

RISE HIGHER. WORLD RISE HIGHER. WORLD RISE HIGHER. WORLD



RISE HIGHER

# JOURNEY INWARDS

4 DAY RETREAT EXPERIENCE

ALGARVE, PORTUGAL  
APRIL 17-21, 2024



We create unique experiences  
that guide your inward journey

HER. WORLD RISE HIGH EA





# Where science meets the mystic

Dive deeper into science-backed techniques that help you break through limiting beliefs and barriers. Our retreats bring about significant positive shifts in the quality of your life. They allow you to become conscious of (and disarm) negative loops, behaviors, and patterns - transforming counterproductive beliefs and perceptions limiting your life.





## Facilitator **Paul Vincent**

Paul has spent a lifetime studying and pushing the boundaries of human potential in his own body and with professional athletes, celebrities, and executives.

Through his research, he has discovered new ways to access what lies hidden within us all. Paul earned a Master's Degree in human performance, has studied with many indigenous cultures, and is currently at AWE in the psychedelics therapy program while getting his PhD in Transpersonal Psychology.

In the world of human development, Paul's expertise lies in bringing the scientific to the mystical edge. Paul's specialty is removing the blocks that prevent people from living to their full potential.



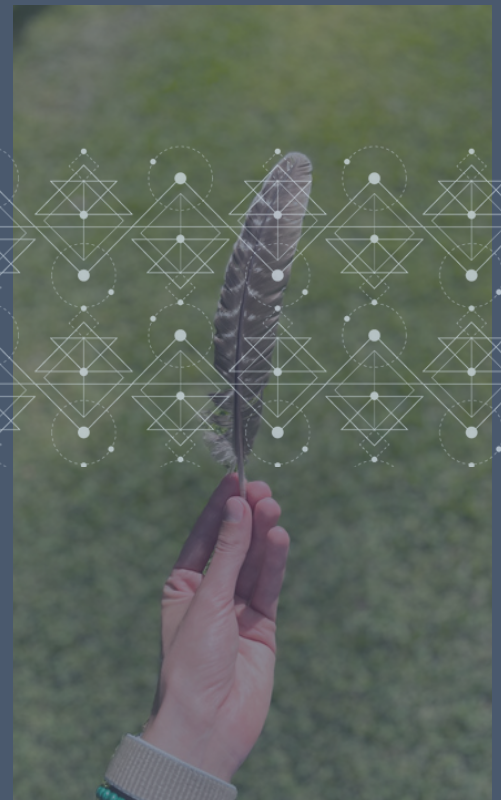




Illuminating what's getting in your way of being fully alive allows you to respond to situations from a place of conscious choice.

HER. WORLD REVEALED



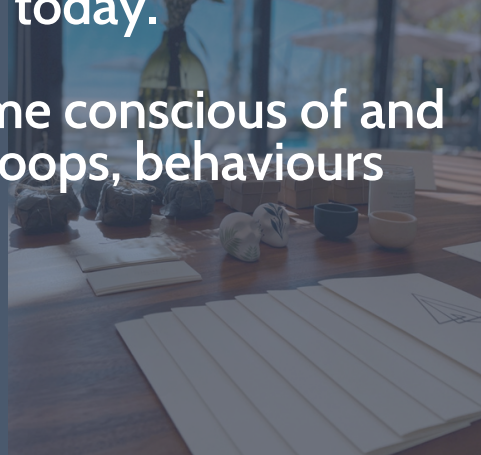


This is a unique experience that guides your inward journey.

This retreat is the culmination of tried and tested programs that have helped many people break through limiting beliefs.

Our discussions and activities will help you understand the blueprint of the human mind and see how thousands of years of evolution are still affecting you today.

It's time to become conscious of and disarm negative loops, behaviours and patterns.







