

Yoga & Meditation Retreat

Theme:
The Art of Presence, A Journey Within

Balance:
A mix of movement, rest, and integration



3-day Programme
28 – 30.11.2025

Yoga, wellness & sustainability in Calheta

Nestled in a small natural bay, Saccharum is a 5-star design resort located at about a 25-minute drive from Funchal, right by the sea. The hotel was designed to have minimal impact on the landscape, offering stunning views of the Atlantic Ocean and the surrounding hills.

To the sophisticated decor, inspired by the origin of this place where a sugar cane mill once stood, we added our commitment to sustainability. We value local and fresh products in our menus, using vegetables from the Chef's garden and offering greener, seasonal dishes that make the most of every part of each ingredient.

Saccharum Spa offers a wide range of Ayurvedic holistic treatments designed to revitalise and rejuvenate the body and mind. It is a unique sensory experience themed around sugarcane culture with the most relaxing atmosphere.

Care for your body and soul

Immerse yourself in a three-day yoga retreat by the ocean, designed to bring rest, reconnection, and deep nourishment to body and spirit.

Each morning begins with a grounding and energising practice, followed by afternoons of meditative rituals, creative sessions, and moments of stillness.

Evenings invite you to surrender to deep rest and presence through restorative practices.

Experience three days of pure tranquillity in a luxurious environment that encourages inner balance, healing, and renewal.

The teachers



Filipa Uma Devi Veiga

Woman, mother, ceremonialist, spiritual mentor, and published author, Filipa comes from a Portuguese family but grew up in Southeast Asia. From a tender age, she appreciated different spiritual traditions and ultimately became curious about the unseen realm.

After studying Law and working as a TV reporter for several years, at 24, yoga came strongly and opened the portal to the discovery of ancient Vedic wisdom. She built discipline and devotion with Yoga practice. Living in Bali with her family created a life of rituals using Ayurveda, Mantra, and Meditation.

Filipa received the rare authorisation to teach the Asthanga Yoga method, as taught by Paramaguru Sharath Jois. She continued her yoga studies and obtained a certification in Yin Yoga and the DSYF (Dynamic Spiral Yin Fascia Yoga) method. Parallely, Filipa received the Certification as an Ayurvedic Coach with Shakti School, Dr. Vasant Lad, and Dr. Amrtasidi in Ubud.

She has offered in-person and online classrooms for more than 15 years, produced retreats all over the world, and participated in wellness festivals as a teacher, consultant, and curator of yoga.

At this moment, he continues his studies of Ayurveda, Vedanta, and Yoga Tantra, writes the second book, and prepares a certification in Yoga and Ayurveda for women.



Mercedes Pasos – Merche

Merche was born in Venezuela and has lived in Madeira since she was 12. She is a free-spirited, independent woman with a curious and dynamic energy, always in motion and evolving. With a background in architecture design, she worked as a partner in a studio until 2013, when life invited her to fully dedicate herself to her calling: yoga, meditation, and healing arts.

Her spiritual name is Karma Swamini Lakshmi. She is a Grand Master & Yogacharya in yoga since 2014 by the historic school founded by Swami Asuri Kapila, the first yoga school to train professional teachers, established in 1936.

She served as President of the International School of Yoga Association—Swami Asuri Kapila Center, which has its headquarters in France and a European base in Madeira, until 2017. After this period, she expanded her teachings, integrating diverse methods such as tantric meditation (a Himalayan tradition), Breathwork, Sound Healing, and Mandala Dot Painting.

She is also a tantric meditation teacher, sound healing guide, mandala artist, breathwork facilitator and an animal advocate.

Her mission is clear: to serve as a channel of wisdom and healing, helping others stay connected to themselves, nature, and the present moment.

Guest teacher



Tomás Carro

Is a Spanish multi-instrumentalist who began his musical activity in 2000 when he started playing the didgeridoo.

In 2012, he released an album of his own production. That same year, he began collaborating with another didgeridoodist, with whom he created the duo Di To Wo. Shortly afterwards, he formed the world music group Djang Dharma, which mixes the sounds of India (sitar), Switzerland (handpan) and Australia (didgeridoo). With this group, which is still active, he produced the album 'Sueños'.

In 2022, as a one-band man, he started an organic electronic and trance music project called 'Didgetomm', where he plays the drums and the didgeridoo.

The musician has been invited to participate in various music festivals across Europe and has more than 15 years of experience conducting sound healing meditations solo, accompanied by other musicians, or in collaboration with several therapists.

