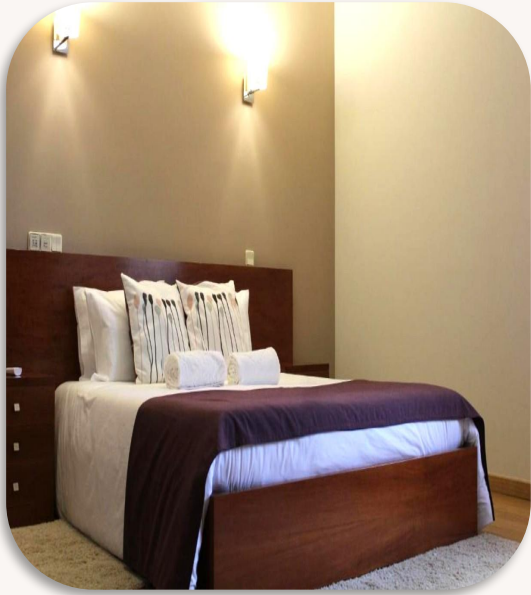


Top of the Mountain Location - Pool + Rooftop + BBQ Area

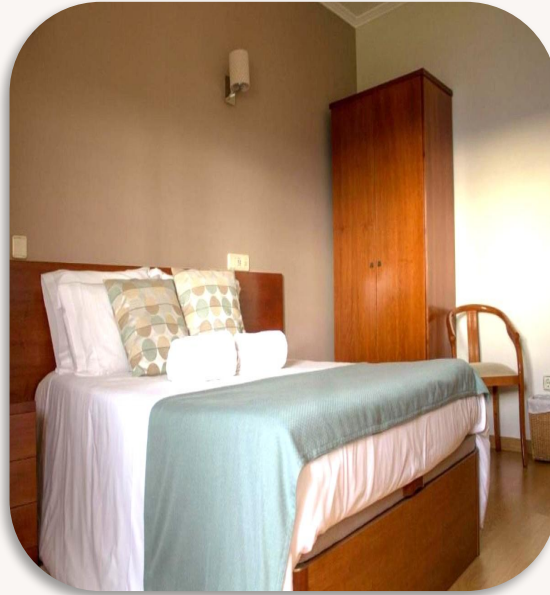


Surrounded by Vineyards

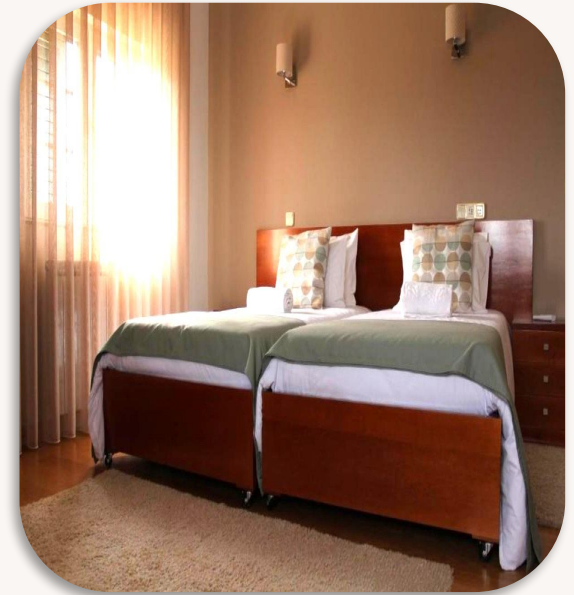
Room Details : All rooms are spacious with modern private bathroom and mountain view



Suite with Sofa



Private Room



Large Twin Room

READY TO RESET?

Your transformation starts with one step.

✉ info@mysoulempowerment.com

☎ +33 659 150 035

🌐 www.mysoulempowerment.com

🌐 [linkedin.com/in/osmarie-pico](https://www.linkedin.com/in/osmarie-pico)



Real Women. Real Transformation.

Maryna Boiko

Ukraine



This experience was incredibly valuable to me.

I decided to trust a retreat for the first time in my life. I needed something more intense, something deep, to help me change my life patterns.

Thanks to Osmarie, I finally made contact with myself. She has an amazing ability to deeply understand each participant and guides you through your memories and traumas without fear.

This experience was incredibly valuable to me. I highly recommend Osmarie as a guide for anyone looking to better understand themselves and navigate important stages of personal growth.

First-time retreat participant · Energy Healing, Meditation & Energy Reading

Maggie G.

United Kingdom



Magical location and memorable experiences

Osmarie is a very positive, energetic human being and her retreat was thoughtfully planned and well executed.

The location was magical – perfect for unwinding, reflecting and practicing mindfulness. The energy reading was interesting and novel. The meditation practices gave me good tools for continuous improvement.

The great treat was exploring the charming towns of northern Portugal. It was a greatly memorable retreat.

Retreat participant · Meditation, Energy Healing & Exploration



Osmarie Pico

Energy Healer · Intuitive Guide · Spiritual Mentor

www.mysoulempowerment.com · [@mysoulempowerment](https://www.instagram.com/mysoulempowerment)

MEET YOUR GUIDE

The Woman Behind the Retreat

My Soul Empowerment was founded by Osmarie Pico in 2022, driven by a deep passion for touching lives, inspiring souls, and guiding individuals toward self-discovery and empowerment.

Our mission is to help individuals break free from limitations, awaken their inner strength, and step into their most authentic, radiant selves — through energy healing, self-exploration and soul-aligned practices.

CREDENTIALS

- Trained Energy Healer & Hypnosis Practitioner
- Certified Life Transformation Coach
- Retreat Leader & Facilitator
- Author — Sea of Silver · Up Up on My Way Journey to The Top
- 17+ years in Finance & Sales across Asia, US & Europe
- MBA — EDHEC Business School, France
- Certified Public Accountant



Rui Azevedo

Tour Guide · Massage Therapist/Reiki Practitioner

www.mysoulempowerment.com · [@mysoulempowerment](https://www.instagram.com/mysoulempowerment)

MEET YOUR GUIDE

Native Portuguese as your Tour Guide

Rui Azevedo was born and raised in the north of Portugal. He is passionate in showing the beautiful hidden gems of the north of Portugal, secret trails, heritage and ancestral villages including sharing his culture and his love for food.

He's also a certified acupressure massage therapist and a reiki practitioner

CREDENTIALS

- Native Portuguese - Local Guide
- Certified Acupressue Massage Therapist
- Reiki Practitioner

Frequently Asked Questions

What to bring?

- Walking/hiking attire and running/comfortable shoes
- Summer dress
- Sandals, flip flops
- Cardigan or thin jacket in case it gets chilly at night
- Swim wear
- Sun Block
- Positive Vibes

Other Information

What is the closest airport?

- Porto airport

Do i need a meditation experience?

- No. Meditation is open to beginner, intermediate and advance.

How long is the walk?

- Walking is around 5 kilometers

What is the weather?

- 18 - 26 degrees

Is there a massage?

- Yes, subject to availability at an extra cost

What is the average age of participants?

- Average age is 30s-40s