

Time for experience and integration

A residential retreat

Tojeira, Portugal · 25–28 April 2027

Time to step away from familiar demands, attend to experience and consider what it means in our lives.

We are preparing a residential retreat in Portugal, with space for personal exploration and integration. The emphasis is on attending to one's own experience, with time to reflect on what to carry into everyday life.

Making room for experience

The retreat offers a pause from familiar demands, with time to attend to what is present in body, feeling and thought. Preparation creates a starting point for the experiential work; integration offers space to reflect on what emerged and how it relates to everyday life.

The emphasis is on personal exploration, with time to make sense of experience at one's own pace. A preliminary conversation will help clarify whether the retreat is a good fit.

The rhythm of the retreat

25 April · Arrive

Settle into Tojeira and prepare for the experiential work.

26 April · Experience

A day devoted to experiential work within the group programme.

27 April · Integrate

Reflect on the experience and explore what to carry into everyday life.

28 April · Departure

Departure after breakfast, following three nights in residence.



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Terra Ignota

Tojeira · a rural setting in northern Portugal



The planned venue is a restored farmhouse in Mondrões, near Vila Real. Its nine hectares include woodland, agricultural fields and a vegetable garden. This setting offers space to step outside between sessions and spend time away from everyday demands.

tojeira.pt

Photograph: Tojeira. Booking, room allocation and included services remain to be confirmed.

The facilitators



Jean-François Jodouin

Clinical psychologist

Jean-François works with sexual health, trauma, and somatic and relational psychotherapy. His clinical work and teaching bring attention to bodily experience, relationship and the integration of non-ordinary states of consciousness.



Maria-Paula Almiron

Facilitator · clinical psychology

Maria-Paula's background spans clinical and forensic psychology. Her work draws on cognitive-behavioural and psychodynamic approaches, somatic awareness and trauma-informed practice. She brings an interest in transpersonal psychology, non-ordinary states and integration.

Nancy Rak-Swales coordinates the organisation and practical arrangements.

Practical details

Dates · 25–28 April 2027 · three nights

Group · Personal exploration · planning for 12 participants

Residential arrangements · Shared rooms planned; language, fees and inclusions to be confirmed.

The team's working programme concerns experiential work with meditation and other non-ordinary states. Eligibility, participation conditions and other practical arrangements will be finalised during registration.

To express interest or ask a question : info@intuitus.eu



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