Programme

Day 1: Deep Listening (*Friday, November 28*)

Theme: The Power of Mindfulness

- 11:00 – 13:00 Check-in and Welcome Tea Ceremony
- 13:00 – 14:30 Lunch
- 16:00 – 17:00 Puja by Filipa Veiga
- 17:30 – 18:30 Yin Yoga with Merche
- 19:30 – 21:00 Dinner

Day 2: Integration and Joy (*Saturday, November 29*)

Theme: Embodying Lightness and Joy

- 07:30 – 08:00 Tantric Meditation with Merche
- 08:00 – 09:15 Spiral Yoga with Filipa Veiga
- 09:30 – 10:30 Breakfast
- 11:00 – 15:00 Free Time (optional: nature walk with picnic)
- 17:30 – 18:30 Yoga Nidra with Merche
- 20:00 – 22:00 Celebration Dinner

Day 3: Closing and Departure (*Sunday, November 30*)

Theme: Returning Home, Carrying Stillness

- 07:30 – 08:00 Final Meditation and Puja with Filipa Veiga
- 08:00 – 09:15 Gentle Yoga and Closing Circle
- 09:30 – 10:30 Breakfast
- 11:00 – 12:00 Check-out and Farewells

Additional Notes

All meals are nourishing, plant-based, light yet fulfilling.
During free time, guests may enjoy the spa, pool, beach, or take time to journal.
Each day's practice follows a theme for inner reflection.

Classes & Activities

Puja – Opening Ritual

Puja is a devotional ritual of spiritual homage and celebration, involving the loving offering of light, flowers, water or food to the divine. At the retreat, the opening puja will be a sacred welcoming ceremony using chants, words and offerings to purify the energetic space, invoke divine guidance, and set the collective intention for the transformative journey ahead.

Yin Yoga

Yin Yoga is a slow, introspective practice that works into the body's deep connective tissues — such as fascia, joints and ligaments — through passive postures held for several minutes. Encouraging stillness, deep relaxation and present-moment awareness, it soothes the nervous system, enhances mobility and provides a safe space to release physical and emotional tension. A restorative practice, perfect for those seeking softness, inner listening and reconnection.

Tantric Meditation

Inspired by the teachings of Tracee Stanley, Tantric Meditation is rooted in the Himalayan tradition and awakens consciousness through breath, body and presence. Far beyond sexuality, Tantra is a spiritual path that honours the sacred in all life. This heart-centred, feminine approach (Shakti) invites deep rest, listening and surrender, creating space for intuition, regeneration and profound connection.

Spiral Yoga

Symbolises an inward journey of self-discovery, where moving along a spiral means trusting the unseen while turning inward. Inspired by the traditional methods of Ashtanga Yoga and Yin Yoga, this path invites us to cultivate grace, balance, and self-acceptance, honouring the gunas — the fundamental energy patterns of life — and reflecting ongoing transformation, growth, and enduring strength.

Yoga Nidra

Known as 'yogic sleep', Yoga Nidra is a guided deep relaxation practice where the body rests in stillness while the mind remains awake in a state between waking and sleep. This ancient technique releases physical, emotional and mental tension, supporting clarity, healing, and inner balance — particularly effective in relieving stress, anxiety, and chronic fatigue.

Vedic Meditation

In Vedic Meditation, the goal is not to eliminate thoughts — they are seen as a natural part of the process and often a sign that the body is releasing deep-rooted stress. The practice encourages gently noticing when you've drifted into thought and returning to the breath and senses without judgement. This approach offers profound rest, often deeper than sleep, enabling the body to heal, dissolve tension, and unlock a wide range of benefits including reduced stress and anxiety, better sleep, more energy, mental clarity, creativity, and a greater sense of well-being.

Ayurveda

Feminine Form Ayurveda is a holistic approach that honours the nurturing, intuitive and receptive energies within each of us, acknowledging the sacred creative force of Shakti. It invites men to move beyond constant striving by embracing deep rest and receptivity, while empowering women to rediscover grace and vitality through connection with the sacred cycles of the body. Through this, we learn to live in harmony with nature and the elements, fostering health and a purposeful life.

Other activities available during free time, if participants wish:

Complimentary access to Saccharum Spa

Spa treatments (additional cost)

Yoga Therapy (additional cost)

Yoga therapy is based on an individualised study of the patient, which includes assessing specific problems, lifestyle analysis, and general profile. Based on this assessment, a personalised program of postures, movements, and breathing techniques is created.

Sessions 1:1 (additional cost)

These transformative coaching sessions are a sacred and deeply personal journey designed to guide you through your fears and blocks, helping you turn life's obstacles into your divine purpose. Together, we reclaim your personal sovereignty and awaken your dharmic leadership, allowing you to finally blossom and create a brilliant, prosperous life that is authentically and magically yours.

Visit to the Chef's Garden (free of charge)



SACCHARUM

Wellness Design Resort

SAVOY *signature*