RISE HIGHER

# JOURNEY INWARDS

4 DAY RETREAT EXPERIENCE

Location  
**Algarve,  
Portugal**

Dates  
**April 17-21**

- Check-In: Wed, April 17th @ 5p
- Check-Out: Sun, April 21st @ 12p

Exclusive  
**20 people**

What's included



mindfulness  
practices



paradigm  
shifting  
discussions



self  
reflection  
work



shamanic  
lineage



nourishing food



daily  
movement



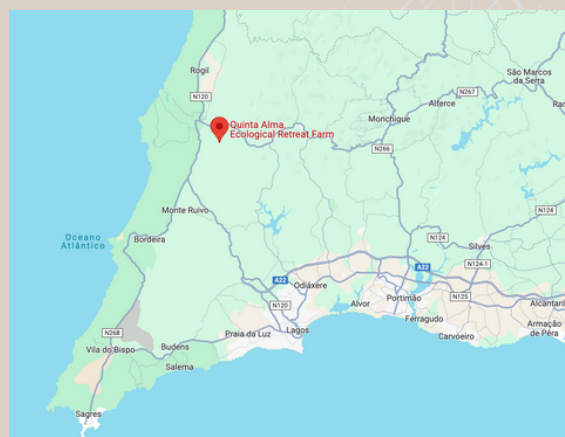
breathwork

## About the retreat location



Quinta Alma is a private and intimate natural ecological retreat centre. It is the result of Joana and Mario's passion and their vision for an inspiring and relaxing experience in Nature.

Quinta Alma is a magical place, totally off grid and hidden in the mountains of Monchique but right next to Aljezur, in Algarve's world class Atlantic coast. It is a place for those that want to have a close but yet comfortable experience with the natural elements.

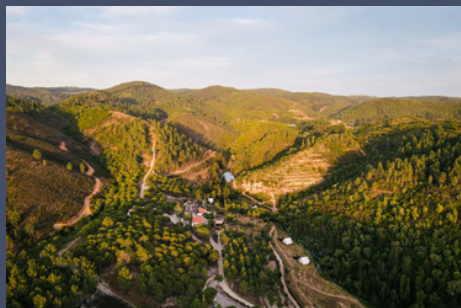






# A Natural Ecological Retreat Centre

Quinta Alma is located in the Southwest coast of Portugal, in Aljezur, home to what is still a piece of wild and beautiful European Nature, just 10 minutes driving from some of the most amazing beaches in Europe. A place where your soul can expand and feel inspired.







# Retreat schedule

## Arrival day (Wednesday, April 17th)

- Check-in at 5p
  - Welcome Dinner
- 

## Day 1 (April 18th)

- Breathwork
- Meditation
- Light breakfast
- Movement
- Discussion
- Lunch
- Self reflection
- Discussion
- Dinner

## Day 2 (April 19th)

- Breathwork
- Meditation
- Light breakfast
- Movement
- Journey
- Integration discussion
- Dinner

## Day 3 (April 20th)

- Breathwork
  - Meditation
  - Light breakfast
  - Movement
  - Journey
  - Integration discussion
  - Dinner
- 

## Departure day (Sunday, April 21st)

- Check-out at 12p
- Breakfast





Watch testimonials from those who  
joined our past retreat experiences







## Pricing

To secure a space, submit an application and book a call with our team. If accepted to our retreat, we will provide further details. All accommodation will be in shared spaces.

### Single, Shared

€ 2,500

PER PERSON  
FOR SINGLE BED / SHARED ROOM  
+ RETREAT + MEALS

#### PRICE BREAKDOWN

RETREAT PRICE

€ 1,000

FOOD

€ 350

ACCOMMODATION

€ 1,150

▼  
**10% discount**  
Early Bird Offer  
by Dec 28th  
▲

#### 1. FILL OUT APPLICATION FORM

[Access the form](#)



#### 2. BOOK A CALL WITH OUR TEAM

[Scheduling Link](#)



## Cancellations

Retreat payment is non-refundable because we can only accept a small group. We require that everyone informs us of their current well-being and what their intentions are for attending.

WORLD RISE HIGHER. WORLD RISE HIGHER. WORLD RISE HIGHER.



DESIGN  
THE  
LIFE  
YOU  
WANT



For further questions, please contact:  
[eddie@risehigher.world](mailto:eddie@risehigher.world)